



INTERNATIONAL STUDENT GUIDE

We would like to help you.

UNIVERSIDADE DE SÃO PAULO
ESCOLA DE ENFERMAGEM DE RIBEIRÃO PRETO

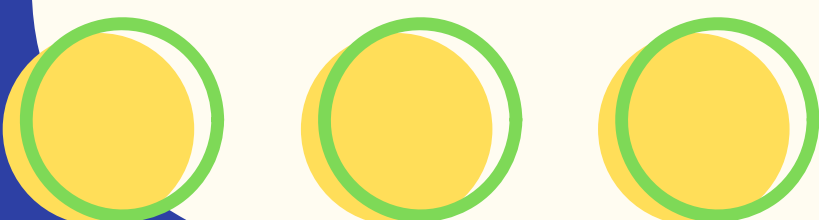




INTRODUCTION

This pre-arrival and orientation guide has been produced for students who are coming to study at the University of São Paulo at Ribeirão Preto College of Nursing (EERP/USP) from outside Brazil. It provides practical guidance on coming to live and study in Ribeirão Preto from an international student perspective and information on some of the University's support services. Its intention is to provide information to help foreign students to make the best of their academic experiences in the country.

Throughout this guide, some unique characteristics of the Brazilian culture are explained as well as basic information that can be used to facilitate the temporary stay in Brazil.





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FIND OUT WHAT DOCUMENTS YOU NEED TO STUDY IN BRAZIL


Student visa

Before applying for a student visa, you must first apply and be accepted by EERP/USP. Once accepted, the student must obtain a student visa.

The student visa is granted for a period of one year through the consular services of the Brazilian Embassies or Consulates of the country of origin, or otherwise indicated. If the course lasts more for than one year, it is necessary to request the renewal one month before the visa expires.

This type of visa does not allow the student to obtain employment in Brazil. The visa holder must also present him/herself to the Federal Police Department within one month after arriving in Brazil to obtain a temporary resident registration.






For masters and doctoral courses,
candidates are required to present
copies of all certificates

For undergraduate courses, the
candidate is required to present a
Certificate of Proficiency in
Portuguese


For students from developing countries, Brazil
maintains the Exchange Program for
Undergraduate Students (PEC-G) and the
Exchange Program for Graduate Students
(PEC-PG). Both programs are managed by the
Ministry of Education and the Ministry of
Foreign Affairs, in partnership with the
participating institutions of higher education.



Documentation for applying to the Brazilian National Migratory Registration Card - CRNM

The visa holder must present him/herself to the Federal Police Department within one month after arriving in Brazil to obtain a temporary resident registration. Holders of any Temporary Visa must register with the Federal Police in Brazil within 90 days from first arrival in the country. Students/Researchers will receive support from the University of São Paulo (campus Ribeirão Preto) regarding the arrangements and appointment at the Brazilian Federal Police.

Among the documents requested by the Brazilian Federal Police, it is mandatory to present the original Birth Certificate.



1 Step 1

The birth certificate must be apostilled (Notarial and Authentication) if it is issued by a Hague Convention signatory country. Check the members at: <https://www.hcch.net/en/states/hcch-members>

An Apostille is a certificate issued by a designated authority in a country in which the Hague Convention (Abolishing the Requirement for Legalization of Foreign Public Documents - Apostille Convention) is in force (<https://www.hcch.net/en/instruments/conventions/full-text/?cid=41>). See a model Apostille at <https://assets.hcch.net/upload/apostille.pdf>.

Apostilles authenticate the seals and signatures of officials on public documents such as birth certificates, notarials, court orders, or any other document issued by a public authority, so that they can be recognized in foreign countries that are parties to the Convention.

The Hague Conference on Private International Law, the international organization that created the Apostille Convention, maintains an Apostille Section on its website with helpful information such as a user brochure The ABCs of Apostilles, and links to competent authorities for every country, including the United States, where the Convention is in force. More information at <https://www.hcch.net/en/instruments/conventions/specialised-sections/apostille>

After arriving in Brazil, it is necessary to provide the translation to Portuguese of the Apostilled Birth Certificate by a certified (sworn) translator.

2

Step 2

The birth certificate must bear a consular authentication by the Brazilian Consulate/Embassy in the country of the student/researcher if it is issued by a non-signatory country of the Hague Convention.

After arriving in Brazil, it is necessary to provide the translation to Portuguese of the Consular Authenticated Birth Certificate by a certified (sworn) translator.

It is imperative to bring to Brazil the Apostilled birth certificate (if it is issued by a Hague Convention signatory country) or Authenticated birth certificate (if it is issued by a non-signatory country of the Hague Convention).

USP Card: EERP USP Identification: Enable access to library.





HEALTH CARE

Progress towards universal health coverage in Brazil has been achieved through a Unified Health System (Sistema Único de Saúde - SUS). SUS was created in 1990 to provide universal, comprehensive and free care through basic health units and health centers throughout the country. Through SUS, consultations, surgeries and appointments in general are performed. In an emergency situation, you may go to the nearest Emergency Care Unit (UPA) and you will be assisted.

Mandatory health insurance

Students are required to have health insurance coverage before coming to Brazil, since health is essential when you are away from home. Students must provide proof of active creditable health insurance.



IMMUNIZATION

Immunization is the process whereby a person is made immune or resistant to an infectious disease, typically by the administration of a vaccine. Some vaccines may also be required for travel.

Recommendation

The CDC and WHO recommend the following vaccinations for travel to Brazil: hepatitis A, hepatitis B, typhoid, yellow fever, rabies, meningitis, polio, measles, mumps and rubella (MMR), Tdap (tetanus, diphtheria and pertussis), chickenpox, shingles, pneumonia and influenza.



ACCOMMODATION

There are a range of accommodation options for international students coming to study in Ribeirão Preto. It is important to pay attention to where you will stay. In case of accommodation in apartments or guesthouses, be aware of the opening hours. Check the rules and facilities of the residence and always have the emergency numbers in case you need it. Make sure you have knowledge about banks, supermarkets and pharmacies nearby to facilitate your stay in short and long periods.

Options

It is very usual for foreign students to be accommodated in “republics”, which are houses located in neighborhoods near the campus. In such settings, students (of different faculty) may be required to share the utility expenses such as internet, water and electricity bills.

Other options are hotels, hostels and even shared apartments. It is recommended to try to find places near the University to facilitate your ease of access. You can find this type of housing by searching in groups of Facebook or Whatsapp to find places in “republics” and other places around the neighborhood.



Cultural insertion

"Culture shock" is the feeling that we have when we are in another country, which presents quite different characteristics from that to which we are used to. A visit to a country with diverse contexts can cause the sensation of 'strangeness' that the exchange student experiences when he/she is in the process of cultural discovery and adaptation. This means that being inserted into a new reality in which politics, educational, social and cultural structure presents diversities may require patience and calmness to understand the new situation. Adapting to all these new things can be a rich opportunity to integrate and evaluate how this experience can contribute to your learning.



Further, it is important to understand that differences are not necessarily a negative aspect; So **adapting** to the new environment can be a great challenge. In the middle of all this newness, there will be people who will be part of your new routine, and making new **friends** may help you to go through this change. If you are traveling with friends from your home country, join them in exchange discoveries, but try to be part of other circles of conviviality with individuals in the country you are visiting. Besides being a great opportunity to make contacts and meet people, it can be the chance to improve the native language of the country. In addition, try to make each activity a way of **approaching the difference**. In this way, participation in **volunteer activities** can be a good opportunity to meet new people and to strengthen your ties to the community. Seek information if there are research programs or extension projects at the university to which you are attached . This can serve as another option for being in contact with native speakers. Interacting with employees and professors can be a way of getting along, and attempting to understand how educational models are developed, and how different education can be perceived in every continent.

When you go out for a walk or visit the country's historical places, remember to evaluate what socially acceptable clothing and behavior is, since adapting to certain characteristics is essential for good relationship with the people of that locality and understanding these details may be a sign of **respect for the traditions** of those people. This applies both to the times of socialization and the attendance of classes at the University. Remember also, to use in moderation alcoholic beverages when you go out to leisure activities.

Brazilian Culture

Brazil is a multicultural country, a result of the different ethnicities that make up its history. The colonization and migration flows have affected the Brazilian culture. Brazil is well-known for carnival parties and the love of football. In addition, it is a geographically rich and diverse country in matters of fauna and flora, which is enchanted by its colors and landscapes. Brazilians have the custom of eating rice and beans every day at lunch and dinner, along with vegetables, meats, chicken and fish. These are the most basic ingredients you will find in every family meal.

Students have the option of eating lunch and dinner at the University restaurant (for a minimum cost) or seek alternative food sources of their choice.

Brazilian people are open and friendly.





TRAVELING SAFELY

For international flights, the travel from Ribeirão Preto to São Paulo may incur extensive waiting time. Please check your tickets well and ensure you plan for such. Foreign students are encouraged to stay within the confines of the airport and check-in on time in such circumstances.

To avoid delay and embarrassment at the airports, it would be prudent to stay within the stipulated weight and conditions of travel of the airline agency.

Find out about the areas in the city with the highest incidence of violence, and avoid risky places and behaviors. Avoid being alone at night or at dawn. Be accompanied by well-known people and always inform someone of your whereabouts.



Remember the useful phone numbers in Brazil

Military Police: 190

Ambulance (SAMU): 192

Firefighters: 193

USP Ribeirão Preto: +55 16 3315-3000

Ribeirão Preto College of Nursing (EERP):
+55 16 3315-4321

International Office at EERP: +55 16
3315-3393





DISCOVERING THE UNIVERSITY OF SÃO PAULO

The University of São Paulo (USP) is the largest institution of higher education and research in Brazil, being a great reference worldwide, especially in Latin America. The activities offered at USP include global education excellence, modern research innovation, and extension services to the international community. Among the courses offered at the USP campus of Ribeirão are: Biology, Psychology, Information Sciences and Documentation, Medical Physics, Chemistry, Biomedical Informatics, Music, Pedagogy, Mathematic Applied to Business, Pharmacy, Medicine, Dentistry, Physical Education, Nursing, Nutrition and Metabolism, Speech Therapy, Occupational Therapy, Physiotherapy, Biomedical Sciences, Law, Administration, Accounting, Economics and Business Economics and Controllershship.



RIBEIRÃO PRETO COLLEGE OF NURSING

The Ribeirão Preto College of Nursing is located on a beautiful, nature-filled campus in the city of Ribeirão Preto. The city is located in the northeast of the state of São Paulo and is one of the most developed in the state.

The University of São Paulo at Ribeirão Preto College of Nursing (EERP-USP) began its activities in 1953. It offers a four-year Bachelor's degree program and a five-year Bachelor's degree with a teaching diploma. Student education is based on biological, human, social and exact sciences and nursing-specific knowledge that enables the development of competencies that links theory to practice for care delivery. The theoretical-practical activities are performed in the public services network at all levels of the health care system. The Bachelor's degree with a teaching diploma provides, in addition to generalist nursing education, pedagogical training courses to enable students to work as teachers in vocational and health programs. The practical activities are developed in vocational schools and in the public primary school education network. Both programs are recognized by the State Board of Education.



EERP USP

EERP USP is recognized among the scientific community and nurses around the world. It has become a center of excellence in the training of human resources and development of research and university extension by the World Health Organization (WHO).

The stricto sensu graduate program at the University of São Paulo at Ribeirão Preto, College of Nursing (EERP-USP) was initiated in 1975 and currently offers Master's and Doctoral Programs in Psychiatric Nursing, Fundamental Nursing and Public Health Nursing in addition to the Inter-Institutional Nursing Doctoral Program in partnership with the School of Nursing at USP (EE-USP).

The graduate programs at EERP-USP are designed to educate research nurses and other professionals to work in health and related fields, valuing interdisciplinary activities to produce knowledge and practices to meet social needs and to occupy positions of professional leadership, influencing changes in systems of care, teaching and research.

More information at www.eerp.usp.br or call +55 16 3315-4321



THE CITY OF RIBEIRÃO PRETO

The city of Ribeirão Preto is known as one of the largest coffee producing centers in the past. In the architecture of various parts of the city and in the planning of several neighborhoods, Ribeirão Preto managed to leverage the economy and developed to the point of becoming one of the richest cities in the interior of the state of São Paulo. It is considered a pole of national education, especially because of the University of São Paulo, which campus is focused on courses of health area, including the Hospital das Clínicas of the University of São Paulo at Ribeirão Preto Medical School.



Tourist attractions in Ribeirão Preto

Municipal Zoo Fábio Barreto

The Municipal Zoo houses many species of
Brazilian fauna and flora.

Rua da Liberdade, s/n – Campos Elísios

Curupira Park

Ideal for a bike ride or a simple walk, the Curupira
Park has an extensive area and is one of the
favorite places for citizens to have a traditional
picnic.

Av. Costábile Romano, s/n - Ribeirânia

Dom Pedro II Theater

The external and internal architecture of the Dom
Pedro II Theater reflects the wealth of the golden
times of the city's coffee plantations. As one of the
city's major landmarks, cultural attractions that
feature in the theater delight the public in the city
and region.

Rua Álvares Cabral, 370 - Centro



Pinguim

The best-known bar in the city and in the region, located next to the Dom Pedro II Theater, is one of the biggest landmarks in the city. For a simple walk in the evening, a good chat with friends and a brief visit to Ribeirão Preto, the Pinguim cannot be left out of your way through the city.

Rua General Osório, 389 - Centro

Art Museum of Ribeirão Preto


Is located in the center of the city and maintains the contemporary and urban style in several works of art (including some architecture that can be seen in the museum).

Rua Barão do Amazonas, 323 - Centro

Coffee Museum Francisco Schmidt


Built in the early 1950s, is known for storing the most important collection of pieces from the State of São Paulo on the History of Coffee. Its collection consists of large sculptures, trolleys, coffee machines, besides photos of the golden period of the coffee.

Av. Professor Dr. Zeferino Vaz, s/n – Vila Monte Alegre



The current scenario of Nursing in Brazil

With the constant growth of the country and the advance in several sectors, nursing is made up largely of nursing technicians and auxiliaries (80%) and registered nurses (20%). The significant historical presence of women within the profession is also observed in Brazil, but men are gaining their space. Law No. 7.498, of 1986, regulates nursing practice and enumerates its possibilities of action: integral health care, health services management and organization, health education, among others. The division of work of the professionals is based on the level of education: Nursing auxiliaries are "responsible for performing simple treatment actions"; nursing technicians "participate in the nursing assistance program"; and registered nurses are responsible for coordinating and providing leadership and management support to both the Nursing auxiliary and Nursing technician groups.





Important tips and information



PHONE SERVICE AND INTERNET

The telephone is a very important communication tool, so pay attention to connect to the mobile services available in the region. The internet is also something essential for a student, check out the Wi-Fi spots available or even consider hiring a plan over the period of stay in the country. The USP also offers free Wi-Fi on campus.



FINANCIAL PLANNING

It is important that you know how to manage your money while you are in another country; therefore, good planning is essential so that the amount of money reserved can last the estimated time you are in Brazil. Prices in the interior of the country are usually less expensive than in large cities/capitals.



WEATHER

The city of Ribeirão Preto has a hot climate all year round, with dry winters and rainy summers; therefore, it is important to note the type of clothing to match the appropriate temperatures of the city.



ACCIDENTS PREVENTION

Be careful with flammable products during your stay, sometimes the equipment used here is different from the ones you are used to. In this way, be aware of the mode of use and voltage of your accommodation.

TRANSPORT

For the use of the public urban bus to travel to the city of Ribeirão Preto, an electronic card (provided by the bus company) is required. To obtain a Student Card, it will be necessary for you to schedule a day and complete the necessary information and documentation as listed at www.ritmoribeirao.com.br. After you have received your card, you can recharge it in various parts of the city, including the terminal of Hospital das Clínicas at USP campus.

If you do not want to go by bus, you can install the app **Uber** or **99 Taxi** to get around the city more easily, or even look for other services such as taxis and moto taxis. These services are spread all over the city.





FINAL CONSIDERATIONS

We wish you an excellent experience in our country. May this opportunity help you in your professional training and in your personal life!

In case of doubt or any difficulty, kindly contact us at: crint@eerp.usp.br

Phone number: +55 16 3315-3393





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