

MOVEMENT EXCHANGE

RIO DE JANEIRO, BRAZIL
HANDBOOK

2017

BEM-VINDO AO BRASIL!



Movement Exchange unites dance and service through its university chapter network, international dance exchanges, and year-round dance programs at home and abroad. By uniting dance and service, we can change the world one community at a time. We are delighted to have dancers, like you, who are passionate about serving through dance. We sincerely hope that this experience offers you a glimpse into how dance can play a key role in cross-cultural understanding and transform the lives of at-risk youth and the larger community.

Movement Exchange began international dance exchanges to Panama in 2010. Since then, we've held yearly performances starring over 100 youth and now fund year-round dance programs at three orphanages in Panama. These programs are taught by local Panamanian instructors and are funded in part by your program donation. In 2011, our university chapter network was created and it now includes 20 university chapters throughout the United States. These chapters are also committed to providing year-round dance education in their local communities.

What began as a small idea has now grown into a large community of like-minded dancers who are empowered to give back to the world. We are deeply rooted in Panama, have journeyed to India, and are now excitedly headed to Brazil this July 2017! In the following pages, you will find information about the exchange including the tentative itinerary, packing list, and pricing information. There is no better place than Brazil to dance—we are convinced! We admire your commitment to movement and global service and we look forward to witnessing how your individual perspective will enrich our time together. See you in Brazil!

movementexchanges.org

info@movementexchanges.org

move to change

MODEL FOR DANCE DIPLOMACY

OUR APPROACH

SERVICE



Local & International
Dance Service

EDUCATION



Teaching, Learning
& Collaboration

SUSTAINABILITY



Year-Round Dance
Education Programs



OUR IMPACT

- Cross-Cultural Understanding
- Social Inclusion
- Community Empowerment

- Civic Engagement
- Self-Esteem
- Creative Expression



SAMPLE BRAZIL ITINERARY: July 14-23, 2017

GROWTH INSPIRED BY OUR MOVEMENT



in YOUTH



in DANCE
DIPLOMATS



in SURROUNDING
COMMUNITY



DAY ONE

Welcome to Rio de Janeiro, a city known for its beautiful beaches, impromptu soccer games, and of course its rich artistic heritage. Today we will be taking some time to explore our new neighborhood of Copacabana followed by an introduction to our Brazilian partners over a bowl of the famous Amazonian fruit, acai! Bring your dancing shoes because we are hitting the ground running and will be visiting one of the famous samba houses this very first night.

DAY TWO

A trip to Rio de Janeiro would not be complete without a stop on Sugar Loaf Mountain (Pao de Acucar). We can share a dance on what feels like the top of the world before starting at the Federal University of Rio de Janeiro to learn about the Afro-based dances of Brazil. Following dance class, we will be teaching a group of Brazilian university students. A typical Brazilian lunch of rice, beans, and farofa precedes a visit to an arts foundation in one of Rio de Janeiro's favelas. The majority of the favelas in Rio de Janeiro have been completely pacified and are now safe and vibrant places to see the best of Rio's cultural offerings. The views of the city of Rio are also incredible from these communities built on the mountainsides. That afternoon, we will teach dance class at an arts foundation to youth ages 6-15.

DAY THREE

Today begins with a morning stroll along the Atlantic ocean's edge with a fresh fruit juice in hand ("jabuticaba", "jaca", or "caju" anyone?). We will travel to the Federal University of Rio for our second day of dance exchange and then again to a youth foundation in the afternoon. After a full day of taking class in traditional dance forms from the state of Bahia and Pernambuco, we will be ready to relax to live music in the historic Lapa district. Some of tonight's offerings most likely include samba or chorinho.

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DAY FOUR

A hike to Brazil's most famous icon, the "Cristo" (Christ the Redeemer) is an inspiring way to start a day of dance service. From Cristo, one can see the gold beaches of Zona Sul, the lake in the center of Rio, and the Bay of Guanabara. Today at the university, we will learn Brazilian partner dances. You will get to use these new acquired skills tonight at a Forro night, which will have a live band playing. The history of Forro is really quite fascinating. You might want to look it up to become better acquainted with the style! Don't forget that today we will also be teaching at a youth foundation in the afternoon.

DAY FIVE

Today is devoted to taking classes at a local dance studio with an array of guest teachers from across Brazil. You may have been introduced to some of the styles earlier in the week, so today is the day to perfect your technique and delve deeper into your understanding of the history of each dance. A typical Brazilian meal of feijoada finishes off the day before a lazy afternoon on the beach of Ipanema!

DAY SIX

Our morning starts with a tram ride to the bohemian neighborhood of Santa Teresa. Exploring the small and winding streets, murals, and hidden shops and restaurants is the perfect way to start a day in Rio de Janeiro. We will then visit Rio's history museum that will give you a better understanding of the significance of the saying "os brasis" which means "the Brazils" and alludes to the true cultural melting pot that makes up the Brazilian nationality.

DAY SEVEN

Before lunch, we will be taking a Maracutu dance and drumming class organized by Rio's premier Maracutu company hailing from the Pernambuco region of Brazil. We will continue with our dance service in one of Rio's favelas for the afternoon. We complete the exchange with a small performance showcasing all we have learned and taught during the week before taking a hike to the Michael Jackson statue in the community of Santa Marta. This is where the music video "They Don't Care About Us" was filmed and this spot, with its incredible views, is a popular place to visit. As the sun sets, we will take a stroll through Rio's magical Botanical Gardens. What a perfect last day of teaching and taking class!

DAY EIGHT AND NINE

To celebrate an inspiring and full week of learning, teaching, and sharing, we will travel to the awe-inspiring island of Ilha Grande for two nights. Here, we can relax on the deserted beaches, learn a bit of frescobol (think beach tennis!) or even surf. Ilha Grande is the perfect place to unwind with a balance of crystalline water, tropical jungles, and fun evening activities.

DAY TEN

Before heading to the airport, we say our goodbyes to all of our new friends in Rio de Janeiro, eat our last plates of rice and beans, and sip our last tropical fruit juices. You will soon learn the true meaning of the Portuguese word "saudade," or longing, because it's hard to leave the magnetic energy of Brazil! You'll be back!

Note: All itineraries are subject to change.

WHAT TO PACK

- Passport and two photo copies of passport
- Important documents: insurance information, photo ID, and reservation information, if applicable
- Dance clothes and shoes (bring a variation of t-shirts, tank tops, shorts and knee-length legwear)
- Old dance clothes, shoes, and costumes for the kids (if you have costumes to give away)
- Music on CDs for the kids to keep and on your iPods/iPhones
- Bluetooth speakers—battery operated is ideal and the louder the better!
- Games and activities to play with kids and/or gifts for the new friends you will meet
- Flashlight or head lamp
- Non-perishable snacks
- Insect repellent in wipe form (>30% DEET)
- Prescription medication/travel medicine (recommended: stomach soothers and anti-diarrheals)
- Lightweight pants, light sweatshirt
- Closed-toed shoes
- Hat, sunglasses, sunblock
- Camera/video camera
- Refillable water bottle
- Shower sandals
- Towel
- Travel-size toiletries (check these in your suitcase due to new TSA regulations on liquids)
- Swimsuit
- Spending money to convert to Brazilian reales

HOW TO PACK

- Print and bring the Curriculum Handbook as you will want to refer to it on the exchange. It is great for developing lesson plans.
- Rio de Janeiro is warm and pleasant in July, but it could also rain. Be prepared with a bikini and umbrella.
- Leave hair dryers and other such beauty products at home. You will not need them.
- Pack light. A large backpack or duffle bag should provide plenty of room for everything that you need to bring. Try to bring only carry-on luggage.
- Medicine: keep them in their original prescription bottles and always in your carry-on luggage. Be sure to follow security guidelines if the medicines are liquids.
- Bring some plastic sandwich bags to keep your camera, wallet, etc. dry.
- Leave some room in your bag to bring presents home.

BRAZIL EXCHANGE DETAILS: JULY 14-23, 2017

PROGRAM DONATION PER PARTICIPANT

Students (high school and university): \$2,500 – 10 days, 9 nights

Non-students: \$2,700 – 10 days, 9 nights

Note: Need-based scholarships are available. Please email anna@movementexchanges.org for more information.

All dance diplomats must apply at movementexchanges.org and be accepted before submitting their non-refundable deposit that ensures a space in the program.

DEADLINES

March 1, 2017 - Application and \$700 non-refundable and non-transferable deposit due

May 20, 2017 - Remaining program donation due

PROGRAM DONATION INCLUDES:

- Ten days and nine nights at AirBnB or hotel (shared rooms)
- Transportation to and from airport
- Private, daily transportation between youth foundations, dance classes, and arts activities
- 24/7 guides and translators from Movement Exchange
- Dance and arts classes with local dance professionals
- Discussions and guest lectures on Brazilian culture
- Breakfasts, most lunches, and some dinners
- Connections to all partners within the dance community of Brazil
- Excursions to Ilha Grande beaches and historical areas and museums in Rio de Janeiro
- Pre-program preparation

PROGRAM DONATION DOES NOT INCLUDE:

- Airfare to and from Rio de Janeiro (GIG)
- Visas (contact your local Brazilian consulate regarding your tourist visa)
- Personal expenses
- International travel/health insurance
- Some meals

A portion of your program donation contributes to the sustainability of Movement Exchange by supporting year-round, locally staffed dance education programs.

SUSTAINABILITY



Dance Education Programs

BRAZIL EXCHANGE DETAILS: JULY 14-23, 2017

HOW TO SUBMIT PROGRAM DONATIONS

OPTIONS FOR SUBMITTING PROGRAM DONATIONS

Option one: Empowered fundraising page at empowered.org/movement-exchange

Funds raised here go directly to the organization. Email adele@movementexchanges.org if you would like an individual fundraising page set up on Empowered.

Option two: Paypal via movementexchanges.org.

Visit our [donate page](#) and submit your fees online.

Option three: Checks for entirety of program donation

Send a check made out to Movement Exchange to PO Box 3645 Half Moon Bay, CA 94019

HOW TO BUY AIRFARE

1. **Go to Kayak.com or Google Flights, etc. to find best fares** from your city to Rio de Janeiro (airport code GIG).
2. **Send itinerary to Move-Ex team for approval BEFORE you buy your tickets.** Participants must arrive in Brazil at designated times as there will only be one group pick up and drop off from the airport.

HOW TO GET A VISA

Look up your local Brazilian consulate for details. Please plan ahead to ensure available appointment dates or enough time to mail in your passport if you choose to use a third party service. [Here is a list of visa agencies in the event that there is no consulate close to you.](#)

MOVEMENT EXCHANGE TEAM IN BRAZIL

ANNA PASTERNAK, MOVEMENT EXCHANGE FOUNDER

Anna founded Movement Exchange in 2010 in Panama with the goal of integrating her passion for dance, public service, and international experience. Anna has danced professionally in an array of styles, although her most outrageous dance experience to date was dancing on tour in Japan with a samba company from Rio de Janeiro. Anna's years living in Brazil made her fall in the love with the country, its dances, and people. She is excited to finally bring Move-Ex to what she considers to be a dancer's paradise. She and her Brazilian team of dance professionals cannot wait to host you this July in Rio de Janeiro!

JULIA EVANGELISTA, ENTERTAINMENT INDUSTRY

Julia will be leading the logistics this July in Brazil. A true "carioca" (native to Rio de Janeiro), Julia is highly active in television in Brazil and works with a variety of artists who will be joining us during this exchange. Julia is always ready to teach others about Brazilian culture and history and looks forward to the first Brazilian dance exchange in her hometown.