

Brazil

CULTURAL GUIDE



PANAHGAH



WELCOME TO PANAHAHAH!

Panahgah is a Brazilian civil society organization with the aim of providing assistance to people in vulnerable situations (beneficiaries).

Panahgah will be your partner in the resettlement process in Brazil and will help you to ensure that you have received the support you need to settle in Brazil.

This document will allow you to understand the basics of the rich cultural intricacies and nuances of Brazil and learn about the resettlement process. Some big and small things that are crucial to your resettlement in Brazil.

But do not worry!

We will be with you every step of the way. Like a railing you can lean on whenever you need us. Of course, it is up to you to take the first steps towards your future, but we will always be there to support you whenever you feel the need.

However, you must remember to read this guide and ask questions whenever you face a problem or a challenge.

Good luck with your new life.
The Panahgah Team.

BRAZIL IS THE LARGEST COUNTRY IN SOUTH AMERICA AND THE FIFTH LARGEST NATION IN THE WORLD.

OFFICIAL NAME: Federal Republic of Brazil – República Federativa do Brasil

FORM OF GOVERNMENT: Democratic Federal Republic

CAPITAL: Brasilia

POPULATION: 208,856,892

OFFICIAL LANGUAGE: Portuguese

MONEY: Real

LANDSCAPE: 3,288,000 mi² (8,516,000 km²)

MAJOR MOUNTAIN RANGES: Serra do Mar, Serra do Espinhaço

MAJOR RIVERS: Amazonas, São Francisco, Paraná, Tocantins

GEOGRAPHY

- Brazil is the largest country in South America and the fifth largest nation in the world. It forms a vast triangle on the eastern side of the continent, with 4500 miles (7400 kilometres) of coastline along the Atlantic Ocean. It borders every South American country except Chile and Ecuador.
- Brazil's landscape is very varied. It is best known for its dense forests, including the Amazon, the world's largest jungle, in the north. But there are also dry grasslands (called pampas), rugged hills, pine forests, extensive wetlands, vast plateaus and a long coastal plain.
- Northern Brazil is dominated by the Amazon River and its surrounding jungle. The Amazon is not a single river, but a network of hundreds of waterways. Its total length is 4250 miles (6840 kilometres). Thousands of species live in the river, including the famous piranha and the boto, or pink river dolphin.

LANGUAGE

Portuguese is the only official language in Brazil, but it's slightly different from the one spoken in Portugal. However, we can easily understand each other in both written and spoken form. There are also many minority languages spoken throughout the country, from indigenous languages to Polish, Italian, Japanese, German and Ukrainian dialects.

Portuguese in the words of Olavo Bilac:

“(...) unknown and obscure, tuba
of high note, delicate lyre,
That holds the rustle and hiss of the storm
And the singing of saudade and tenderness!”

Most Brazilians speak at least a little English and enjoy the opportunity to practise, but don't expect to go into a supermarket and ask questions in English and get an answer. You won't.

When in Brazil, speak Portuguese. Even if you're not confident in your language skills, use Portuguese. Brazilians are always happy to see a foreigner using their language. And they'll do everything they can to help you get your message across. They'll even speak louder to help you.

PEOPLE & CULTURE

Brazil is internationally renowned for its cultural diversity, bringing together different peoples and cultures to create the unique being that is the Brazilian. Most Brazilians are descended from three ethnic groups: Indians, European settlers (mainly from Portugal) and Africans. Since the 19th century, waves of immigrants from Europe, the Middle East and even Japan have added to this mix. This diversity of cultures has created a rich religious, musical and culinary culture.

For foreigners visiting us, some of our customs may seem strange. For this reason, we have compiled a list of some of the habits and customs of everyday Brazilian life to help you feel more at home in our culture.

Hygiene habits: Brazil is a tropical country of indigenous descent, which historians say explains most of our hygiene habits. You will notice that Brazilians take a shower every day, sometimes more than one, depending on the heat. They also have the habit of brushing their teeth after the main meals of the day, although this is done in the context of the working environment. Everyone is expected to change their clothes every day and wash their hands when they come in from the street.

So if you're staying in a Brazilian guesthouse or hostel, keep it clean, take out the rubbish, make your bed, use deodorant (always). And shower before going to bed. Always.

According to the report *Deodorants - Brasil*, July 2014, deodorant is a staple of Brazilians' grooming routine, with universal use (97% of Brazilians use deodorant) and most Brazilians reapply it throughout the day (77% use deodorant more than once a day). Smelling good is very important to us.

Fun fact about Brazilians: Most people carry toothpaste and toothbrushes in their purses/backpacks so they can brush their teeth after eating.

Greetings: It is often said that Brazilians are very welcoming to foreigners. Brazilians are used to greeting people with handshakes, hugs and kisses on the

cheek, with variations depending on the more formal or informal context and also the region of the country. In a group or social setting, the person arriving is expected to greet everyone first. They are also expected to say goodbye to everyone when they leave.

When greeting, Brazilians often express themselves physically. Men usually shake hands and/or pat each other on the back, while women usually kiss each other on the cheek - one kiss is the norm in some states, two in others. However, when greeting someone we do not know or who is older, we use formal greetings, such as a firm handshake. Eye contact (but not staring) is essential and shows sincerity and interest in the conversation and the person.

It is acceptable to touch someone you know in Brazil when speaking to them, regardless of gender or relationship. A touch on the arm or a pat on the back is common in everyday conversation. It doesn't necessarily mean physical attraction, it's just Brazilian culture. If you're uncomfortable with something, just say so. People will understand.

You are likely to see couples kissing, hugging and holding hands on the streets, in restaurants and on buses. Often, couples will sit next to each other in a restaurant, rather than in front of their partner, so that they can be closer.

PEOPLE & CULTURE (PART 2)

Punctuality: Brazilian punctuality is not exactly Swiss punctuality. In work situations, appointments are usually kept, but there is a tolerance of a few minutes for the start of meetings. In social situations, longer delays are tolerated.

Accents and regional idioms: The official language of Brazil is Portuguese, but as it is a large country, it is common to use different expressions for the same words. It is fun to discover that mandioca (cassava) can also be called aipim or macaxeira.

Calling people by their first name or nickname: It is very common to call people by their first name, even in a formal context of interaction, such as in an academic environment, unless the context requires that the last name be used. Nicknames are also used in informal contexts.

Eating etiquette: Brazilians always wash their hands before eating and rarely touch food with their hands. Use a knife and fork for everything, even fruit. Always use a napkin when eating or drinking. The head of the table is “reserved” for the homeowner or head of the family, so don’t sit there. If you’re invited to sit there, you should do so. There’s also a saying: “The person at the head of the table pays the bill”. So be prepared for the consequences!

Food and Drinks: Food in Brazilian culture is extremely varied. Fruits and vegetables are abundant. Favourite dishes vary by region, but many include rice, beans, cheese, eggs, beef and farofa or farinha (manioc flour made from cassava), feijoada (black beans with beef, pork, sausage and trimmings) is popular. Churrasco is the Brazilian version of the barbecue and offers a variety of juicy grilled meats.

We have a wide range of typical food and drinks, including the famous caipirinha. There are many different types of coffee, including café com leite

(coffee with milk), which you can enjoy with breakfast. Another type is cafezinho (black coffee), which is best enjoyed during after-dinner conversation. Other common drinks include lemonade, fruit juices and mate, a South American herbal tea.

Do not forget to try coxinhas (shredded chicken covered in batter and shaped like a chicken leg), brigadeiros (chocolate truffles), pão de queijo (cheese bread), carne seca (dried meat), feijoada (pork stew), rice and beans, fruits such as açaí, guava, cashew, jackfruit, mango, sugar cane juice, cold lager and our coffee.

Final thoughts: Brazilians are football crazy and their country has produced some of the best players in the world. The most famous of these is Edson Arantes do Nascimento, better known as Pele. Brazil have won the World Cup five times, more than any other nation.

RUDENESS

These are some of the things that are considered rude in Brazil.

- It is considered rude to use the “OK” sign (thumb and index finger joined to form an “o”) as it is very similar to an insulting Brazilian hand gesture. Avoid bragging about your wealth, class or hierarchy. Brazilians value a sense of humility.
- Brazilians often tend to eat quietly. Making noise with plates and cutlery is considered bad etiquette.
- Brazilians tend to eat all the food on their plate. Taking more food than you can eat and leaving unfinished food on your plate is considered rude and suggests that you did not enjoy the food.
- Don't make fun of the way Brazilians speak English. While you'll often find English speakers among Brazilians, especially in the business world, it's rare to talk to someone who speaks the language perfectly. In addition, Brazilians tend to use long and complex sentences.
- Politics, poverty, religion and Brazil's deforestation are inappropriate topics of conversation. Personal topics such as age, salary and marital or professional status are also unacceptable.
- You should feel free to enthusiastically support your team, provided they're not playing Brazil and your sporting allegiance is not with Argentina. Brazil's fierce rivalry with its South American neighbours is fierce, so be careful about expressing admiration for Argentine football star Lionel Messi.

RELIGIONS IN BRAZIL

According to the Brazilian Institute of Statistics and Geography (IBGE), about 61% of the population is Catholic, 22% Protestant, 2% Spiritist, about 3% belong to other religions and 8% have no religion.

Islam is a minority religion, first brought by African slaves and then by Lebanese and Syrian immigrants. Due to the secular nature of the Brazilian constitution, Muslims are free to proselytise and build places of worship in the country. However, due to its small size, Islam doesn't appear on its own in charts and graphs depicting religions in Brazil, but is grouped with 'other religions', which generally account for around 1% of the country's population.

According to the 2010 census, the number of Muslims in Brazil was 35,207 out of a population of around 191 million.

NATURE

Brazil has the greatest diversity of wildlife of any country in the world. It is home to 600 species of mammals, 1,500 species of fish, 1,600 species of birds and an astonishing 100,000 species of insects. Most of Brazil's wildlife is found in the jungles, but many unique species also live in the pampas and semi-desert regions.

In the central-western part of Brazil lies a flat, swampy area called the Pantanal. This patchwork of flooded lagoons and small islands is the largest wetland in the world. It is home to giant anacondas, giant guinea pig relatives called capivaras and ferocious South American alligators called caimans.

People have exploited Brazil's jungles for thousands of years. But since the arrival of Europeans some five centuries ago, deforestation has been rampant. Most of Brazil's Atlantic rainforest is now gone, and huge swathes of the Amazon are disappearing every year. every year. The government has created many national parks and reserves, but they cover only about 7 per cent of the country.

GOVERNMENT & ECONOMY

Brazil is a federal republic with a president, a national congress and a judiciary. From 1888 until recently, the country struggled with democracy. But in 1985 the military government was peacefully removed, and by 1995 Brazil's politics and economy had become fairly stable.

Brazil has many different soils and climates, so it can produce a wide variety of crops. Its agricultural exports include sugar cane, latex, coffee, cocoa beans, cotton, soybeans, rice and tropical fruits.

Brazil is also South America's most industrialised nation, producing chemicals, steel, aircraft and cars. Brazil's economy is historically the largest in the southern hemisphere in nominal terms. The Brazilian economy is the third largest in the Americas. The economy is a middle-income developing in a mixed economy. In 2022, according to the International Monetary Fund (IMF), Brazil will be the 10th largest economy in the world in terms of nominal gross domestic product (GDP) and purchasing power parity.

In 2020, Forbes ranked Brazil as having the 7th largest number of billionaires in the world. Brazil is a member of various economic organisations, such as Mercosur, Prosur, G8+5, G20, WRO, Paris Club, Cairns Group, and has advanced to become a permanent member of the OECD.

Until recently, scientists believed that Brazil was first settled by Asians around 10,000 years ago. But new evidence shows that people lived there at least 32,000 years ago. Some experts think they may have come from islands in the Pacific Ocean.

Brazil was added to the world map during the great European explorations of the late 15th century, led by Portugal and Spain. When Europeans first reached the coast of Brazil, the country was home to around 30 million indigenous people, or Amerindians. Today, only about 300,000 remain, mostly living in the remotest parts of Brazil.

Portugal established its first colony in Brazil in 1530. The colonists established sugar cane plantations along the coast and sent diamonds and gold to Europe. Soon, people from West Africa were brought to Brazil to work as slaves. The discovery of large gold deposits in the interior brought thousands of people from the coast and as far away as Europe to the interior. In 1789, Brazilians attempted to throw off their Portuguese rulers. The rebellion was soon crushed, but it started a movement towards independence. By 1822, Brazil was a sovereign nation. Kings of Portuguese blood ruled until 1888, when military leaders and landowners overthrew the king and Brazil became a federal republic.

COST OF LIVING IN BRAZIL

The estimated monthly cost for a family of four is R\$ 9,022.70.

A single person is estimated to cost R\$ 2,528.91 per month.

The cost of living in Brazil is on average 50.94% lower than in the United States.

Rent in Brazil is on average 82.15% lower than in the United States.

Market prices:

Milk (regular), (1 liter)	R\$ 5.68
Loaf of Fresh White Bread (500g)	R\$ 6.95
Rice (white), (1kg)	R\$ 8.85
Eggs (regular) (12)	R\$ 9.50
Local Cheese (1kg)	R\$ 31.20
Chicken Fillets (1kg)	R\$ 19.60
Beef Round (1kg) (or Equivalent Back Leg Red Meat)	R\$ 41.59
Apples (1kg)	R\$ 7.69
Banana (1kg)	R\$ 5.26
Oranges (1kg)	R\$ 6.59
Tomato (1kg)	R\$ 8.37
Potato (1kg)	R\$ 7.13
Onion (1kg)	R\$ 4.75
Lettuce (1 head)	R\$ 4.36
Water (1.5 liter battle)	R\$ 3.22
Battle of Wine (Mid-Range)	R\$ 40.00
Cigarettes 20 Pack (Marlboro)	R\$ 12.00

Rent:

Apartment (1 bedroom) in City Centre: R\$ 1,711.1

Apartment (1 bedroom) Outside al Centre R\$ 1009.03 Apartment (3 bedrooms) in City Centre R\$ 3,127.25 Apartment (3 bedrooms) Outside al Centre: R\$ 2,389.65

CONTACT

The official way to contact Panahgah is by email: wecantalk@panahgah.org.

Whatever the issue, we will respond to your request or query.

The response time is five (5) working days.

In urgent cases, please add the word URGENT to the subject for a quicker response.



+55 11 98841-5321



contato@panahgah.org
www.panahgah.org



Av. Nove de Julho, 3575 - Sala 1913
19° andar - Jundiaí - SP - Brasil