



Travellers Worldwide is a leading International Provider of  
Volunteering Programmes, Work Experience Internships  
and Cultural Courses Abroad

# BRAZIL



## COACH FOOTBALL TO CHILDREN IN RIO DE JANEIRO IN BRAZIL

Learn and coach football to school children in Rio de Janeiro. Think of Brazil and Pele, Ronaldo and Neymar come to mind. You may be coaching a star of the future at one of our two football centres in the city! You don't need any qualifications to coach sports in Brazil, just a basic understanding of the game you're coaching and a love of sports, as well as an enthusiasm to share it!

***Thank you for your interest in volunteering on this Project. Below is a description of what you can do and expect. You can volunteer whether you're taking a gap year, on a career break, retired, or on a holiday with a purpose. No matter what your age or experience, we look forward to welcoming you to the team!***

## WHAT DO YOU GET?

### SELF-DEVELOPMENT:

- New skills, more confidence, a greater understanding of a different culture, invaluable personal and professional development.
- The enormous satisfaction of helping disadvantaged children and knowing that you made a difference to them.
- An entry on your CV or résumé that will put you head and shoulders above most others in the job market.

### SAFETY AND SECURITY

- Your safety is our top priority. We risk-assess all destination countries, projects, accommodation and more to ensure that they are stable and safe.
- We have experienced local staff with 24/7 back-up and support who are there to assist you and look after you, starting with an in-depth induction on your arrival.

### AN ADVENTURE!

- An exciting, never-to-be-forgotten adventure into Argentinean life and culture, and best of all ... **an unforgettable experience!**

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TravelQuest Ltd t/a Travellers, registered in England & Wales, Registered Office: 7 Mulberry Close, Ferring, West Sussex, BN12 5HY, Reg. No. 3072191, VAT Registration: 786540201

**Prices:** From £945, excluding flights. See our [Full Price List Online](#)

**Duration:** From 2 weeks to 6 months or longer, subject to visa requirements

**Start Dates:** All year round, you choose your start and finish dates.

**Requirements:** No qualifications needed.

**What's Included:**

- ▶ Arranging your Programme,
- ▶ Payment Protection insurance
- ▶ Food (Breakfast only)
- ▶ Meeting you at the nearest airport
- ▶ Transport to and from your project
- ▶ 24-hr emergency support.
- ▶ Full pre-departure support and assistance,
- ▶ Accommodation
- ▶ Transfer to your accommodation
- ▶ Local in-country team support and backup
- ▶ Certificate of Completion
- ▶ Free T-Shirt.

**What Not Included:** Food (Lunch and Dinner, see above, breakfast is provided), Flights, Insurance, Cost of Visas (if a visa is required), Return transfer to airport.

## SUMMARY

## PROJECT OVERVIEW

### WORK CONTENT

Our projects take place at a football centre in the north of Rio and also a favela in the south zone. At both centres you'll work with young children and teenagers with a passion for football, whose enthusiasm is infectious.

At both centres you'll spend time sharing your skills and building confidence and team morale, whilst working towards improving technique and strategy. What you will offer through coaching is immeasurable in terms of education in social skills, team work, self-development, confidence and the obvious positive effects it will have on their English language learning.

In the centre in the North the children train three days a week; Monday, Wednesday and Friday for two sessions, one morning and one evening and at the centre in the favela they train Monday to Friday afternoons only.

At both centres you will be coaching children and teenagers aged between 6 to 18 and your main role is to assist the coach in all roles from warm up's, drills, skill practice, to refereeing and sometimes you can also get involved in playing the game!

Your working hours may vary as you may work solely at one centre or divide your time between the two. The children have a huge love for football and take it very seriously so working at this project will be a totally rewarding experience as their enthusiasm is infectious!

Coaching swimming is also available in conjunction with your football coaching project; however you need to hold a level one badge or a lifeguard's certificate as a minimum requirement.

### SCHOOL HOLIDAYS AND ... CARNAVAL!

The centres are closed during the following times:

Summer Holiday: 19th December 2015 – 7th January 2016

The week of Carnival. Carnival takes place in 2015 from 13th to 18th February.

Carnaval begins at midnight on the Friday before Ash Wednesday (usually around the second week of February) and last for five days, but the whole country stops for about two weeks. Carnaval is celebrated all over Brazil. The most famous is, of course, held in Rio, but the authentic versions of Carnaval are found outside that city.

### CAN'T SPEAK THE LANGUAGE?

If you speak some Portuguese (or even Spanish), you will find it very beneficial on this project. But don't be put off if languages aren't your thing! You're sure to pick up some of the basic words whilst you are there, and will find other



ways to converse without language becoming a barrier. Don't forget that we can also arrange some Portuguese Lessons for you during your programme if you'd like.

*“Without a doubt I would recommend this placement to anyone if they are willing to come with an open mind and are prepared to try and adapt to a different culture. I loved it.”*

**Alex Calnan**

“It was honestly the best trip I've ever been on. The children we helped volunteer for were part of this section of the community and you could just see in their eyes how much our project and our contribution was affecting their lives in a positive way.”

**Canyon Cugini**

## ACCOMMODATION

You'll stay at a welcoming modern hostel in leafy Laranjeiras, a wonderful area of Rio, just a 15 minute walk away from where you can take the train to Cristo Redentor – one of Brazil's biggest attractions!

With friendly staff and a relaxed atmosphere, you are sure to feel at home as soon as you step inside. The hostel comprises lots of facilities including 3 TV's, computers, free Wi-Fi, and 2 communal areas with a bar, dartboard, snooker table and play station and 3!

You will stay in a dorm room (female dorms for woman and mixed sex dorms for men) but upgrades to a private room is available at a supplement. You will have access to a well equipped kitchen where you can prepare lunch and dinner and the hostel also offers a tasty Brazilian lunch for a good price.



Laranjeiras is one of the most traditional parts of Rio and is close to the Guanabara Palace and the Fluminense Football Club's training ground. You are just a 15 minute walk from the closest metro station and you can reach Copacabana beach in under 30 minutes. Nearby are banks, restaurants, supermarkets, shops, bars – everything you could need is right on your doorstep.

### FOOD:

Breakfast is included in this project and is a fabulous spread of coffee, milk, fruit juice, bread, butter, jams, meat, eggs, yogurts, cereal, fruit and cakes which should set you up for the day.

You're located in the heart of Rio so there is an almost endless variety of dishes and restaurants, which is why we've provided the accommodation as breakfast only. Most of our volunteers regard eating out as one of the highlights of living in South America.

On your doorstep are numerous restaurants including local Brazilian fare, 'Por Kilo' restaurants (which charge based upon the weight of your food), Chinese, Japanese, Subway and snack shops galore! The snack shops, (Boteco's) are a good option where 'salgado's are served (a type of savoury pastry filled with meat, cheese or chicken) and 'pao de queijo' (literally 'cheese balls' – delicious little cheese and bread balls) that all cost around Rs 4.

One thing is for sure, you will not go hungry in Rio!

## WHY TRAVELLERS WORLDWIDE?

- Over 20 years' experience of sending thousands of participants overseas, plus the largest variety of flexible projects that are value for money!

- Accredited projects helps appeal to future employers
- Excellent support!
- Your own dedicated Project Co-ordinator to answer all questions before, during and after your trip of a lifetime!
- Detailed information on your project and country and suggestions, safety guide, tips and checklists, via our EXTRANET, available from anywhere, 24/7.
- 24/7 emergency helpline for you and your family
- Free pick up from the nearest airport.

**“I still haven't got over my Brazilian experience. :) Just wanted to thank you. It's been exactly as you told me it would be, mind blowing! As I tell everybody that asks, I just can't explain. You have to do it, to feel it in order to know what I'm talking about.**

**Thank you, Travellers.”**

**Andrei Dinescu**

***“About our Travellers' in-country support: I loved them, honestly, and they were some of the nicest people I've ever met. They made me feel right at home.”***

**Canyon Cugini**

## HOW YOU MAKE A DIFFERENCE:

By joining a Travellers Program you enable us to keep donating money to worthwhile projects around the world; from clothing and feeding school children, building playgrounds or funding vital conservation research - your participation makes these donations possible.

Donations to **Bridge The Gap Foundation**. This Foundation was set up by us to donate directly to particularly worthwhile and necessary projects for children and animals around the world, and partners with other NGO's to raise match-funding for worthy projects.

The price of this project is a reflection of the following costs:

- |  |   |
|--|---|
| ✓ Accommodation                            | ✓ UK administration   |
| ✓ Food (Breakfast only)                    | ✓ Marketing (brochures, website design and maintenance, attending careers fairs, advertising, website listings and presentations) |
| ✓ Meeting you at the airport               | ✓ Project Research/Site Inspection  |
| ✓ Transport to and from your project       | ✓ Staff Training/Equipment  |
| ✓ Local in-country team support and backup | ✓ Donations to worthwhile project   |
| ✓ 24hr emergency helpline                  |   |
| ✓ Full pre-departure support               |   |

## ADDITIONAL INFORMATION

Got any questions? Please email us: [info@travellersworldwide.com](mailto:info@travellersworldwide.com)

Once you have applied for a placement, we'll contact you and send you our Welcome Pack. You'll also receive Log-on details and password for our Volunteer Extranet where you'll have access to all the documentation and information which we've put together to facilitate preparations for your adventure!

Your Project Co-ordinator for your country will liaise with you throughout the arrangements process, as well as while you're on your placement and on your return home. The documents you'll have access to also include a Country Factfile, Safety Guide and any manuals that may assist you on your particular programme (for example, Teaching Guide, Sports Manuals, Enrichment Suggestions for Animal Care, etc.). We do all we can to make your stay one that you'll never forget.

As with all our destinations, the culture and heritage is different to what you're used to ... which, although one of the most exciting aspects of travelling, should be borne in mind. Self-reliance and independence are highly appreciated in all our destinations and will help you to make the most of this wonderful opportunity! This is a truly awesome, elegant and beautiful country.

## THINGS TO DO IN BRAZIL

### LOCATION, EXPLORING AND SIGHTSEEING:

#### Location:

The hostel is located only a 15 minute-walking distance away from the Arches of 'Lapa', 'Cinelandia' and 'Flamengo', from where you can visit Sugar Loaf Mountains (Pao de Acucar) and the Statue of Christ, the Redeemer; only 3 minutes away from 'Catete' Underground station, where you can catch the train and get to 'Copacabana' or 'Ipanema' beach in less than 15 minutes.

There are several banks, ATMs, supermarkets, drugstores, cinema, hotels, shops, etc., all within a couple of minutes away, which makes the area interesting and busy, even at night! The options for entertainment are endless too; one night you can choose to watch a film at the cinema, or you can just chill out with friends in a local bar or pub. The romance of Argentina takes one's breath



### THINGS TO DO IN RIO:

#### Visit the beach!

Choose from the famous **Copacabana**, **Ipanema**, **Barra de Tijuca** (pronounced Ba-ha), and **Leblon**, to name but a few! Copacabana is probably the world's most famous beach, with 3 miles of sunbathers and beach parties in front of one of the most densely populated cities on the planet.

**Ipanema** is Rio's most chic beach for the rich and the beautiful. Brazilians prefer busy beaches, with crowds of people, beach volleyball players, food sellers and sun tanners.

Volleyball, futevolley (volleyball but where you can't use your hands!) and beach soccer.

**Futebol (soccer)** is the national obsession, and Rio is the location of **Maracana Football stadium**, the largest stadium in the world. Many football legends have played in this ground.

**Surfing** in perfect rolling waves is ideal for beginners or more advanced surfers.

There are excellent opportunities for **rock climbing** in and near Rio and **hiking** is great along the coast and in some of the national and state parks.

For some adrenaline packed fun, try **hang-gliding**, especially around Pedra Bonita, near Pepino beach. The city has grown around the very green **Tijuca Forest**, creating the largest urban forest in the world. There are various trails into the forest and exploring it could easily take an entire day.

#### CARNAVAL!

Like Mardi Gras, Carnival has its roots in ancient pagan ritual. The wild parties began in the Middle Ages. Over time it flourished and incorporated extravagant costumes from India and primitive carnal beats from African rhythm. Carnival takes place before Lent where Catholic Brazilians officially gave up luxuries such as meat, alcohol and pastries.

The excitement of Carnival builds practically all year round. Rehearsals at samba schools begin in August and marching percussion bands practise for their performances of music throughout the year.

Carnival Balls are extreme, surreal and erotic events. There is various stages of undress, extravagant body painting, stickered tattoos, fishnets and spandex involved! Hypnotic music, grinding movements and beautiful ladies of the night vying for the camera's attention are included in the price of the ticket. Some of these beautiful ladies are less 'lady' than they may appear... Street Carnival is all about the dancing in the streets, marching bands pump out their theme tune and other rhythms as the drag queens and party crazed people bop along behind.

The samba parades are perhaps a highlight of carnival. As the Lonely Planet so nicely puts it, the Brazilians harness sweat, noise and confusion and turn it into art. The best Samba schools in the country prepare all year for their moment of glory. This procession is a competition of the art. There are many aspects to samba including percussion, song, dance, choreography, costumes, story line, floats and decorations. The winner of the samba parades earns admiration and the pride of Rio and all of Brazil.

## HOW TO BOOK

### TWO EASY WAYS ...

Complete a [booking form](#) online.

Telephone  
01903 502595 (UK)  
or  
1-603-574-4935 (USA)



**THANK YOU FOR YOUR INTEREST IN OUR PROGRAMME!**

**We hope you'll join us!**

**Don't hesitate to contact us with any questions.**

**We're happy to help you plan your exciting adventure!**

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