

IF TRAVELLING IS YOUR PASSION...

BRAZIL IS YOUR
DESTINY!



WELCOME TO RIO

*magic city of sun, sea and sand, which
will captivate your heart forever*

13^o Congresso Mundial
de Medicina Intensiva
**XXII Congresso Brasileiro
de Medicina Intensiva - CBMI**

Rio  **2017**

Rio de Janeiro - 8 a 11 de novembro de 2017



BLUMAR
CONGRESS & EVENTS

TRAVEL HINT & GENERAL INFORMATION

Entry Form. Please take extreme care with the copy of the entry form you received when you got your passport stamped at the airport. It will take time, work and a lot of hassle to get another one.

Hotels. Most hotels have safety deposit boxes in their rooms. It is recommended that jewelry, air tickets, documents and money are kept in them. Keep with you only what is necessary for daily use. Credit Cards are welcomed in most shopping centers as well as in large stores, restaurants and night clubs. But some places do NOT accept Credit Cards - you may need cash.

Money. The currency in Brazil is the Real (R\$). Most banks will not be able to change your currency into Reais – only in a few branches of Banco do Brasil. You can change your money at exchange stores authorized to deal with foreign currency. ATM machines are available in many locations around the city.

Beach. Brazilians only carry a towel, sun tan oil or sun block and a small amount of money to the beach. We suggest you do the same. Avoid swimming far from the shore and be careful with over exposure to the sun, especially if your skin is sensitive. Remember, you are in a tropical country.

Water. It is suggested you drink bottled mineral water and NOT tap water.

Tippling. Restaurants, taxi and hotel tips are 10% - 15% over your bill. Most restaurants include 10% on their bill so it is up to you to leave an extra tip.

Transportation. Do not accept tours or excursions from taxi drivers. You may be disappointed. Yellow cabs are safe, but make sure the driver charge you by the meter. Special taxi service is also available throughout the city, but at a higher rate. Under-

ground trains covers a limited part of the city, but it is quick and safe. You can find a few stations in Copacabana and Ipanema. In general, we suggest you to contact your guide, or our office, for tours and transfers.

Language. Official language is the Portuguese. Spanish will be understood if spoken slowly. Some people will speak English, but not everywhere. But Brazilians are in general very friendly and communicative. They will make an effort to understand you.

Safety. Rio is a vibrant and exciting city of which you would like to take full advantage. As a world-class city, Rio also presents all of the typical challenges of a modern urban society. While the government takes measures to ensure a safe city environment, it is important to keep in mind that this responsibility also rests with you. We suggest that you bring only the cash that you need and that you keep them on you, do not wear jewelry, do not show off expensive looking cameras and do not change money with people in the streets. Use common sense.

Calling Brazil / Calling Home. For long distance calls within Brazil, you must dial - 0+xx+city code+the number - xx is the number of the local operator, that can be 21 or 31 or 23 depending on the operator you choose. For long distance call outside Brazil you must dial -0 0+xx+country code +city code+the number -xx is the number of the local operator, that can be 21or 31or 23 depending on the operator you choose.

Electricity. The electric current in Rio de Janeiro is 110 V. Most of the hotels have adaptors if necessary.

CLASSICAL TOURS

Sugar loaf | We drive along Copacabana beach to the Urca district, where we will take the two-stage cable car to the top of the sugar loaf mountain. After enjoying stunning views of the Guanabara Bay and the beaches, the tour takes us downtown where the old historical Rio reveals itself. Once in Rio, the Sugar Loaf mountain cannot be missed.

Duration: 4 hours

Corcovado mountain with Christ the Redeemer

We drive to the traditional neighborhood of Cosme Velho where we will take the 20 minute cog-wheel train ride to the top of the Corcovado mountain. The spectacular ride will take you through the Tijuca National Park, a green oasis in Rio. The breathtaking views are 2400ft above sea level, once you reach the top. The 120ft statue of christ welcomes you and reminds you that this is Brazil's most important monument.

Duration: 4 hours

Rio by helicopter

| From the comfort and safety of a modern helicopter you will enjoy a birds-eye view of the many facets that make Rio one of the most beautiful and exciting "gems" in the entire world. Transportation to and from your hotel is not included. There are many different flights with different durations and routes – you can ask your guides for more information.

Rio by night

| If you want a taste of Brazilian music and food, then you must first try the typical barbecue (churrascaria) restaurant. Many different cuts of meat served non-stop, with many choices of salads from the a buffet. After dinner we will take you to the best show in town, where the mulata girls will show the exotic steps of samba and of other typical braziian rhythms. You will experience carnival and see the most amazing prize-winning costumes. This tour is also available with show only.

Duration: 5 hours (*incl dinner*)

Petrópolis

| Petropolis city, located in the moun-

tain region of the Rio de Janeiro state. It is known as the imperial city, because it was chosen by Brazil's second Emperor, Pedro II, as his summer residence. After a 1 hour drive from Rio, we will arrive at this charming city where we will start out by visiting the Imperial museum, once the emperor's house, which keeps a huge collection of antiques, paintings, treasures and the jewels of the imperial family. We also visit the neogothic cathedral and the crystal palace.

Duration: 6 or 8 hours

Not available on Mondays

Tropical islands tour

| After approximately 1 ½ hours drive, we arrive at Itacuruça fisherman's village, where a schooner will take you for a cruise around the tropical islands. White sands, palm trees and clear, green waters from the Sepetiba bay invite you to relax. Lunch is served on one of the islands, where you can the enjoy nature or relax on the beach.

Duration: 8 hours

Jeep tour at Tijuca forest

| You will board a convertible jeep and head to the biggest urban forest in the world, the Tijuca National Park, right in the heart of Rio de Janeiro. Deep valleys, waterfalls, a lush green forest and some great lookout points make this trip unforgettable. During this trip you will see typical fruits, flowers and plants from our flora, and, if lucky, spot birds, monkeys and unique butterflies.

Duration: 4 hours

RIO LIKE A NATIVE TOURS

Secrets of old Rio

| This is an unusual walking tour which gives the visitor a feeling for the legends and stories woven around the narrow streets and old historical buildings of downtown Rio. The walk includes visits to many interesting points e.g., Candelaria (the candle-makers), Praça XV, the "Travessa do Mercado", Imperial Palace (paço imperial), the cultural center located in the beautifully-restored Banco do Brasil, the Casa França-Brasil, Ouvidor (the listeners) street and Gonçalves Dias street with the traditional Colombo coffee shop.

Duration: 4 hours.

Favela tour | We will leave the hotel and head up the São Clemente road until we reach the favela of Santa Marta, located on the Dona Marta hill, officially part of the neighborhood of Botafogo, in the city of Rio de Janeiro. From here we will take an elevator to the top of the hill and stop at the Michael Jackson statue. The community is famous for having been the stage of a Michael Jackson music video and it now has its own bronze statue of the pop star. After touring the streets of Santa Marta, we will stop at the resident's association and return to the hotel with a drive around the lagoon (rodrigo de freitas lake). Tour done in open jeep.

Duration: 3hrs

Botanical garden | Rio de Janeiro's Botanical Garden is one of the ten most important ecological sanctuaries in the entire world. In addition to housing some of the rarest species of plants from Brazil and other countries, it is also an excellent leisure option for children and adults, not to mention for the true nature lovers. Visitors can stroll along the pathways of the park while listening to the sounds of native birds like the "curios" and the "sabiás." The exuberance of nature, in all its colors and glory, provides images that visitors will keep in their memories and souls forever.

Duration: 4 hours

Rio by bike | Discover the beauty of Rio de Janeiro in the most pleasant and healthy way, by bicycle! You will go on fun and relaxing bike tour where you can appreciate the natural beauty of Rio and the day by day life of the "cariocas", while riding by the famous breathtaking beaches and sceneries of Copacabana, Ipanema, Leblon and the Rodrigo de Freitas lagoon. Along the way we will make several stops to relax, drink coconut water and enjoy the views.

Duration: 4 hours

Rio by night w/ Rio Scenarium | There is no other place in Rio that embodies the "alegria", or happiness, of the Brazilian people more than the nightlife scene in the neighborhood of Lapa. Once the sun goes down, this normally quiet neighborhood turns into a bustling and vibrant area full of restaurants, nightclubs and bars. The streets are filled with "cariocas" and "gringos" alike, who flock to this Rio nightlife mecca

with one thing in mind...fun!! From traditional north-eastern forró, to Rio's own samba, to reggae from Bahia, visitors will enjoy the best of what the Rio music scene has to offer. On the Rio night-life tour, our local guides will take you right to the heart of the action and accompany you to one of the best clubs in Lapa, Rio Scenarium: an unusual bar, a mix between an antique shop and an auction room, where the locals come to listen to traditional Brazilian jazz and samba. Closed on Sunday and Monday.

Duration: 5 hours

Samba school | No other music is more Brazilian than "samba", and no other samba is more authentic than "samba school" samba. Visit one of these "escolas de samba" as they open their dance floors for "rehearsals" (a combination of a party and a pep rally), in preparation for the upcoming carnival. The percussion and ecstatic crowd will have you moving your feet in no time. Begin with dinner at a typical "churrascaria" for a non-stop feast of Brazilian meats, salads and vegetables.

Available from Oct to Feb in certain days of the week (check details and availability with your local guide)

Duration: 5 hours

Rio is a paradise in many senses. It is the perfect place for those who cultivate the act of eating well. Next are some restaurant suggestions.

We recommend that you always try to make a reservation, and we apologise if any telephone number listed below has changed.

RESTAURANTS

①

Satyricon \$\$\$\$ *Sea food / International*
R. Barão da Torre 192, Ipanema | Phone: 2521-0627

The restaurant offers many attractions on their menu, and it is famous for a great variety of fish and other sea food, very fresh, also with pasta, risottos and carpaccios.

②

Cipriani \$\$\$\$ *Italian food | Hotel Copacabana Palace - Av. Atlântica 1702 | Phone: 2545-8747*

This establishment has a very refined atmosphere paired with an authentic modern Italian flavor. Part of the legendary and very traditional Copacabana Palace Hotel, the restaurant has high ceiling, crystal chandeliers and candlelight that provides a romantic touch.

③

Fasano al Mare \$\$\$\$ *Sea Food | Hotel Fasano - Av. Vieira Souto 80, Ipanema | Phone: 3202-4000*

The restaurant explores the most diverse aspects of Mediterranean cuisine that is essentially focused on fish and seafood. Try the "dish of the day". And if you intend to go there on a weekend, don't forget to make a previous reservation.

④

Mr Lam \$\$\$\$ *Chinese | Rua Maria Angelica, 21 Lagoa | Phone: 2286-6661*

A beautiful restaurant with high ceiling and large windows overlooking the Rodrigo de Freitas Lagoon invites you for a true Chinese feast. Every night a specialist prepares the noodle dough in the middle of the dining room, an ancient art that takes four years to master.

⑤

Gero \$\$\$\$ *Italian | R. Aníbal de Mendonça 157 - Ipanema | Phone: 2239-8158*

Often selected as one of the best chefs and best res-

taurants in the annual votes held by "rio show de gastronomia". Gero has already become a favourite of Rio's night life drawing socialites, entertainers, journalists and high society.

⑥

Antiquarius \$\$\$\$ *Portuguese | R. Aristides Espinola, 19 - Leblon | Phone 2294-1049*

This much-loved establishment is famous for its flawless rendering of Portuguese classics. The decor is typically Portuguese, with authentic antique furniture. Favorites of the house are codfish à lagareira (whole pieces baked in olive oil with onions and garlic, broccoli and black olives) and duck rice. The desserts made from eggs and sugar are typically Portuguese. And the wine list impresses even Portuguese gourmards.

⑦

Olympe \$\$\$\$ *French | R. Custódio Serrão 62, Jardim Botânico | Phone: 2539-4542*

One of the best French restaurants in town. The chef, Claude Troisgros, with the experience of living in Brazil since 1979, elaborates his menu mixing the French flare to the exotic and tropical products of the country, making the Olympe a unique experience.

⑧

Giuseppe Grill \$\$\$ *Steak house | Av. Bartolomeu Mitre 370, Leblon | Phone: 2249-3055*

Located in Leblon, Giuseppe Grill combines sophistication with simplicity and offers what many consider the best steak of the city. Specializing in barbecue and seafood, the restaurant serves prime cuts of Brazilian and Argentine beef, fresh fish from the market, and traditional desserts. Additionally, the diverse and ample wine cellar allows guests to choose the perfect accompaniment to their meals. Modern design, subtle lighting, and paintings by leading Brazilian artists give the restaurant a comfortable, contemporary feel.

9**Aprazível \$\$\$** *Brazilian cuisine | R. Aprazível 62 Santa Teresa | Phone: 2508-9174*

A charming old house in a beautiful cobblestoned hilly street in Santa Teresa, the restaurant takes up several rooms and spreads out into the garden where a panoramic, astonishing view of downtown Rio and the Bay of Guanabara is revealed. The kitchen serves up a variety of Brazilian cuisine, with an emphasis on tropical flavors.

10**Zuka \$\$\$** *Contemporary cuisine | R. Dias Ferreira 233, Leblon | Phone: 3205-7154*

Zuka is an innovative trend setter in the city. Mixing light ingredients with strong seasonings, they obtain very special flavors with food prepared on a charcoal grill. Chef Ludmilla Soeiro, has been in charge of the cuisine since the end of 2003, bringing her youth exuberance to the dishes which so delight her customers.

11**Quadrucci \$\$\$** *Italian Contemporary cuisine | R. Dias Ferreira, 233 - Leblon | Phone: 2512-4551*

This restaurant is one of the most disputed houses on Dias Ferreira, the "gastronomy street", in Leblon. The porch overlooking the street is the place to be. Salads, risottos and pastas compose the menu, that changes twice a year (summer and winter), though some special dishes have permanent place. "Black risotto with squid and octopus is a "must-eat" of the house. The wine list is as impressive as the food, and the chocolate fondant with strawberries is the highlight among the desserts.

12**Sushi Leblon \$\$\$** *Japanese | R. dias Ferreira 256, Leblon | Phone: 2512-7830*

Considered by many the best Japanese restaurant in Rio, this is also one of the hottest spots in the city. Located in the up scale neighborhood of Leblon, here you will find a complete menu of fresh and traditional sashimis and rolls, as well as unique creations by their prized sushiman. For drinks, order one of the 10 labels of saque, national and foreign. Keep your eyes open for celebrities; Mick Jagger, Madonna and various local artists have dined here.

13**Bar D'Hotel \$\$\$** *French | Hotel Marina All Suites | Av. Delfim Moreira, 696 - Leblon | Phone: 2172-1112*

Hangout for the beautiful people with a fine-looking view of the ocean. Bar D'Hotel was Rio de Janeiro's first contemporary bistro. With a modern and retro decoration and an innovative and cozy environment, its main furnishings were brought from several antique shops from around the world and from private collections. Its patrons are among the hippest in the city: beautiful and interesting people, are sure to be found here as well as the gorgeous view to beach. The menu offers French cuisine that primes flavor and sophistication.

14**CT Boucherie - \$\$\$** *Steak house | Rua Dias Ferreira, 636 - Leblon | Phone: 2529-2329*

The famous Claude Troisgros' restaurant in Leblon was inspired by Saint-Christophe-en-Brionnais cattle market in France, where meat is the leading "lady". A big variety of grilled cuts from prime rib to kobe beef. There, by choosing a cut of meat, you are entitled to a number of delicious side dishes served in the lounge by the waiters.

15**Fogo de Chão \$\$\$\$** *Barbecue | Avenida Repórter Nestor Moreira, s/nº - Botafogo | Phone: 2279-7117*

A great Barbecue house that operates under the unique service concept of "rodizio", a continuous service where a selection of meats are brought to your table, sliced, and served by the chefs. The selection features 15 different delectable cuts of fire-roasted meats, including succulent sirloin, ribs and white meats. On the fixed menu price is also included a sumptuous buffet of gourmet salads and fresh-cut vegetables, and a variety of Brazilian side dishes. All this overlooking the gorgeous view of the Sugar Loaf and the Guanabara Bay.

16**Le Pre Catalan \$\$\$\$** *French - Av. Atlântica, 4240 - Copacabana | Phone: 2525-1160*

Many times rewarded and considered by many as the best French restaurant in town, Le Pre Catalan is located inside the Sofitel Hotel, in Copacabana. The trilogies are the highlights. Opens from 7:30 pm till 11:30pm, from Monday to Saturday. It is recommended to make reservation.

17

Rubaiyat Rio \$\$\$\$ *Barbecue | Rua Jardim Botânico, 971 – Jardim Botânico | Phone: 3204-9999*

The Rubaiyat chain prides themselves on controlling every single step of the meat served in their restaurants, from their own farm in the highlands of Brazil, exported even to their restaurant in Spain, to the method of roasting the meat. Their newest addition is the Rio property, a amazing glass walled building, facing the tracks of the Jockey Club. On Fridays, Saturdays and Sundays, patrons can eat watching the races.

18

Alessandro e Frederico \$\$\$ *Salads, sandwiches & pizza | Av. Ataulfo de Paiva 270, lj 112 (connected to Rio Design Leblon Shopping) | Phone: 2512-8921*

Nice atmosphere and tasty food. The pizzas are the highlight of the house, which has branches in other parts of the city, such as the sophisticated Fashion Mall in São Conrado and the trendy Garcia D'Avila Street in Ipanema.

19

Mee \$\$\$\$ *Japanese | Avenida Atlântica 1702, Copacabana Palace | Phone: 2548-7070*

Discover the most sophisticated pan-Asian cuisine in Rio. The vision of celebrity chef Ken Hom and the lead by Executive Chef Rafael Hidaka take you on an exotic gastronomic journey. Taste your way through countries including Thailand, Malaysia, Singapore and Japan. A sake sommelier will guide you through 25 imported varieties. The enticing drinks list is complete with innovative cocktails that capture the spirit of the restaurant. Tuesday to Thursday and Sunday: 7pm – midnight. Friday and Saturday: 7pm – 1am.

20

Gula Gula \$\$ *Salads & light meals | Av. Henrique Dumont, 57 - Ipanema | Phone: 2259-3084*

Gula Gula offers a varied mix of salads and hot dishes. Elaborate gourmet salads with balanced ingredients and light sauces will tempt your palate. Delicious hot dishes will bring you a new concept of healthy food. The restaurant focus on the concept of low calories and high nutrition. There are several Gula Gula's restaurants spread around the city.

21

Bazzar \$\$ *Contemporary cuisine | R. Barão da Torre, 538 | Phone: 3202-2884*

The Bazzar group is a Brazilian food company located in Rio de Janeiro showcasing an intense passion for quality. With products developed by chefs that choose the best available Brazilian ingredients, they aim to create ready to eat gourmet solutions for their customers. Their three restaurants offer, besides delicious meals, a great variety of their own-brand products, with no gluten, no artificial flavors or pigments, such as jams, sauces, coffee and desserts.

22

Nova Capela \$\$ *Brazilian local cuisine | Av. Mem de Sá 96 - Lapa | Phone: 2252-6228*

Bar & Restaurant Nova Capela is a "carioca" bohemian tradition and stays open until late at night (or early morning). A very traditional place, for very eclectic range of clients, and known for exotic dishes.

23

Bar Luis \$ *Local cuisine | Rua da Carioca, 39 Downtown | Phone: 2262-6900*

A very simple and traditional bar, in downtown, with simple but good food.

24

Casa da Feijoada \$ *Brazilian cuisine | R. Prudente de Moraes, 10 - Ipanema | Phone: 2247-2776*

Located in the charming Ipanema neighborhood, Casa da Feijoada is specialized in Brazilian food, offering every day our national dish: the "Feijoada", which is served with a variety of meats and many side dishes.

25

Don Camilo \$ *Italian / International cuisine | Av. Atlântica 3056, Copacabana | Phone: 2549-9958*

Right in front of Copacabana beach there is a simple and nice restaurant, called Don Camilo, with inside and outside seats. Well made and unpretentious pastas stand out in the typically Italian menu - including the Spaghetti Frutti di mare. You can also find a great variety of fish, meat and pizza, to be enjoyed with live music, every night (after 9pm).

BEST “BOTECOS”

And...

Our selection of Rio’s Best local bars “botecos”. Simple, inexpensive, but very fashionable among all cariocas. A place where people who live in Rio go to on a regular basis, to drink their mandatory chopp (draft beer). Usually a small stand up bar, with very small tables offering a large variety of savory delicacies. Some “botecos” are bigger establishments that offer a diversified menu with Brazilian popular dishes. Most of these places will not take reservations.

26

Braseiro da Gávea \$

Pc. Santos Dumont, 116 - Gávea | Phone: 2239-7494

27

Botequim Informal \$ (there are several of this brand spread around Rio)

Our choice: R. Cde Bernadotte, 26 - Leblon | Phone: 2540-5504

28

Belmonte \$ (there are several of this brand spread around Rio)

Our choice: R. Domingos Ferreira, 242 - Copacabana | Phone: 2255-9696

29

Jobi \$ Av. Ataulfo Paiva, 1166 - Leblon | Phone: 2274-0547

30

Bracarense \$

Rua José Linhares, 85 - Leblon | Phone: 2294-3549

31

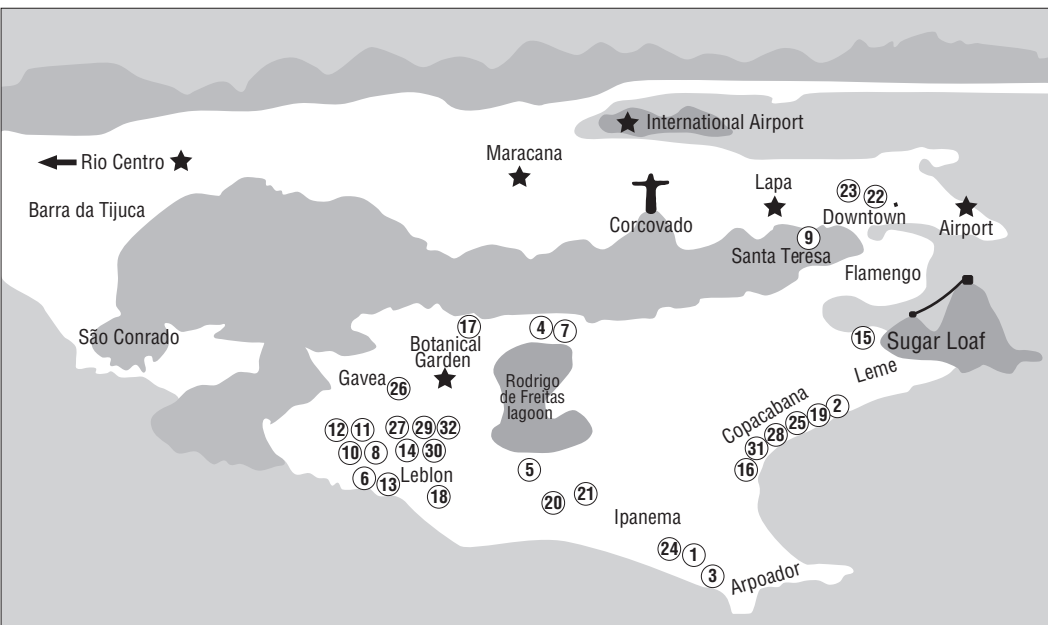
Devassa \$ (there are several of this brand spread around Rio)

Our choice: Rua Bolivar, 8 - Copacabana | Phone: 2236-0667

32

Academia da Cachaça \$ (there are several of this brand spread around Rio)

Our choice: R. Conde Bernadotte, 26 - Leblon | Phone: 2239-1542



Rio is a city with many options for shopping and if you have the time it is worthwhile to browse and compare prices in one or more shops. The main areas for shopping are Copacabana, where you can find a great variety of goods at reasonable prices, and Ipanema, which is more exclusive and sophisticated.

Rio also has several Shopping Centers, most of them open from Monday to Saturday; 10 a.m. / 10 p.m. and Sunday; 3 p.m. / 9p.m.

MAIN SHOPPING CENTERS

RIO SUL ①

SPECIALITY

General Goods, Clothing, Restaurants

LOCATION

Botafogo

CASSINO ATLÂNTICO ②

SPECIALITY

Jewelry, Quality Artcrafts, Antiques

LOCATION

Copacabana

SHOPPING DA GÁVEA ③

SPECIALITY

Arts, Furniture, Design, Clothing

LOCATION

Gávea

SÃO CONRADO FASHION MALL ④

SPECIALITY

Clothing, Restaurants

LOCATION

São Conrado

BARRA SHOPPING ⑤

SPECIALITY

Clothing, Jewelry, General Goods, Department Stores, Restaurants

LOCATION

Barra da Tijuca

SHOPPING LEBLON ⑥

SPECIALITY

Clothing, Jewelry, General Goods, Department Stores, Restaurants

LOCATION

Leblon

STREET FAIRS

COPACABANA EVENING STREET MARKET ⑦

SPECIALITY

Paintings, Handicraft and Souvenirs

LOCATION

Av. Atlântica (in front of Rio Othon Palace hotel)

ANTIQUÉ MARKET ⑧

SPECIALITY

Antiques

LOCATION

Praça XV - Downtown

SÃO CRISTÓVÃO LOCAL MARKET ⑨

saturdays

SPECIALITY

Handicraft and Regional Food from the Northeast

LOCATION

São Cristóvão

HIPPIE MARKET ⑩

sundays

SPECIALITY

Handicraft, Leather, Paintings, Souvenirs, Custom Jewelry

LOCATION

Praça General Osório | Ipanema

ANTIQUÉ FAIR ⑪

saturdays

SPECIALITY

Antiques, Jewelry

LOCATION

Shopping Cassino Atlântico

ANTIQUÉ MARKET ⑫

sunday

SPECIALITY

Antiques

LOCATION

Praça do Joquei | Gávea

PRECIOUS STONES

Brazil is famous for its precious stones and jewels, but you should be careful when buying them. The best place to buy is H.STERN, which will provide you with certificate of authenticity and appraisal. All jewelry is set in 18K gold.

H. STERN | LOCATION **13**

Rua Visconde de Pirajá, 490 - Ipanema
CEP: 22410-002 | Rio de Janeiro

Phone: 2274 3447

