



# Steph's Quick Budget Fact Sheet

## Brazil - Itatiaia

### Quick Facts

- ✓ **Capital:** Brasilia
- ✓ **Language:** Portuguese
- ✓ **Population:** ± 30,000
- ✓ **Sq km:** ± 225.54
- ✓ **Currency:** Reals (R\$)
- ✓ **Country code:** +55 (24)
- ✓ **Visa:** Fore some countries, [check here!](#)
- ✓ **Alarm codes:** 190 (police), 193 (fire), 192 (ambulance)
- ✓ **Vaccinations:** Hep-A / Hep-B / Typhoid / Yellow fever / DTP / Rabies / malaria prevention.



### History Recap Over 1 Drink

1500: Portuguese arrive. 1822: Portuguese Peter I Emperor of Brazil, independence from Portugal. '88: Slavery abolished. '89: Federal Republic, Brazil coffee export. 1930: Revolt → Vargas head revolutionary government → coup: dictator. '39: Brazil first neutral, but then joins Allies in WWII. '45: military coup, New constitution. '51: Vargas elected president, stiff opposition → '54: suicide. '56: Pres Kubitschek, rapid economic growth. '60: Capital moved to Brasilia. '60: Pres Quadro. '64: Military coup, state-ownership. Murders & disappearances. '74: Pres Geisel. '82: Halt payment foreign debt (one of world's biggest). '85: Pres Sarney → Cruzado Plan: Freezing prices and wages to halt inflation → high rise when freeze lifted. '88: New constitution reducing presidential powers. '89: Pres Collor de Mello. Foreign debt payments suspended. Pres corruption: new pres: Franco. '94: Pres Cardoso, acknowledges existence of slavery. '96: Police kills 19 Amazon peasants. '98: Cardoso re-elected. 2000: Indian protests (genocide). '02: Pres Lula, currency all-time low. '04: Wave of land invasions: Red April. Applies for UN Seat. First space rocket launched. '05: Death squad massacre in Rio's favelas. '06: Gang attacks in São Paulo. Lula re-elected. '07: Slaves freed in Amazon. '10: Rousseff 1<sup>st</sup> female pres: social reforms. '14: Rousseff re-elected. '16: Pres Temer (right).

### Travel Seasons

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Spring												
Summer												
Autumn												
Winter												
Budget												

Altitude: 695m. Climate lower part: Subtropical climate – dry winter (Cwa).

### Budget Bucket List \$€¥

👉 **Itatiaia National Park:** There's an upper and lower part, both entrances far away from each other, a discounted 2-day pass is therefore recommended. Try to arrange a vehicle as distances are considerably large and there's no public transport available. The upper part is very cold and snowfall is not uncommon, so take clothes with for all temperatures. *Highlights:* The waterfalls, Agulhas Negras, Prateleiras, Lago Azul, the look-out points.

👉 **Adventure sports:** It's possible to rent ATV's in Penedo.

### Sleep Cheap

- ❖ Hostels and alternative accommodation are not cheap in Brazil. Check an overview [here](#).
- ❖ There is a camping area in the national park, but inform in advance if it's open. Wild camping outside of the park (*f.e. along the river*) is certainly an option and there are some official campsites to be found.
- ❖ Go [Couchsurfing!](#)

The Earth Becomes My Throne

## Budget Bites

- ⌘ There are several small supermarkets in Itatiaia.
- ⌘ Local food: Pão de queijo (cheese bread), açaí (superfood), coxinha (chicken), cassava (yucca), paçoca (peanut candy), pamonha (corn dumpling), pastel (deepfried pastry), salgado & kibe & empada (pastry), tapioca, churrasco (meat), acarajé (deep-fried prawn snack), rice & beans.
- ⌘ Go vegan: Being vegan is ridiculously easy in Brazil. Every bigger supermarket has soy milk (various brands), soy burgers, soy, tofu, vegan cheese and yoghurt etc. Try the local specialties of pinhão and açaí. There's a vegetarian restaurant in Penedo: Moyashi.

## Free-Riding?

- Itatiaia is rather small and therefore everything within the city is easily walkable.
- It's a good idea to rent a bicycle, especially to explore the national park. Due to elevation a mountain bike is recommended.
- City buses bring you everywhere within the centre and to some surrounding villages, but don't drive regularly at all. You can use a public transport pass or pay cash. Destinations are displayed up front. Download the very helpful Moovit app to plan out bus routes. The bus terminal for long-distance buses is located at the entrance of Itatiaia, along the highway. Buses are expensive in Brazil!
- Airport: Itatiaia is located in between Rio de Janeiro and São Paulo.
- Hitch-hiking is not very safe in the entire province of Rio de Janeiro (and São Paulo). Instead, use apps like [Blablacar](#) to get a cheap(er) ride.

Tip: Triposo Brazil app.

## Nights Best Spent

There's no nightlife whatsoever in Itatiaia. Your best bet is heading to Resende, although don't expect much.

## Mama Said

- ☠ Itatiaia is a rather safe city, but the province of Rio de Janeiro is not. Use common sense. Don't take valuables along or take expensive cameras or phones out on the street. Don't enter favelas.
- ☠ Tap water is not drinkable. Use filtered or bottled water.
- ☠ Only use licensed cabs or take an Uber.
- ☠ Corruption is high in Brazil, especially among cops or government officials. Try to avoid problems with them.

## Next?

- ➔ In Brazil: São Paulo, Rio de Janeiro, Trindade, Paraty, Angra dos Reis, Ilha Grande.
- ➔ International destinations close by: Argentina, Uruguay, Paraguay.