



Steph's Quick Budget Fact Sheet

Brazil - Paraty & Trindade

Quick Facts

- ✓ **Capital:** Brasilia
- ✓ **Language:** Portuguese
- ✓ **Population:** ± 37,500 (Paraty)
- ✓ **Sq km:** ± 925 (Paraty)
- ✓ **Currency:** Reais (R\$)
- ✓ **Country code:** +55 (24)
- ✓ **Visa:** Fore some countries, [check here!](#)
- ✓ **Alarm codes:** 3371-1252/194 (police), 3371-1193/193 (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 1st 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: 5m. Climate: Tropical climate (Af).

Bucket List For Free

☺ **Paraty:** Stroll along the cobble-stone streets of the colonial center, chill on the many beaches, hike to waterfalls Pedra Branca & Andorinhas & Saco Bravo & Galhetas & Toca da Ingracia, hike the Caminho do Ouro, hike to Pão de Açúcar, Cachoeira do Toboga, free concerts and activities at Casa de Cultura.

☺ **Trindade:** Relax on the beach, hike to the Pedra Que Engole & Poço Fundo falls.

Worth The Extra \$€¥

👉 **Paraty:** Scuba-diving, snorkeling, boat trips, kayak, stand-up paddle-boarding, surfing, Reserva Ecologica da Juatinga.

All prices are negotiable upfront.

The Earth Becomes My Throne

Budget Bites

⌘ Both places have some bigger convenient stores where you can trace down your daily supplies. Street vendors sell local produce on the streets.

⌘ 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, churasco (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. Health stores like Mundo Verde have even more choice and cheap soy and veggies you find in the markets. Try the local specialties of pinhão and açaí. Check all vegan-friendly restaurants on [Happy Cow](#).

Free-Riding?

■ Both Paraty and Trindade are rather tiny. Walking is the way to go.

■ Paraty's streets are a pain in the ass to walk, let alone bike. In Trindade it's possible to explore the environment by bicycle.

■ City buses bring you everywhere within the centre and to the surrounding villages. You can use a public transport pass or pay cash. Destinations are displayed up front. Download the very helpful Moovit app to plan out inner-city bus routes. The bus terminal for long-distance buses is located at Rua Jango Padua (Paraty). Buses are expensive in Brazil!

■ Airport: Fly via São Paulo or Rio de Janeiro.

■ Hitch-hiking is not very safe in the entire province of São Paulo and Rio. The cities and outskirts have many favelas which are certainly not recommended to enter or get near to as a foreigner. Instead, use apps like [Blablacar](#) to get a cheap(er) ride.

Tip: Triposo Brazil app.

Sleep Cheap

❖ Hostels and alternative accommodation are not cheap in Brazil. Wild-camping is possible in Trindade but more difficult in Paraty. Check campsites or hostels [here](#).

❖ Go [Couchsurfing](#) or [house-sitting](#)! Also check [WorkAway](#).

Mama Said

☠ Rio de Janeiro is not a safe province and neither is São Paulo. Don't walk anywhere alone after sunset, but also avoid being alone in desolate streets during the day. 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: Rio de Janeiro, Cabo Frio, Ilha Grande, Trindade, Itatiaia, São Paulo.

➔ International destinations close by: Argentina, Uruguay, Paraguay.