



Steph's Quick Budget Fact Sheet

Brazil - São Paulo

Quick Facts

- ✓ **Capital:** Brasilia
- ✓ **Language:** Portuguese
- ✓ **Population:** ± 12.4mln (city), 21.2mln (metro area).
- ✓ **Sq km:** ± 1521
- ✓ **Currency:** Reais (R\$)
- ✓ **Country code:** +55 (11)
- ✓ **Visa:** Fore some countries, [check here!](#)
- ✓ **Alarm codes:** 190 (police), 193 (fire & 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						cold-	est					
Budget												

Altitude: 767m. Climate: Humid subtropical climate (Cfa). Wet: Dec-Mar. Dry: June-Oct.

Bucket List For Free

- ☺ Free museums: [MASP](#) (Tue free), [Estação Pinacoteca](#) (Sat free), [Museu da Imagem e do Som](#) (Tue free), [Museu Futebol](#) (Sat free), [Instituto Tomie Othake](#), [Museu Paulista](#), [Museo Afro](#) (Sat free), [MAC USP](#).
- ☺ Free movies, theatre & culture: [Sala São Paulo](#), [SESC Belenzinho](#), [Espaço Cultural Porto Seguro](#), [SESI](#).
- ☺ Sights: Mosteiro de São Bento, [Templo de Salomão](#) & endless amount of churches and parks.
- ☺ Sunday market at Paulista Avenue.

Worth The Extra \$€¥

- 👍 Museums: [Pinacoteca do Estado](#), [Catavento Cultural](#).
- 👍 Other: [Jardim Botânico](#), [Planetarium](#).

Full list of free and paid activities can be found [here](#).

- ☺ Nature: [Parque Ibirapuera](#), [Parque Estadual da Cantareira](#), [Solo Sagrado de Guarapiranga](#).
- ☺ Check out excellent Street art in Vila Madalena (Batman Alley and beyond).

Budget Bites

- ⌘ Big supermarkets: Extra, Pão de Açúcar, Odmeyer, Cia, Master, Madrid, Dia & more.
- ⌘ Markets: [Mercadão](#) (Municipal Market),
- ⌘ Local food: Pão de queijo (cheese bread), acai (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 Mercado Publico. Try the local specialties of pinhão and açaí. Check all vegan-friendly restaurants on [Happy Cow – São Paulo](#).

Mama Said

- ☠ São Paulo is not a safe city. 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.
- ☠ Boycott zoos like the São Paulo Zoo or São Paulo Aquarium, where animals are held in captivity.
- ☠ 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: Curitiba, Florianopolis, Rio de Janeiro, Trindade, Paraty, Itatiaia.
- ➔ International destinations close by: Argentina, Uruguay, Paraguay.

Sleep Cheap

- ❖ Hostels and alternative accommodation are not cheap in Brazil. Camping is not recommended here for safety reasons. Find a hostel list [here](#).
- ❖ Go [Couchsurfing](#) or [house-sitting](#)! Also check [WorkAway](#).

Festivals

- ☼ [Festival Maximus](#): Rock/metal, May.
- ☼ [Mostra Internacional de Cinema](#): Oct-Nov.
- ☼ [PopLoad Festival](#): Dance, Nov.

Nights Best Spent

- ◆ Nightlife area: Vila Madalena is recommendable.
- ◆ [Theatro Municipal](#), Praça Ramos de Azevedo.
- ◆ [Renault Theatre](#), Av. Brigadeiro Luis Antonio 411.

Check all theatres out [here](#).

Free-Riding?

- São Paulo is one of the world's biggest cities. To get to different areas you can't walk, alternative transport is necessary.
- Due to heavy traffic and drivers not being used to cyclists it's not recommendable to rent a bicycle, but it's not impossible. The Paulista Avenue is closed for traffic on Sunday and perfect for biking.
- 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 Avenida Cruzeiro do Sul 1800 (Tietê). Buses are expensive in Brazil!
- There is a metro service with tentacles through the entire city. Plan your trip via Moovit or [here](#).
- Airport: Aeroporto Internacional Guarulhos (GRU), Aeroporto Nacional Congonhas (CGH), Campo de Marte.
- Hitch-hiking is not very safe in the entire province of São Paulo. The city is surrounded by slums 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.

The Earth Becomes My Throne