

GUIDE FOR EXCHANGE STUDENTS IN

Ufam



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Ufam

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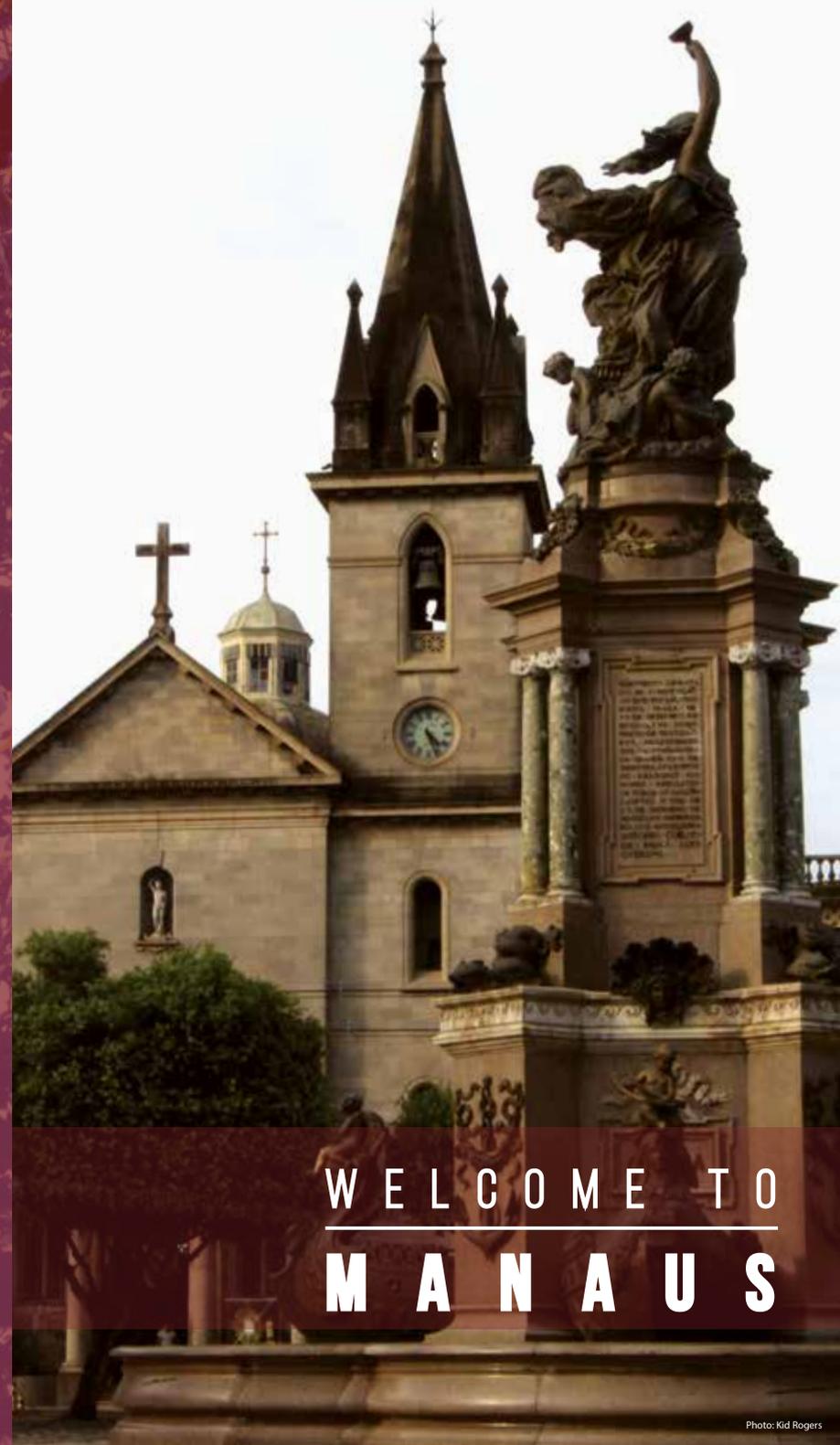
Assessoria de Relações Internacionais e Interinstitucionais – ARII
Assessor Prof. Naziano Filizola
Concepção e Redação Aldinéa de Paula
Projeto Gráfico: Analy Bertazzo Ramos
Edição e Diagramação: Analy Bertazzo Ramos
Revisão: Fernanda Karen Gadelha
Av. Rodrigo Octávio, 6200, setor norte do Campus Universitário Senador Arthur Virgílio Filho
Coroado 1 – CEP 69077-000
Fone (92) 3305-1753
E-mail: arii.ufam@gmail.com
Endereço do site: <http://arii.ufam.edu.br/>

PRESENTATION

ARII prepared this guide in order to help you to know Manaus and to integrate as soon as possible to the daily life of the city. Here, you will find general information about the capital of Amazonas, a little of its history, tips and practical advices, how to get around, where to find cheaper products, public health system, sights and more. At the end of this Guide, we listed important addresses and telephone numbers of the major commercial and public establishments of the city.

Happy reading: We hope you enjoy reading!

PART I



WELCOME TO
MANAUS



Photo: Heraldo Reis

MEETING OF THE WATERS

COMING TO MANAUS

Manaus is a Brazilian city, Amazonas state capital and the main financial center, which represents corporate and economic development to the northern of Brazil. It is a historical port city, located in the center of the largest tropical forest in the world.

OVERVIEW

Area: 11,401 km²

Climate: humid tropical monsoon with annual average temperature of 26.7 °C

Population: 1,982,177 inhabitants (IBGE, 2013)

Language: Portuguese

Currency: Real

Electric current: 110 volts

SUNSET AT PONTA NEGRA BEACH



Photo: Heraldo Reis

AERIAL VIEW OF THE CITY



Photo: Heraldo Reis



Medical Care: In Brazil is for free (National Health System - SUS) and the purchase of some medicines like anti-inflammatory, antipyretic and analgesic may be conducted by telephone. Other medicines such as antibiotics and antidepressants, to name a few, require a prescription. See <http://portalsaude.saude.gov.br/portalsaude/> for more information.

Smoking: The Civil Code does not allow the cigarette consumption by persons under 18 years. It is forbidden to smoke inside of public transport, cinemas, public buildings and concert halls.

Vaccines: The Federal Government demands vaccination of foreigners entering the country and also of Brazilians moving to other regions.



Sale and consumption of alcoholic beverages to persons under 18 is prohibited and driving after drinking alcohol is a crime.

Foreign status

Through Law No. 6,815, of August 19, 1980, regulated by Decree No. 86.715, of December 10, 1981, Brazil defines rights, duties and foreign residence conditions on Brazilian soil.



Credit cards: Almost all of the commercial networks in the capital accept CrediCard, Visa, American Express, MasterCard and Diners cards.

Taxes: In Brazil the amount of taxes is included in the price of products.

Banking hours: Monday to Friday from 9am to 3pm.

Tips: In Brazil there are situations where the tip is included in invoices. This is the case of restaurants and hotels (10% of total is added into the bills). In other cases giving tips is not mandatory. But the practice of gratifying people from that culture is not considered offensive, it is always welcome.

MANAUS BUILDINGS



Photo: Heraldo Reis

RIO NEGRO BRIDGE



Photo: Heraldo Reis

AIRPORT

Eduardo Gomes International Airport receives daily domestic and international flights coming from various parts of Brazil and the world. For international flights an entry form is distributed in Brazil to be delivered at the time of landing, to the Federal Police. This procedure aims to register and subsequently legalize the foreigner's stay in the country.

LEAVING THE AIRPORT

You find bus lines that can take you to any place in the city. The accredited taxi companies are: Dom Pedro Radio Taxi (phone: +55 92 3656-4041) and Tocantins Radio Taxi (phone: +55 92 3321-6300) which charge table value to anywhere. Besides executive transportation that charge approximately to R\$ 5,00.

| Transports | Types | How to use | Prices | Informations |
|---|------------------------|---|------------------------|----------------------------|
|  | Urban Bus | Use the lines 059, 306 and 450 | R\$ 3,00 | onibusmanaus.com.br |
|  | Executive Bus | Use the line 813 | R\$ 6,00 | onibusmanaus.com.br |
|  | Hotels Bus | Call to check the rout and exit schedules | R\$ 20,00 | (92) 99844-4412 |
|  | Certified Taxis | The Dom Pedro and Tocantins Companies have cars at the airport exit | Established Tax | tocantinsradiotaxi.com.br/ |

ACCESS TO KNOW ALL THE LINES:

 <http://www.onibusmanaus.com.br/>



Photo: Heraldo Reis



Photo: Analy Bertazzo



Photo: Analy Bertazzo



Photo: Analy Bertazzo



Photo: Analy Bertazzo

THE RIVER TELLS A STORY

Located on the left bank of Negro river, Manaus has its origin (1669) in a small village formed around the Fort of São José da Barra do Rio Negro, created to save the region of possible Dutch and Spanish attacks. Soon the small number of inhabitants increased resulting in a large village called Lugar da Barra. In 1757, the small town was renamed Captaincy of São José do Rio Negro and in 1783, passed the danger of enemy attacks, the Forte da Barra has been disabled. In 1833, Brazilian

provinces were restructured, thus the Lugar da Barra was promoted to Province, changing its name to Village Manaós, becoming the capital of the Upper Rio Negro District.

In 1848, when the Manáos village became recognized as the city of Barra do Rio Negro and the Amazon state (1850) is proclaimed as a province, the region starts receiving researchers, scientists and chroniclers interested in learning about and reporting its natural cultural diversity.

On the second half of the nineteenth century, the city of Barra do Rio Negro goes through varied urban transformations, especially with the arrival (1852) of President João Baptista de Figueiredo Tenreiro Aranha definitely installed in the Amazon province. Finally in 1856, through Law No. 68 of September 4, the Barra do Rio Negro came to be called city of Manaus, a place that would still be known as "Paris of the Tropics".

BOATS IN THE HARBOR



Photo: Juscelino Simões



Photo: Juscelino Simões

MOTORBOAT ON THE RIVER



Photo: Anály Bertazzo

These pictures are showing typical boats in Amazonas. Boats are the only way that people in the countryside have to transport themselves to other cities.

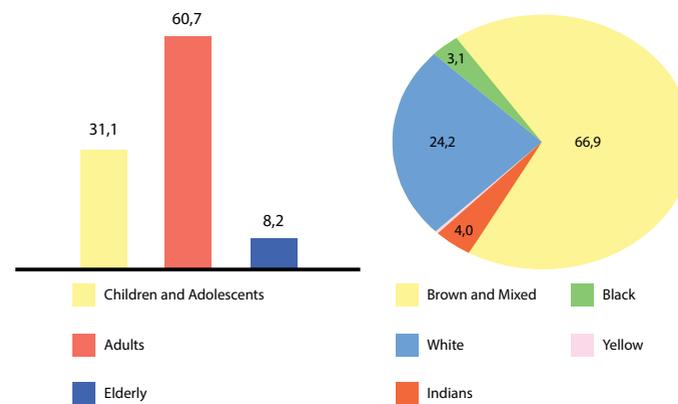
MANAUS OF MANY TREASURES

Considered the biggest city in the Northern Region and one of the cities of Brazil that receives more immigrants, Manaus is a city that emerges from the forest and exudes life. Be prepared to admire the most beautiful landscapes on the planet and be surprised by its greatest treasure which is the people of Manaus. Within a few days in the city you feel at "home", due to the hospitality of its people who are expert in receiving and welcoming visitors.

ECONOMIC AND SOCIAL DATA

• Amazon population is estimated in 3.8 million people (IBGE, 2013)

• Of this total, over 50% live in Manaus.



The state of Amazonas has the largest indigenous population of the country living in areas of difficult access.



50,744 %



49,253 %

CLIMATE

The city of Manaus is located in the heart of the Amazon, one of the wettest regions of Brazil and where there is high incidence of solar radiation.

• The city's climate is humid tropical, characterized by high temperatures, high humidity and heavy rainfall. The annual average temperature is 26.7°C and the humidity is relatively high throughout the year, with monthly averages between 79% and 88%.

• The rainfall is also high, around 2300 mm per year and in March the wettest month (335 mm); August is the driest one (47 mm).

• Seasons are determined by precipitation: Winter is relatively dry, it is called dry season and takes place between June and November. Summer, commonly called the rainy season occurs from December to May.



Photo: Juscelino Simões

CULTURE

The Amazon culture and the city of Manaus is the legacy of a rich cultural miscegenation (indigenous, white, black and Northeast), hence the Amazonian people reflect their culture manifestations as distinct from each other as the ritual of New Girl, held in the upper region River Solimões, the Amazon Jazz, Films and Opera Festivals presented in sumptuous Amazonas Theater in Manaus, and a street carnival that happens in virtually all cities of Brazil.

TRADITIONAL FESTIVALS

Almost all municipalities in the state (66) hold theme parties, as an example we cite the "Feast of Cupuaçu" in the municipality of Presidente Figueiredo; the Music Festival of the municipality of Itacoatiara; the Feast of Guarana in the municipality of Maués; the Festival of Bois Bumbás (Caprichoso and Garantido) of Parintins and so on. Other options include the Amazon Opera Festival, the Carnaboi, the Manaus Carnival and the Boi Manaus (held to commemorate the anniversary of the city, which takes place on October 24th).

In addition, you can watch and/or participate in June Festivals (celebration that takes place in June in reference mainly to the Saints of the Catholic Church). During this period you will find in various parts of the city typical foods stalls: corn cakes, couscous, corn pudding, rotten cake, hominy, Chikki, pastel junino, among other delights.

JUNE FESTIVAL AT PARQUE DO IDOSO



Photo: Heraldo Reis

COCAR (INDIGENOUS OUTFIT)



Photo: Analy Bertazzo

CONCERT AT THE AMAZON THEATER



Photo: Heraldo Reis

PEOPLE DANCING AT JUNE FESTIVAL



Photo: Heraldo Reis

CULINÁRIA

The manauara cooking is delicious! Our rivers are home to more than two thousand species of fish, thus the Amazonian meals give value to the fish as the principal food. The principal fishes consumed, mainly at the lunch, are tambaqui, tucunaré, pirarucu, jaraqui, pacu and matrinxã. Served fried, roasted or stewed and combined with white or yellow manioc flour, being as farofa or pirão*, this is a healthy and complete

food, full of necessary nutrients to the human body.

The breakfast is full of delicious food. You can try the famous x-caboquinho, made with French bread, stuffed with cheese curd and slices of tucumã (tucumã is the fruit of an Amazonian palm. Its pulp is rich in Vitamin A, B and has a high content of Vitamin C, besides of it, has high quantity of energy value 247 calories per 100 grams). The

same combination is consumed with tapioca, food made from the manioc starch. In addition, you can try the corn cake, French bread stuffed as you wish, tapiquinha, peanut brittle and others.

More foods are tacacá, prepared with tucupi (broth extracted from manioc), tapioca gum, dry shrimp and jambu, pirarucu de casaca, fried banana (unripe or ripe); pato no tucupi (Brazilian duck tucupi); açai with tapioca, among others.

PIRARUCU'S ESCABECHE



Photo: Analy Bertazzo

TUCUPI AND LEMONS

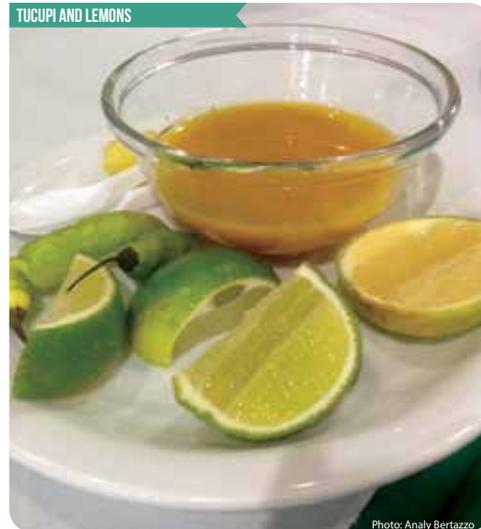


Photo: Analy Bertazzo

LOCAL FRUIT SWEETS



Photo: Analy Bertazzo

FRIED SARDINE



Photo: Analy Bertazzo

CITY PLACES TO VISIT

HISTORIC CENTER

Protected by the Historical and Artistic Heritage Institute (IPHAN) in January 2012, the Manaus Historic Centre covers an area between the edge of the Negro river and the surroundings of Amazon Theater and still retains symbolic and dense aspects of artistic features from the golden age of rubber, mixed with modern buildings and it is one of the greatest testimonies of a singular economic phase in Brazil.

MEETING OF THE WATERS

Meeting of the Solimões river (muddy water) and Negro river (black water). During six kilometers (at certain times of the year reaches 22 km), the two rivers stand side by side without mixing. It is a spectacle of nature. A must see! The tour is offered by most tourism agencies of the city.

RIO NEGRO PALACE

With the fall of rubber prices in 1912, German Waldemar Scholz, owner of the imposing palace, was forced to mortgage to Colonel Luiz da Silva Gomes for 400 contos to the leased residence governor. In 1917 the state government bought the Palace in order to make it the seat of the executive branch and the governor's residence, remaining as the seat of executive orders until 1995. Rio Negro Palace are located on 7 de Setembro Avenue.

Opening hours
Tuesday to Friday: 10am to 16pm
Sundays: 17pm to 20pm.
Free Admission

STATE PUBLIC LIBRARY

Founded in 1870, it has been located in various places until October 5, 1910 when it became definitely operational in the building on Barroso street in the city center. Built in neoclassical style, stairs and columns came from Scotland and several other decorative objects such as crystal chandeliers, came from England.

Opening hours
Monday to Friday: 8pm to 20pm
Saturday: 8am to 14pm
Free Admission

POVOS DA AMAZÔNIA CULTURAL CENTER

Inaugurated in May 2007, the center has a cultural hall and arena with capacity for 17,000 people. Its proposal is to bring together in a single space information, education, entertainment and research on populations of the western Amazon with the aim of spreading the culture of people from Brazil, Bolivia, Colombia, Ecuador, Guyana, Peru, Suriname and Venezuela. Visit the Center at "Bola da Suframa" - Suframa roundabout.

Opening hours
Monday to Friday: 8pm to 17pm and 14pm to 17p
Free Admission

AMAZONAS OPERA HOUSE

Built during the economic cycle of rubber, its architecture followed the neo-classical and art nouveau. It is located on 10 de Julho street, Largo de São Sebastião Square.

Opening hours
Monday to Saturday: 9pm to 17pm
Admission Cost: R\$ 10,00.

AMAZONAS OPERA HOUSE



Photo: Juscelino Simões

STATE PUBLIC LIBRARY



Photo: Juscelino Simões

POVOS DA AMAZÔNIA CULTURAL CENTER



Photo: Juscelino Simões

RIO NEGRO PALACE



Photo: Analy Bertazzo

MEETING OF THE WATERS



Photo: Analy Bertazzo

PARKS IN THE CITY

BOSQUE DA CIÊNCIA

Designed to promote the development of the Scientific Dissemination Program and Environmental Education of INPA, the park gives opportunity to visitors to know various aspects of Amazonian biodiversity.

Opening Time
 Tuesday to Friday: 9pm to 12pm and 14pm 16pm
 Saturday and Sunday: 9pm to 16m
 Admission Cost: R\$ 5,00

THE BILHARES PARK

The park is a reference of culture and leisure center. It has fast-food services, library, sports courts, walking and running paths, among other options. Bilhares Park are Situate near the Milleniun Shopping Mall (between avenues Djalma Batista and Constantino Nery).

Opening Time
 Monday to Sunday - 6pm to 23pm
 Free Admission

JÉFFERSON PERES PARK

Built in the meeting of two streams that flow into the Negro river, the park offers hiking and jogging trails and playground. It is an excellent choice for evenings rides. Be sure to visit the address on 7 de Setembro avenue.

Opening Time
 Monday to Monday: 6pm to 22pm
 Free Admission

CIGS ZOO

The only zoo in the city, the Instruction Center of War in the Jungle (CIGS) houses 285 animals of 56 species. and is located on Ponta Negra road, 750 - São Jorge.

Opening Time
 Tuesday to Sunday: 8pm to 17pm
 Admission Cost: R\$ 5,00

MINDÚ PARK

Located in 10 de Novembro Park, occupies a green area of 27,700 hectares. Ideal for walks and hikes.

Opening Time
 Tuesday to sunday: 7am to 5pm
 Free Admission

CULTURAL SPORT PARK PONTA NEGRA

The Park is home to several options: swimming in the waters of the Negro river, practicing land and water sports, attending local and national shows or simply enjoying a stroll contemplating the sunset. Public place, located on the Ponta Negra Beach, Coronel Teixeira Avenue.

JEFFERSON PÉRES PARK



Photo: Analy Bertazzo

MINDÚ PARK



Photo: Analy Bertazzo

BOSQUE DA CIÊNCIA



Photo: Arquivo ARII

BILHARES PARK



Photo: Arquivo ARII

JEFFERSON PÉRES PARK



Photo: Analy Bertazzo

BOSQUE DA CIÊNCIA



Photo: Arquivo ARII

PONTA NEGRA BEACH



Photo: Arquivo ARII

LIVING IN MANAUS

COST OF LIVING

The city is wonderfully surrounded by rivers and forests, however, the delivery of food products, mainly from the south, by land and/or airways ultimately has increased the cost of living in the city. Thus it is better to buy fruits and/or vegetables at street or market fairs. The Manaus Moderna fair offers much lower prices than supermarkets. Anyway, in a short time you will be able to identify establishments with more popular prices.

FREE INTERNET

The Government offers free internet access points in various locations of the city of Manaus, but the most accessible place is in Largo São Sebastião square, in the city center. You can also find free wifi at Bemol stores, located in various parts of the city and in malls.

TRANSPORT

Public transport in Manaus is administered by the Municipal Superintendence of Urban Transport (SMTU), but what you should know is that throughout the city the fee costs R\$3,00. With a student card you pay only R\$ 1,50 and the city has 5 integration terminals (in these terminals you don't need to pay extra ticket) covering all zones of the city. The terminals are:

| | | |
|----|------------|--|
| T1 | Terminal 1 | Av. Constantino Nery, s/n, Centro, trânsito de 66 linhas. |
| T2 | Terminal 2 | Rua Manicoré, s/n – Cachoeirinha, trânsito de 49 linhas. |
| T3 | Terminal 3 | Av. Noel Nutels, s/n – Cidade Nova I, trânsito de 43 linhas. |
| T4 | Terminal 4 | Av. Camapuã, s/n – Jorge Teixeira, trânsito de 19 linhas. |
| T5 | Terminal 5 | Av. Autaz Mirim, s/n – São José, trânsito de 23 linhas. |

R\$ 3,00
R\$ 1,50 to students with student card

4am to 12pm everyday

Visit for more informations:
<http://smtu.manaus.am.gov.br/>

If you need to get around by taxi you should choose one of the taxi companies operating in the city. At the end of the Guide we provide a list of these companies.

ZONES AND NEIGHBORHOODS

Manaus is divided into North, South, South-Central, East, West, Midwest and Rural Zones. The East Zone is the most populous and the Central South Region has the highest income per capita. You will probably settle in neighborhoods that offer you faster access to the University. So, your options should be the neighborhoods of Cachoeirinha, Raiz, Japiim, Coroado and Aleixo.

METROPOLITAN ZONE OF MANAUS

The metropolitan region of Manaus was created in 2007 and is formed by the union of the cities of Manaus, Careiro da Várzea, Iranduba, Itacoatiara, Manacapuru, Novo Airão, Presidente Figueiredo and Rio Preto da Eva. In order to approach the municipalities of Iranduba, Manacapuru and Novo Airão to the Amazon capital the Rio Negro bridge was inaugurated on October 24, 2011.

A PLACE TO LIVE

Certainly your main concern to get to the city is to find an appropriate house or apartment to stay in, but with a little patience you will be able to find something that fits your budget.

Rent prices in Manaus vary, mostly according to location, overall prices are around R\$ 700,00, with the possibility of negotiation. The value of a kitnet (apartment with living room, bedroom and bathroom similar to a bachelor) for example, in Coroado neighborhood is about R\$ 500,00, under the same conditions in the district of Petropolis (20 minutes from Campus) you can find one for R\$ 320,00.

Our tip is that you look for the Regional Council of Realtors (Conselho Regional de Corretores de Imóveis) in that case you have to pay the broker's commission. The International and Inter-institutional Relations Advisory - ARII (Assessoria de Relações Internacionais e Interinstitucionais) – ARII can help you in that quest.



Photo: Kid Rogers



Photo: Anely Bertazzo

HOTELS

If you need to stay for a few days in a hotel, Manaus has a large network.

HOSTELS

Manaus is gradually offering more HOSTELS options. There are about twenty options in the city.

MEALS

During the week you do not need to worry about your meals, as the University has the University Restaurant (RU), with subsidized price to students. At lunch or dinner you will pay a total of R\$2.70 per day. The snack bars installed in the Campus offer coffee, snacks and lunches for much lower prices than market prices.

On weekends and holidays you will have at your disposal a wide network of restaurants (from the most exquisite to the simplest ones) serving everything from coffee to dinner. At the end of the Guide suggestions of places are provided.

REGIONAL COFFEE

Sunday in Manaus is a day for regional coffee. Several establishments, some famous, others less, offer from 6 am until noon, coffee with milk, assorted juices (taperebá, cupuaçu, guava, cherry, orange, etc.), milk with chocolate, traditional corn and wheat cakes, pé-de-moleque, x-caboquinho (French bread with tucumã), tapioca stuffed with curd cheese, chestnut or tucumã, simple tapioca, tapioca flour, corn pudding, couscous and so on. There are so many delights that sometimes a visitor does not even know what to try.

SHOPPING

Manaus offers excellent shopping opportunities. Prices fit to all pockets. If you are looking for some bargain, downtown stores bring together many popular shops, there you will find the famous Marechal Deodoro street, called by manauaras as "Bate Palma" Shopping (Vendors clap hands "bate palma" in order to call shoppers' attention). In large shopping malls (Manauara, Amazonas and Ponta Negra) you can find major domestic and foreign brands, and famous restaurant chains.



There are informations about restaurant, services, supermarkets and others at the end of the Guide's part I.



Photo: Anny Bertazzo



Photo: Kid Rogers

STREET MARKETS

It is rare Manauaras (residents of Manaus) go to a street market and do not try a "pastel" with sugar cane juice. Visit the Feira Volante Prefeito I (Tuesday to Saturday at different locations in the city) and taste this delight. Besides this one, almost all neighborhoods of Manaus have their own street markets with food stalls, some larger, as the Coroado street market in the same neighborhood, and also the Manaus Moderna and others promoted by Farmers' Associations Family, held at intervals of fifteen days in some points of Manaus.

SUPERMARKETS

All supermarket chains offer all kinds of products. However, if you need more specific genres Manaus also features smaller supermarkets with more selective products. Anyway, avoid buying fruits and vegetables in supermarkets, they are always more expensive.

HOSPITALS AND FIRST-AID POSTS

Manaus has a large network of First-Aid posts, Public and Private Hospitals. In addition to these major centers, the Health Public System has Emergency Care Services (SPA) strategically located to attend all city areas. The SPAs are medical care units that provide first-aid care but if a case requires, a patient can be transferred to a specialized center.

Health Centers – For consultation in medical specialties.

Medical Prompt Service (SPA) – Provide first aid and emergency care (a situation where there is no risk of losing life or having sequel). It works 24 hours.

First-aid post – Health Centers capable of urgent care with risk of life.

Hospitals – Prepared to assist hospitalization cases.

SAFETY TIPS

- Avoid walking in deserted places, especially at certain hours;
- Avoid walking alone at night;
- In the evening always go through lit places;
- Always be aware of your surroundings to be sure you are not being followed;
- Only use ATMs installed in public places and do not talk to anyone when withdrawing cash;
- If you are victim of a robbery, stay calm; do not try any reaction and give everything that is requested;
- In public transport and stores keep your belongings with you; avoid talking on cell phone or to unknown people;
- Adopt a preventive posture.

ADOLPHO LISBOA MUNICIPAL MARKET



Photo: Arquivo ARII

IMPORTANT ADDRESSES AND PHONES



International Airport
Eduardo Gomes

📍 Santos Dumont Avenue, 1350 – Tarumã.
☎️ (92) 3652-1210



Federal Police

📍 Domingos Jorge Velho Avenue, nº 40, D. Pedro II – Planalto.
☎️ (92) 3655-1515/1517



Municipal Superintendence of Urban Transport - SMTU

📍 Maceió Street, 580, Vialves, Nossa Senhora das Graças.
☎️ (92) 3632-2550



Emergency mobile care service – SAMU

☎️ 192



Military Police

☎️ 190



Firefighters

☎️ 193



TOP HEALTH UNITS

28 de Agosto Hospital

📍 Mário Ypiranga Avenue, 1581 – Adrianópolis.
☎️ (92) 3643-7100

João Lúcio Hospital

📍 Alameda Cosme Ferreira, Coroado III.
☎️ (92) 3647-1758



RADIO TAXIS

Manaura Táxis

📍 Virgílio Street, 32, Conjunto Eldorado, Parque 10.
☎️ (92) 3236-3738

Golfinho Taxi

📍 Lourival Muniz Street, 440, Glória.
☎️ (92) 3625-6000; 3675-5000 e 2129-8000

Tucuxi

☎️ (92) 2123-9090; 3622-40440; 8818-0307; 8188-6844

Tocantins Radio Táxi

📍 1 Street, 41 – Conjunto Nova Friburgo, Parque 10 de Novembro
☎️ (92) 3656-1330; 0800-0928500



HOSTEIS

Amazonas

📍 Ave Domingos Jorge Velho nº 40, D. Pedro II – Planalto.
☎️ (92) 3655-1515/1517

For Us

📍 Maceió Street, 580, Vialves, Nossa Senhora das Graças.
☎️ (92) 3632-2550

Sementes

📍 Rio Içá Street, 758 – Vieirvalves.
☎️ (92) 3584-5353

Mao Hostel&Bar

📍 São José Street, 43, Presidente Vargas
☎️ (92) 98222-7927 / 99473-8342



HOTELS

Go Inn Manaus

📍 Monsenhor Coutinho Street, 560, Downtown.
☎️ (92) 3306-2600

Opção & WM Hotel

📍 Street Dez de Julho, 435, Downtown.
☎️ (92) 3622-4168

Hotel J.M. Gomes II

📍 José Paranaguá Street, 589, Downtown.
☎️ (92) 3232-6570

Natalia Hotel

📍 Joaquim Nabuco Avenue, 417, Downtown
☎️ (92) 3231-2112

Brasil Hotel

📍 Getúlio Vargas Avenue, 657 – Downtown.
☎️ (92) 2101-5000

Hotel do Largo

📍 Monsenhor Coutinho Street, 790, Downtown
☎️ (92) 3304-4751



HOMES FOR RENT

Conselho Regional dos Corretores de Imóveis

📍 Içá Street, 758 – Vieirvalves.
☎️ (92) 3584-5353



FAST FOOD

Lanche do Careca Lindo

📍 Visconde Porto Alegre Street, 1543 B - Praça 14
☎️ (92) 3308-0420
🕒 Everyday 7am - 12pm

Skina dos Sucos

📍 Av. Eduardo Ribeiro, 629 – Downtown.
☎️ (92) 3233-1970
🕒 Monday to Saturday: 8am - 6pm

Tacacá da Gisela

📍 Largo de São Sebastião – Downtown.
☎️ (92) 98801-4901
🕒 Everyday 4pm - 10 pm.

Yuri Doces e Salgados

📍 Ave Rio Jutai, 62, Nossa Sra. das Graças
☎️ (92) 3584-0519
🕒 Monday to Friday: 5pm - 10pm
Saturday: 12am - 10pm



SOUP RESTAURANT

Papa-Sopa

📍 Ave Tancredo Neves, 1142 - Downtown Comercial Laranjeiras - Parque 10
☎️ (92) 3648-6659
🕒 Everyday 10am - 12pm

Casa da Sopa

📍 Ave Constelação, 22, Morada do Sol - Aleixo.
☎️ (92) 3236-9797
🕒 Tuesday to Sunday 5pm - 10pm



ARABIC FOOD

Labib's

📍 Prof. Nilton Lins Avenue, 11 - Parque 10 de Novembro.
 ☎️ (92) 3651-0384
 🕒 Tuesday to sunday: 11am - 12pm

Najua

📍 2 Street, nº 4, Conj. Nova Friburgo - Parque Dez de Novembro.
 ☎️ (92) 3642-5599
 🕒 Tuesday to sunday: 11am - 15pm/7pm - 12pm



CHINESE FOOD

China House Delivery

📍 Darcy Vargas Avenue, 222 - Chapada.
 ☎️ (92) 3236399
 🕒 Monday to sunday: 11am-3pm/6pm-11pm

China in Box

📍 Prof. Nilton Lins Avenue, 11 - Parque 10 de Novembro.
 ☎️ (92) 3651-0384
 🕒 Tuesday to sunday: 11am - 12pm



JAPANESE FOOD

Japa Food

📍 Rio Pauini Avenue, 75, Nossa Senhora das Graças.
 ☎️ (92) 35843746
 🕒 Everyday: 6pm-11pm

Fast Temaki

📍 Darcy Vargas Avenue - 1746 - Shopping Yellow Mall
 ☎️ (92) 32368686
 🕒 Monday to friday: 11pm -2pm
 🕒 Everyday: 6pm - 11pm



FISH RESTAURANT

Peixe de Ouro

📍 Tefé Avenue, 280 - Conjunto 31 de Março - Japiim.
 ☎️ (92) 36134070
 🕒 Everyday: 11am -2pm
 🕒 6pm - 11pm: just fast food

Jorge do Peixe

📍 Monte Castelo Street, 604 - Japiim.
 ☎️ (92) 36647000
 🕒 Everyday-11am - 4pm

Gosto do Peixe

📍 Nhamundá Avenue, 539 - Praça 14 de Janeiro.
 ☎️ (92) 32341870
 🕒 Everyday: 11am - 4pm

Tambaqui de Banda

📍 Tancredo Neves Avenue, 9, Parque 10.
 ☎️ (92) 32365995
 🕒 Monday to saturday: 10am -10pm
 🕒 Domingo: 12am - 10pm

Canto da Peixada

📍 Emílio Moreira Street, 1677 - Praça 14
 ☎️ (92) 32343021
 🕒 Monday to Saturday: 11am-3pm/6pm-10pm
 🕒 Sunday: 11am - 3pm

Morada do Peixe

📍 Ave Cravina dos Poetas, 1451, Alvorada
 ☎️ (92) 3654-965 / 99135-1417
 🕒 Everyday: 11am - 11pm



SELF-SERVICE

Kilozito

📍 Ramos Ferreira Street, 1945, Downtown
 ☎️ (92) 36226017
 🕒 Monday to saturday: 11am - 3pm

Kilomania

📍 Ramos Ferreira Street, 390, Downtown
 ☎️ (92) 36226017
 🕒 Monday to saturday: 11am -3pm



CHURRASCARIAS

Rei do Churrasco

📍 Presidente Castelo Branco Avenue, 839 - Cachoerinha.
 ☎️ (92) 3303-1313
 🕒 Everyday: 11am - 11pm

Picanha Mania

📍 Ramos Ferreira Street, 1684, Downtown
 ☎️ (92) 3234-8054
 🕒 Monday to saturday: 11am - 11pm
 🕒 Domingo: 11am - 4pm

Tropeiro

📍 Recife Street, 230 - Flores.
 ☎️ (92) 3082-9695
 🕒 Everyday: 11am - 3pm/7pm - 11pm

Capitão Picanha

📍 12 Street, 435 - Parque 10.
 ☎️ (92) 3236-0025
 🕒 Monday to saturday: 11am - 11pm
 🕒 Sunday: 11am - 4pm



PIZZA

Mr. Pizzo

📍 Pedro Teixeira Avenue, 931 - Dom Pedro.
 ☎️ (92) 32381015
 🕒 Monday to saturday: 5pm - 1am
 🕒 Monday: 5pm - 12pm (a la carte)

Coliseu

📍 Pará Street, 438 - Vieira Alves.
 ☎️ (92) 32348888
 🕒 Tuesday to sunday: 12am - 3pm/ 5pm - 11pm

Palazzolo

📍 Djalma Batista Avenue, 1375, Chapada.
 ☎️ (92) 96013001
 🕒 Everyday: 12am - 12pm

Cantina Ghioto

📍 Tancredo Neves Avenue, 31, Parque Dez de Novembro.
 ☎️ (92) 32368469
 🕒 Monday to wednesday: 11am - 11pm
 🕒 Thursday to saturday: 11am - 12pm

Távola Redonda

📍 André Araújo Avenue, 1603, Aleixo.
 ☎️ (92) 36114433
 🕒 Tuesday to sunday: 5pm - 12pm

Morada do Sol

📍 Efigênio Sales Avenue, 3050, Aleixo.
 ☎️ (92) 36486666
 🕒 Everyday: 6pm - 12pm



BAKERIES AND PASTRY SHOPS

Pão de Mel

📍 Grande Otelo Avenue, 1920, Parque 10 de Novembro
 ☎️ (92) 33044152
 🕒 Monday to saturday: 6am - 10pm
 🕒 Sunday: 6am - 1pm/ 4pm - 10pm

Nossa Senhora de Fátima

📍 Silves Avenue, 1147 - Raiz.
 ☎️ (92) 32374591
 🕒 Everyday: 7am - 8pm

Nego Bom

📍 Ave Leonardo Malcher, 1515, Downtown
 ☎️ (92) 96056522 / 32311918
 🕒 Monday to saturday: 5am - 8pm
 🕒 Sunday: 6am - 11am

Pit Stop

📍 Monteiro Lobato Street, 13, Conjunto Petros, Aleixo.
 ☎️ (92) 3639-8222
 🕒 Monday to saturday: 6am - 10pm
 🕒 Sunday: 6am - 12am



ICE CREAM SHOP

Glacial

📍 Major Gabriel Street, 2000 – Praça 14 de Janeiro.
 📞 (92) 32337871
 🕒 Everyday: 10am - 11pm

Vaca Lambeu

📍 Jorge A. de Andrade Street, 01 – Eldorado.
 📞 (92) 32363737
 🕒 Everyday: 3pm - 10pm



REGIONAL COFFEE

Tapiri

📍 Travessa Jacira Reis, 650, São Jorge.
 📞 (92) 36712008
 🕒 Saturday and Sunday: 7am - 1pm

Café Regional da Dora

📍 Grande Otelo Avenue, Chapéu de Palha do Parque Municipal do Mindu, Parque 10 de Novembro.
 🕒 Tuesday to Sunday: 7am - 11am

Café do Gol

📍 Carangueijo Square, s/n – Conjunto Eldorado.
 🕒 Saturday and Sunday: 5am - 12am

Café da Esquina

📍 Maués Street, 358, Cachoeirinha
 🕒 Everyday: 5am - 11am

Casa da Pamonha

📍 Barroso Street, 375, Downtown
 📞 (92) 32331028
 🕒 Monday to Saturday: 7am - 8pm

Café da Nely

📍 Caurés Street, 128, Japiim II.
 🕒 Sunday: 6am - 12am

Café da Priscila

📍 Visconde de Sepetiba Street, 193, Parque das Laranjeiras
 📞 (92) 33281407
 🕒 Tuesday to Sunday: 6am - 12am

Café Lili & Vivi

📍 Tarumã Avenue, 1456, Downtown
 📞 (92) 99160-2652
 🕒 Everyday: 6am - 11am / 3pm - 6pm



FOOD COURTS

Parque das Laranjeiras

📍 Prof. Nilton Lins Avenue - Flores
 🕒 Everyday: 6pm - 11pm

Dom Pedro

📍 D. Pedro I Avenue - Dom Pedro
 🕒 Everyday: 7pm - 12pm

Praça do Carangueijo

📍 145 - Carangueijo Street, 121 - Parque 10
 🕒 Everyday: 7pm - 12pm

Praça do Parque 10

📍 Perimetral Avenue, Parque 10
 🕒 Everyday: 6pm - 12pm



SNACK BAR

Boteco Spettos

📍 Japurá Street, 390, Downtown
 📞 (92) 3622-3364
 🕒 Saturday and Monday: is open at 4pm

Bar do Armando

📍 10 de Julho Street, 593, Downtown
 📞 (92) 3232-1195
 🕒 Everyday: 4pm - 1am



SHOPPINGS

Amazonas Shopping

📍 Djalma Batista Avenue, 482 – Parque 10 de Novembro.
 📞 (92) 3215-2070
 🕒 Monday to Saturday: 10am - 10pm
 Sunday: 2pm - 10pm

Manauara Shopping

📍 Mário Ypiranga Avenue, 1300 – Adrianópolis.
 📞 (92) 4003-7760
 🕒 Monday to Saturday: 10am - 10pm
 Sunday: 2pm - 10pm

Ponta Negra Shopping

📍 Coronel Teixeira Avenue, 5705 - Ponta Negra.
 📞 (92) 36677225
 🕒 Monday to Saturday: 10am - 10pm
 Sunday: 2pm - 10pm

Sumaúma Park Shopping

📍 Noel Nutels Avenue, 1762, Cidade Nova
 📞 (92) 2126-9400
 🕒 Monday to Saturday: 10am - 10pm
 Sunday: 2pm - 10pm



MAIN FAIRS

Mercado Adolpho Lisboa

📍 Barés Street, 46, Downtown
 🕒 Everyday: 8am - 5pm

Feira do Coroado

📍 Alameda Cosme Ferreira, Aleixo
 🕒 Everyday: 5am - 4pm

Feira do Volante Prefeito 1

📍 • Tuesday: Coronel Salgado Street, Aparecida.
 • Wednesday: Barcelos Street, Downtown – near to terminal T1

• Thursday: Aripuanã Street – Praça 14.
 • Friday: Belém Street – Nossa Senhora das Graças.
 • Saturday: J Carlos Antony Street – Cachoeirinha.
 🕒 6am - 7pm



SUPERMARKETS

Rede DB

📍 1) Supermarkets:
 • Djalma Batista Avenue, 2100, Plaza Shopping
 • Jornalista Humberto Calderaro Filho Avenue, 1.128 – Adrianópolis

📍 2) Markets
 • Leopoldo Peres Avenue, 570 – Educandos
 • Rodrigo Otávio Avenue, 3810 – Japiim
 • Carvalho Leal Avenue, 1017 – Cachoeirinha
 🕒 Everyday: 7h - 00h

Rede Carrefour

📍 • Djalma Batista Avenue, 276, Flores
 • Humberto Calderaro Avenue, 203 – Adrianópolis.
 • Pedro Teixeira Avenue, 52 – Dom Pedro.

📍 • Saldanha Marinho St, 516 – Centro.
 • Ave Djalma Batista, 482 – Parque 10 de Novembro – Amazonas Shopping.
 🕒 Monday: 7am - 10pm
 Tuesday to Saturday: 7am - 12pm
 Sunday: 7am - 10pm
 *the last follows the shopping hour



Roma

📍 Teresina Street, 351 – Adrianópolis.
🕒 Segunda a domingo: 7am - 10pm

Fuji

📍 Joaquim Nabuco Avenue, 2167 – Downtown.
🕒 Monday to saturday: 8am - 8pm
Sunday: 8am - 1pm

Rede Attack

📍 Alameda Cosme Ferreira, 3700 - Coroado III.
• Av. Max Teixeira, nº 1878 - Cidade Nova.
🕒 Monday to saturday: 8am - 9pm
Sunday: 8am - 12am

Friller Cachoeirinha

📍 Maués Avenue, 871, Cachoeirinha.
🕒 Monday to friday: 8am - 6pm

MG Vieira

📍 Rocha dos Santos Street, 59, Downtown
🕒 Monday to friday: 8am - 6pm

Pare e Leve

📍 Rocha dos Santos Street, 59, Downtown
🕒 Monday to friday: 8am - 6pm
Sunday: 8am - 12am



EMPORIUMS



LINKS FOR CONSULTATION

About health

<http://www.saude.am.gov.br/#>

Tour guide

<http://guiatur.manaus.am.gov.br/>

Department of Culture

<http://www.cultura.am.gov.br/>

Manaus Prefecture

<http://www.manaus.am.gov.br/>

Telephone directory

<http://www.telelistas.net/am/manaus>

PART 2



WELCOME TO
U f a m



Photo: Juscelino Simões

AERIAL VIEW OF MANAUS CAMPUS

WELCOME TO Ufam

ABOUT Ufam

The Federal University of Amazonas (Ufam) is located in the North Region of Brazil, precisely in the city of Manaus/Amazonas, a place that houses countless natural resources and a welcoming people. A public institution of higher education, Ufam over its more than 100 years, has contributed to the formation of citizens and development of the Amazon.

Organized in 6 campuses, which 5 are distributed strategically in the channels of the rivers Solimões, Madeira, Negro and Amazonas. The principal campus (6,7 million square meters) is situated in the city of Manaus, capital of the Amazonas State and is considered the third greater forest fragment in the urban area of the whole world and the first in the country.

STUDENTS



Photo: Juscelino Simões

OVERVIEW

- Corporate name: University of Amazonas Foundation
- Juridical nature: Federal Foundation
- Ministerial linking: Executive Power Ministry of Education
- Address: Ave Rodrigo Otávio, n. 6200 – Campus Universitário Senador Arthur Virgílio Filho – Coroado I – CEP 69.080-900.
- Email address: portal.ufam.edu.br
- Act of creation: Law n. 4.069-A, of June 12, 1962, Decree 53.699 of March 13, 1964.
- Opening hours: Diurnal and Nocturnal
- Entity Accredited: University of Amazonas Foundation
- Regiment: Resolution – CONSUNI N° 003/2003 of March 25, 2003, published in the Official Gazette of the State of Amazonas on April 28, 2003.

MISSION

To value learning in all areas of knowledge, teaching, research and extension, contributing to training of citizens and development of the Amazon.

LABORATORIES



Photo: Juscelino Simões

ENTRANCE TO THE CAMPUS



Photo: Juscelino Simões

The history of Ufam begins with the creation of the Free Academic School of Manaus, founded on January 17th, 1909. The Free Academic School of Manaus was formed by the faculties of Science and Letters, Juridical Sciences and Social, Medicine, Pharmacy, Dentistry and the course of obstetrician.

On October 22nd, 1913 it started to be named by University of Manaus, remaining this way until 1926. With the decline of the economic cycle of rubber, the city emptied and the population experienced a long period of uncertainty and needs. Thus, in 1926 the University ceased publication leaving a few isolated units. Only the law school remained, moving in 1949 to be maintained by the Federal Government.

On June 12nd, 1962 was created the University of Amazonas Foundation through Federal Law No. 4069-A, authored by Senator Arthur Virgílio Filho. However, its installation happened only on January 17th, 1965, in honor to the Free Academic School of Manaus.

On June 20th, 2002, the Act No. 10.468 gave a new name to the university which was renamed Federal University of Amazonas taking from this moment the acronym "UFAM". The goal of the institution is to provide higher education in undergraduate and graduate level; develop research in all branches of knowledge and promote programs and activities.

CAMPUS' FOREST

With an area of 6.7 million square meters, the University Campus, located in the city of Manaus, capital of Amazonas, is considered the third largest green fragment in an urban area in the world and the first in Brazil. In the forest of the Campus are found several species of animals (sloths, lowland Paca, monkeys of several species, besides the Sauim Collar (endangered specie that lives exclusively in the region of Manaus). Various types of exotic flowers make up the forest scenario. The purple and yellow trumpet tree (Tabebuia), for example, when blooms, brightens the beholders of nature.



COURSES BY AREA OF EXPERTISE

Exacts Sciences



Agrarian Sciences



Biological Science



Humans Sciences



UNITS

- 15 Academic Units on the campus of Manaus
- 5 Academic Units on the countryside of Amazonas

• *Undergraduate*
118 courses

• *Students*
Around 30000 people
studying in Ufam

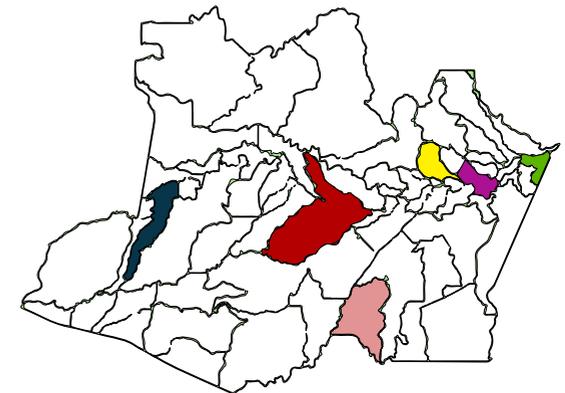


Over three hundred laboratories geared to teaching and research

Support Centers for Research and Teaching

- Center for Environmental Sciences
- Multidisciplinary Center Support
- Centre for R & D in Electronics and Information Technology
- Center for Energy Development Amazon
- Central Library
- Central Animal
- Multidisciplinary Center Support
- Arts Centre
- Center for Environmental Sciences
- Centre for Enterprise Development and Technology
- Centre for Distance Education
- Experimental Farm
- University Hospital Getúlio Vargas
- University Hospital Francisca Mendes
- Amazon Museum

UNITS ON THE COUNTRYSIDE OF AMAZONAS



- Benjamin Constant
- Manaus
- Coari
- Itacoatiara
- Humaitá
- Parintins



ARRIVING ON CAMPUS

To arrive in Campus Universitário Senador Arthur Virgílio Filho, the options are:

| | |
|-------------------------|---|
| |  |
| Southern sector | 002 |
| South and North Sectors | 125, 616 e 352 |

Integration

The bus that makes the transfer of the academic community between the northern and southern sectors, and to the roundabout of Coroado. Completely free.



To the units in downtown, the options are:

| | | | |
|--|----------------------|--|---|
|  | Medical School - FM | 008, 009, 013, 014, 100, 115, 116, 125, 350, 439, 442, 541, 542, 609, 623, 676 | Rua Afonso Pena, 1053 - Praça 14 de Janeiro |
|  | Faculty of Dentistry | 008, 009, 013, 014, 100, 115, 116, 125, 350, 439, 442, 541, 542, 609, 623, 676 | Av. Ayrão, 1539, Praça 14. |
|  | Nursing - EE | 115, 125, 541, 606, 609, 623 | Rua Terezina, 495 - Adrianópolis |



WE ARE ARII

The International Relations Advisory - ARII is responsible for assisting the University about the formalization of cooperation agreements between the institutions in Brazil and exterior, as well as coordinating activities of mobility "in" and "out". Arriving in Ufam (foreign or national students) must go to ARII to fill in the registration and receive guidance.

LOCALIZATION

- Administrative Center of the Rectory, the northern sector of the University Campus, first floor.
- ariii@ufam.edu.br / ariii.ufam@gmail.com
- (92) 3305-1753.

AT ARII, BRING THE DOCUMENTS BELOW

- Passport;
- Student Visa;
- International Health Insurance;
- Letter of Acceptance of Ufam;
- Presentation of charter your University.



Assessoria de Relações Internacionais e Interinstitucionais

STUDENT VISA

To join Ufam as a foreign student you must obtain from the Embassy of Brazil or the Brazilian Consulate in your country, a valid visa to stay in Brazil during the study period.

Apply for your visa in advance in order to program and organize better your temporary transference to a new place.

Remember, your enrollment will be regularized by presenting the correct visa. The tourist visa will not be accepted and there is not the possibility of changing the type of visa once you are already in Brazil.



COPY OF PASSPORT AUTHENTICATION

The Federal Police requires that all sheets which were copied from passport must be authenticated. Authentication is a stamp with the signature of the person responsible for the registry. In Manaus, you can go to the address below.

2º CARTÓRIO DE NOTAS

- Joaquim Sarmiento Street, 355 - Downtown.
- (92) 36223364
- Monday to Friday - 9am - 3pm

STUDENT REGISTER IN Ufam

To proceed with your enrollment application with the Pro-Rectorcy of Under Graduate Studies - Proeg is necessary to present a 3x4 photo, a copy of your passport, your CPF (Brazilian Social security number) and fill out the Student Registration Form.

3X4 PHOTO

In Brazil it is common to request this type of photography for the composition of identification documents. We provide some addresses below:

- Foto Nascimento, located on 7 de Setembro Ave. 1194, Downtown.
- Foto Center, on Henrique Martins st. 10, Downtown.
- Foto Brasil, on Rodrigo Otávio Ave. s / n - in front of the Japiim fair.

BANK ACCOUNT

In possession of your CPF you can open a bank account in any bank branch. In the northern sector of the University Campus is installed a branch of Banco do Brasil (BB);

To open a bank account in that agency, submit the following documents:

- Temporary Alien Identity Card (ICLS);
- Registration of Individuals - CPF;
- Proof of residence, and
- Declaration of Bond with Ufam (issued by ARII).

COSTS

Ufam is a public and free university, but the costs with tickets, food, accommodation, transport, among others, as studies' materials, are students' responsibility. ARII estimates a monthly budget of R\$ 1,000.00

HOSTING

Ufam provides housing only for students who prove vulnerability (low income). The selection is annual and occurs in specific date. Thus, we advise you to rent a place near the University Campus.

PORTUGUESE COURSE

The International and Interinstitutional Relations Office - ARII offers, through the Mobility Management program for a period of one semester, a Portuguese course for Foreigners, who are entering the University via exchanges or mobility. Undergraduate and graduate students enroll for free, through form filling.

Classes are held in the morning and afternoon for teachers of ARII.

Ufam's ENROLMENT

After get your CPF, gather the following documents:

- Passport copy;
- CPF copy;
- 3x4 photo.

Go to ARII to register and fill registration request to the Dean of Undergraduate Studies

CADASTRO DE PESSOA FÍSICA - CPF

In addition to enrolling in Ufam, the CPF will allow you to open a bank account, that will make it easy for you to solve problems or situations related to your financial life.

To withdraw your Cadastro de Pessoa Física - CPF (Individual Taxpayer Registration with the Federal Revenue Service) follow the steps below:

Visit the website of the Federal Police to schedule your visit;

At the scheduled date, go to the Federal Police headquarters located at Avenida Domingos Jorge Velho Ave. No. 40, district D. Pedro II, from 08 a.m. to 03 p.m. to receive your Identification Protocol;

In possession of this document please contact the Internal Revenue Service, located in St. George Avenue, No. 2878, neighborhood São Jorge, from 07 a.m. to 01 p.m. and 01 p.m. to 07 p.m. At the front desk look for a counter to obtain a password;

- 📍 To get to the indicated place your options are bus lines 216, 211 and 126.
- ☎ Telephone contact (92) 3657-0367

REGISTRATION IN THE FEDERAL POLICE

From the day of your entry into Brazil you will have thirty days to register yourself with the Federal Police to receive your Alien Identity Card Experience (ICLS), this document will legalize your permanence in Brazil.

FEDERAL POLICE ADDRESS

- 📍 Avenida Domingos Jorge Velho, nº 40, bairro D. Pedro II
- ☎ (92) 3655-1515 e 3655-1517
- 🌐 <http://www.dpf.gov.br/>
- 🕒 8h às 15h.

HOW TO REGISTER

On the website "www.dpf.gov.br", enter the menu "Foreign"> "Require Registration / Renewal and Amnesty". Follow steps 1, 2 and 5 of the FP site.

Step 1 - Fill in the registration application form - issuance of identity cards for foreigners (1st and 2nd via);

Step 5 - Click the "Generate GRU" link and provide the required personal data and your address in Manaus. The "tax collecting unit" field should be filled with "Regional office in the state of Amazonas."

The "Revenue Codes" is 140082 (Foreign registration - R\$ 64.58) and 140120 (Foreign Portfolio 1st via - R\$ 124.23). Both bills can be paid at any branch of Banco do Brasil. In the main occupation section, select "Student";

Step 2 - Make an appointment to the Federal Police.

NOTE: If there is no available date within 30 days (time set for presentation at the Federal Police) book any date to print the score sheet and go to the Federal Police as soon as possible.

DOCUMENTS REQUIRED

- Passport (copies of all the used sheets from the passport, including the original visa application);
- Two recent 3x4 photos, in color, with white background;
- Copy of the received document to enter the country (entry Card / output);
- Receipts of paid fees;
- Online form of the Federal Police filled and printed (Step 1);
- Obtained consular visa and original visa application form.



Photo: Ana Graziela Maia/Amazonas FM

ACADEMIC COMMUNITY

Knowing that for a while you will be part of a community of more than thirty thousand people, beyond the academic life you will have plenty of opportunities to enrich your interpersonal and intercultural network. Experience that!

ENROLMENT NUMBER

Your enrollment number will be your passport to the academic life in Ufam. With it you can register to use the half-priced pass, the University Restaurant, borrow books at the library, among others.

ENROLMENT TYPES

• *Institutional enrolment or Registration* - This is the time in which the student is linked to Ufam getting their enrolment number.

• *Enrollment in subjects* - Through enrollment in disciplines you formalize your frequency to your course. This registration system is computerized and is done in two ways:

1) *Automatic enrolment*- only for new students (freshmen).

2) *Enrolment Request* - it is made through the Student Portal, with the 1st, 2nd and 3rd request options.

CONFIRMATION OF ENROLMENT

At the beginning of each semester students must attend the coordination of their course and request the Certificate of Enrolment to ensure that you are enrolled in the chosen subject(s). This action is mandatory to confirm the enrolment.

PROCESSING CRITERIA FOR ENROLLMENT REQUESTS

In order to respond fairly to enrollment requests in disciplines, the system carries out various checks, such as whether the student is still attending to periods or is finalist, if they are applying for the first or second time to a discipline, and so on.

UFAM STUDENT ID

Look for the Pro-Rector of Community Affairs - Procomun, at the Rectory Administrative Center to request your Ufam Student ID. This document will give you the right to pay half-price in cinemas and artistic-cultural events.



LIBRARY

To access the Library Collection System you should seek your unit library, present your enrolment confirmation, a 3x4 photo and fill in the registration. Remember, at the beginning of each semester you have to present your enrolment confirmation to renew your registration. Enjoy your reading!



Photo: Juscelino Simões

UNIVERSITY RESTAURANT - RU

Once registered you will have access to breakfast, lunch and dinner served by the University Restaurant - RU, located in the northern and southern sectors, in the School of Medicine and in the School of Nursing. To purchase tickets, which are sold every week, just go to the servers positioned at the entrance of the restaurant.

Breakfast: R\$ 0,30

Lunch: R\$ 1,20

Dinner: R\$ 1,20

UNIVERSITY RESTAURANT - RU



Photo: Juscelino Simões

HALF-PRICED PASS

As a student you will be entitled to half-priced pass on public transport. In order to obtain your pass, ARII will dispatch a statement that you have been accepted as a student of Ufam, then go to the post of the Union of Manaus Passenger Transport Companies - Sinetram to request your Electronic Ticketing System card and acquire credits on your half pass.

HALF-PRICED PASS



FACULTY OF PHYSICAL EDUCATION AND PHYSIOTHERAPY - FEFF



Photo: Juscelino Simões

COURSES COORDINATION

Every course has a coordination. The course coordinator is responsible for managing enrollment in courses, offering jobs, evaluating performances, approving the offer of disciplines, among other duties.

ACADEMIC DEPARTMENT

Tasks of the academic department include to plan, coordinate and implement the teaching of subjects taught in the course. It is the first place you should report if you need to solve a problem.

PRO-RECTOR OF UNDERGRADUATE STUDIES (PROEG)

Proeg is the Rectory responsible for managing the academic life of students. So in order to help you, ARII always works in partnership with this Pro-Rector.

Proeg is located in the northern sector of the University Campus, Administrative Center of the Rectory. Learn more at the link <http://www.proeg.ufam.edu.br/>.

CREDIT SYSTEM

Ufam adopts the credit system corresponding to 15 hours/lecture and 30 hours of practical activity. All curriculums provide a maximum and minimum number of credits to be achieved each semester.

APPROVAL IN DISCIPLINES

In order to pass, the student must obtain a final average equal or greater than five. The final average is the result of the average obtained in school activities, weighing two and a note of the final test, weighing one.

ACADEMIC CALENDAR – PAY ATTENTION

The academic calendar is set at every six months and is approved by the Board of Education and Research - CONSEPE, there are fixed deadlines for the execution of all academic activities. Follow it at Ufam Portal.

LEAVE OF ABSENCE TYPES

Total - It is the formal act of not enrolling in any course for up to two semesters.

Discipline - A request to Proeg for a Leave Of Absence LOA from one or more subjects to which one is registered.

STUDIES HARNESSING

It is the harnessing of disciplines studied in higher education institutions - IES or studied in Ufam under another acronym. The harnessing is requested in the course coordinator.

SCHOOL YEAR

It consists of two regular class periods. The school year is at least 200 days of academic activities.

CREDITS COUNT

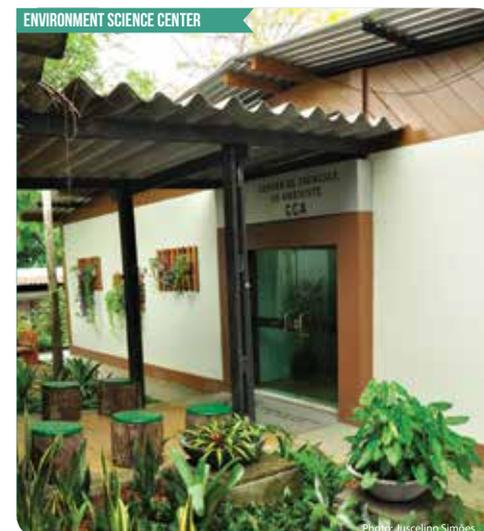
To graduate you must request, in the penultimate period, with the coordination of the course, your credit score. Pay attention to the academic calendar.

FREQUENCY

The minimum frequency is 75% of the activities programmed for each discipline.



Ufam offers wi-fi throughout northern and southern sectors.



SPECIAL TRAINING PROGRAM - PET

The program aims to provide students under the guidance of a tutor, conditions for the performance of extracurricular activities to complement their academic training. Selection for PET occurs annually. Check with the coordination of your course.

LABOR SCHOLARSHIP PROGRAM

Through this program you can get work experience within your field of study. To the students who engage in the program is offered a scholarship. Look for the Pro-Rector of Community Affairs - Procomun, northern sector of the Campus, Administrative Center of the Rectory, ground floor.

EXTENSION SCHOLARSHIP

The Pro-Rector of Extension and Internalization (Proexti) offers scholarships to all extension projects. Inquiries at Proexti, northern sector of the University Campus, Administrative Center of the Rectory, 2nd floor.

MONITORING PROGRAM

It aims to initiate students of undergraduate courses in the various teaching tasks at the college level. Engage Yourself!

INSTITUTIONAL PROGRAM FOR SCIENTIFIC INITIATION SCHOLARSHIPS - PIBIC

It is one of the main gateways in the research. Create a project, look for a teacher to guide you and the deadline for registration, submit it to the Pro-Rector of Research and Graduation - PROPESP. If approved you will receive for a year, a scholarship to fund their research. Information on Research Support Department (DAP), the northern sector, administrative center of the rectory, 2nd floor.



AMAZON MUSEUM - MA

The Ufam Museum aims to rescue and provide collections and information on the Amazon region. It consists of the sectors of Museology, Document, Library, and other divisions. The MA is located on Ramos Ferreira st. No. 1036 – Downtown.

UFAM CENTRE OF ARTS - CAUA

Through Caua, Ufam offers art courses, cultural performances, exhibitions and other activities related to these themes. Caua is on Mosenhor Coutinho st. 724, Downtown.

CINE & VÍDEO TARUMÃ

This is a project of the Social Communication department, which aims to show for free, national and foreign films, from 12:30 p.m. to 02 p.m. on Mondays, Wednesdays and Fridays, at Rio Negro Auditorium, Institute of Humanities and Letters - ICHL, northern sector of the university campus.

DVD CLUB

Integrated with Caua, the DVD Club aims to educate through films. It offers a large collection, with rare titles, always with strong educational and cultural nature, it is located on Mosenhor Coutinho st. 724, Downtown.



EVENTS ON CAMPUS

Throughout the year numerous events of academic, scientific and social nature are promoted by various sectors of the University community and students. Below we highlight some of them.

UFAM FOLK FESTIVAL

Event with dances and typical foods of June festivities. Pro-Rector of Community Affairs (Procomun) and Academic Centers are in charge of it.

UNIVERSITY GAMES

Gather all Ufam courses in sports competitions. The event takes place in the second semester at the Faculty of Physical Education and Physiotherapy, South Campus.

SCIENTIFIC INITIATION CONGRESS

Every year the Pro-Rector of Research and Graduate Studies holds the event for the presentation of research and work done by students linked to the Scientific Initiation Program - Pibic.

FRESHMEN WELCOMING

It is an event promoted by the Rectory in partnership with all Pro-Rectories. The objective is to introduce the University to new students. The freshmen are also welcomed by the coordination of their respective courses.

CULTURAL FRIDAYS

Promoted by their courses, the event occurs according to the program organized by promoters.

These are some of the major events, but throughout the year Ufam promotes scientific, cultural and academic events.

DESIGN EVENT



Photo: Arquivo ARII

UNIVERSITY GAMES - JUUFAM



Photo: Juscelino Simões

ART WORKSHOP



Photo: Juscelino Simões

FRESHMEN WELCOMING



Photo: Juscelino Simões

UFAM'S ABBREVIATIONS

Adua – University of Amazonas' Professors Association
AI – Internal audit
AAL – Araújo Lima Ambulatory
Ascom – Communication department
Assua – University of Amazonas' Serves Association
ARII - International Relation Advisory
BC – Central Library
Cais – Integral Center of Attention to Healthy
CCA – Environment Science Center
CAUA – Art Center
CAM – Center of Multidisciplinary Support
CDTECH – Business and Technology Development Center
CDEAM – Energy Development Center of Amazonas
CED – Center of Distance Education
CETELI – P&D Center in Electronic Technology and Information
CEU – Home of College Student
CEL – Study of Languages Center
CPPAD – Standing Committee of Administrative Procedures
CTIC – Center of Information and Communication Technology
Compec – Standing Committee of Competitions
Consad – Board of Directors
Consepe – Board of Education and Research
Consuni – University Council
DAS – Server Support Department
DAEST – Student Support Department
DCE – Central Directory of Students
Depes – Personnel Department
Defin – Finance Department
Demat – Department of Material
Direx – Executive Border
DDP – Department of Development
DP – Research Department
EDUA – University's Editor
EE – Nursing School
FACED – Faculty of Education
FES – Faculty of Social Studies
FM – Medical School
FAO – Faculty of Dentistry
FT – Faculty of Technology
FAPSI – Faculty of Psychology
FCA – College of Agricultural Science
FCF – Faculty of Pharmaceutical Sciences
FD – Law School
FEFF – Faculty of Physical Education and Physiotherapy

FUA – University of Amazonas Foundation
ICB – Institute of Biological Sciences
ICE – Institute of Exact Sciences
ICHL – Institute of Humanities and Letters
ICOMP – Institute of Computer Sciences
HUFM – Francisca Mendes Hospital-University
HUGV – Getúlio Vargas Hospital-University
Lua – The Amazon University Bookstore
MA – Amazonian Museum
PCU – Campus University City Hall
Pet – Special Training Program
PF – Federal Attorney
Pibic – Institutional Program of Scientific Initiation Scholarships
Proadm – Dean of Administration and Finance
Progesp – Dean of Personnel Management
Proeg – Dean of Undergraduate Education
Proesp – Dean of Research and Graduate Studies
Proplan – Dean of Institutional Planning and Development
Protec – Dean of Technological Innovation
RU – University Restaurant
SGC – Secretary General of the Higher Councils
SIC – Citizen Information Service
Sintesam – Higher Education Workers' Union of the State of Amazonas
SIASS – Integrated Health Care Sub-System of the Server
Uni-Sol – Foundation of Institutional Support Rio Solimões

Ufam's RECTORY



Photo: Juscelino Simões

ORGANIZE IT

BEFORE YOU RETURN

Going back home is wonderful. Our suitcase is full of nostalgia, knowledge, experiences, memories and everything else that fits. But going back requires some steps, so take note:

- ✓ 1 If possible take with you your history with notes and subjects studied at Ufam.
- ✓ 2 Be sure to note all the necessary contacts, especially your tutor in Ufam;
- ✓ 3 Close your bank account;
- ✓ 4 Unsubscribe from internet, telephone, cable TV, energy and water accounts, among others.
- ✓ 5 Pay all your debts;
- ✓ 6 Do not forget to return all borrowed books to the library.



Photo: Freepik

PART 3

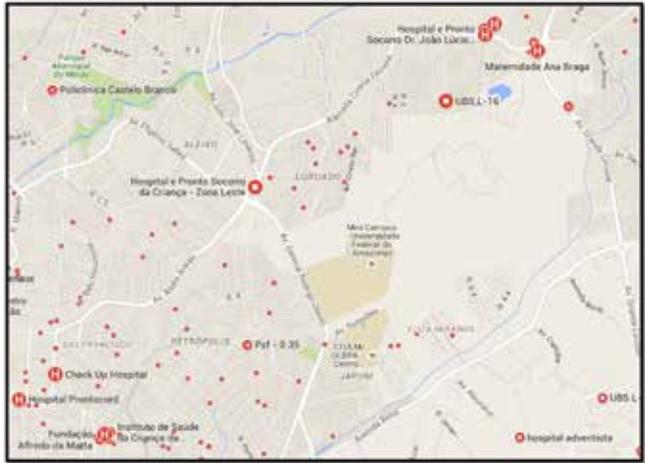


M A P S

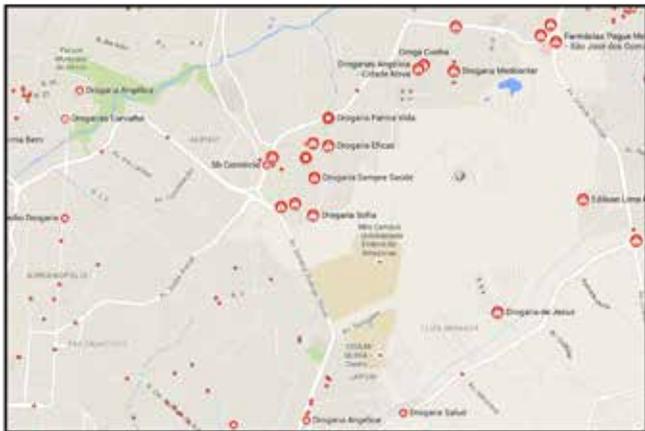
IMPORTANT MAPS

In the third part of the guide we make available maps with healthy services, banking, meals and others, located next to the University Campus Senador Arthur Virgílio Filho.

HOSPITALS NEAR Ufam



DRUGSTORES NEAR Ufam



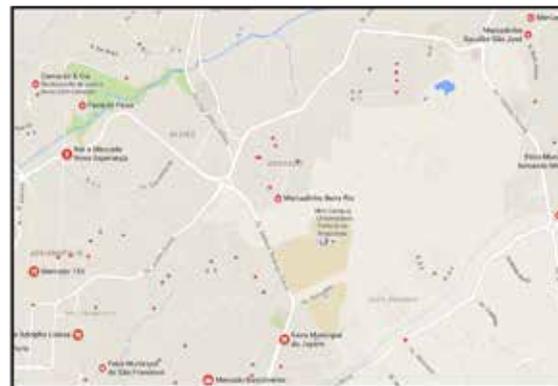
HOTELS NEAR Ufam



LOGGINGS NEAR Ufam



MARKETS NEAR Ufam



USEFUL LINKS



Bus

<http://www.onibusmanaus.com.br/>

Sinetran

<http://estudantes.manaus.am.gov.br/index.php>

Regional Council of Engineering and Agronomy - CREA

<http://www.crea-am.org.br/src/site/>

Portal Ufam

<http://ecampus.ufam.edu.br/ecampus/>

Site ARII

<http://arii.ufam.edu.br/>

Tourism

<http://guiatur.manaus.am.gov.br/>

Culture

<http://www.cultura.am.gov.br/>

Federal Police

<http://www.pf.gov.br/>

Internal Revenue Service

<http://www.receita.fazenda.gov.br/>

Site Proeg

<http://proeg.ufam.edu.br/>

Ministry of Foreign Affairs - MRE

<http://www.itamaraty.gov.br/index.php?lang=pt-BR>

Ministry of Health

<http://portalsaude.saude.gov.br> | <http://www.saude.am.gov.br/>

Drugstores 24 hours

<http://farmabem.com.br/> | <http://drogariasantoremedio.com.br/>







arii@ufam.edu.br

[/arii.ufam](https://www.instagram.com/arii.ufam)

(92) 33051753

arii.ufam.edu.br

Avenida Rodrigo Otávio, 6200, Coroado 1
Campus Universitário Senador Arthur Virgílio Filho,
Setor norte, Centro Administrativo, 1º andar.
CEP: 69077-000 Manaus - AM - Brasil