



Christ the Redeemer overlooking Rio de Janeiro

Midwifery in Brazil

10 – 22 November 2018

Supported by the Royal College of Midwives





Colourful district of Pelourinho, Salvador

From white sand beaches to lush rainforests and rhythm filled metropolises, Brazil is a country that has a rich history and varied culture. It is also a country where the role of the midwife and natural birth is still developing, where the C-section delivery dominates; particularly in the private sector. There are wide spread discrepancies between urban and rural maternal health standards, which also vary by class and race.

This tour, led by Prof Cathy Warwick, will travel from the vast metropolis of São Paulo to Salvador, the colourful capital of Bahia State, to Manaus in the Amazon and down to iconic Rio de Janeiro. Experience the vitality, music, colour and diversity of Brazil as you gain specialist insight into its society, healthcare and culture.

Arrive in São Paulo and spend your first evening at leisure. The following day set out to explore the world's third largest city. This vast metropolis is also rich in art and culture and has a burgeoning reputation as a world class gastronomic city. Starting at the municipal market, join the local *Paulistanos* as they shop for the many tropical delicacies that this

country has to offer, with opportunities for tastings. Continue to the Pinacoteca Museum, the oldest art museum in the city. Explore the city's bohemian neighbourhood, Vila Madalena and stop for a coffee tasting to learn about this famous Brazilian export. Later in the afternoon explore Ibirapuera Park and its Afro- Brazilian Museum. Take in the city views from the roof of the Contemporary Art Museum. In the evening enjoy a welcome dinner with the group.

The following day visit the University of São Paulo and meet the staff who run the midwifery



Municipal Market, São Paulo



View of All Saints Bay, Salvador

programme at the University, the only one of its kind in Brazil. After lunch the afternoon is at leisure to explore the city or relax.

Transfer to the airport the next morning for the flight north to Salvador, the capital of Bahia State and former capital of Portugal's great New World colony. On arrival you will visit Mansão do Caminho, a leading spiritism centre which promotes humanised birth. Here you will learn about spiritism, how it is incorporated into healthcare and see the facility that cares for the local women. Transfer to the hotel with time to relax before dinner.

Start the next day with a visit to the state-run Prenatal Institute of Bahia. Started in 1974 with funding from a Swiss organisation, it caters for women on low incomes. It is also a specialised outpatient clinic for a variety of health care, including prenatal risk, ultrasound and sexual and reproductive planning. They tend to approximately 250 women and 30 deliveries every day. In the afternoon visit Jose Maria de Magalhaes Maternity Hospital, which is state-owned but privately operated and focuses on high-risk pregnancies. These visits will give you an overview of life on maternity wards in Brazil.

Spend the next day exploring the atmospheric city of Salvador da Bahia. Its brilliantly coloured centre is a living museum of 17th and 18th century architecture and gold-laden churches.

Starting in the old town, see the colourful buildings of Pelourinho and walk through the cobblestone squares, once the site of slaver's markets and now alive with African drumming and capoeira displays. See the Elevador Lacerda, which links the upper and lower part of the city, and gaze out over the bay. Enjoy delicious traditional Bahian cuisine for lunch, with the rest of the afternoon at leisure.

The next day fly to Manaus, the Amazon's largest city. Transfer to the Amazon Eco Park Lodge by bus and then head out onto the river for the short ride by boat. The next two days are for you to enjoy the stunning rainforest surroundings. The lodge offers two activities a day, one morning and one afternoon, showing you different parts of the Amazon, its culture and its wildlife. Go on a nature walk, piranha fishing, visit local communities or simply relax in the lodge, lizard spotting as you read a book or enjoying the delicious fresh juices.

After your time in the Amazon rainforest, return to the airport for the flight to an altogether different destination; Rio de Janeiro, the iconic city of golden beaches, lush mountains and samba-filled streets. Arrive in the evening and transfer to your hotel.

Rio de Janeiro is effortlessly spectacular. Spend the first morning in the city taking in its breathtaking views, starting with a train ride to Corcovado Mountain, where the statue of Christ



Visit Mansão do Caminho, Salvador



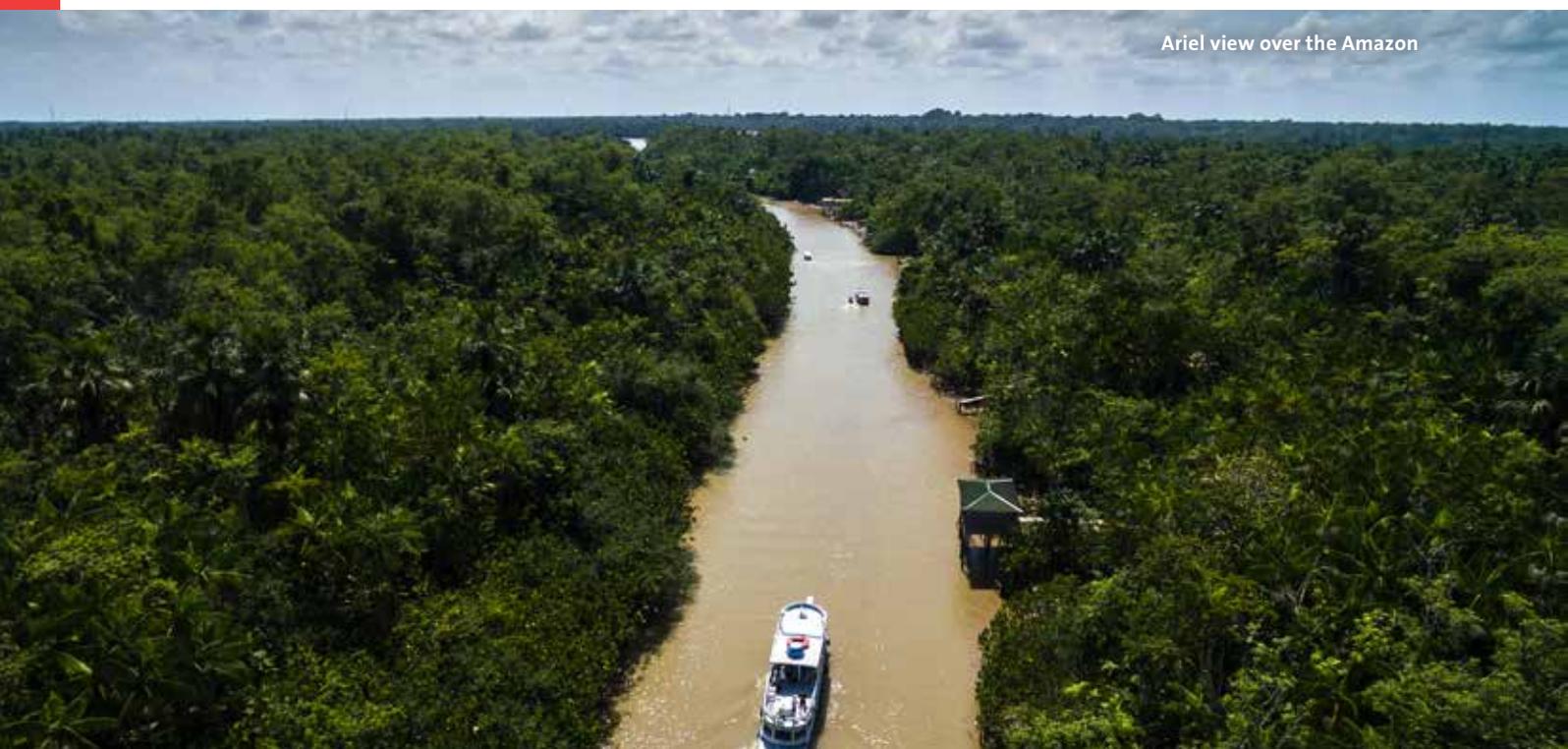
the Redeemer towers over the city. After lunch take the cable car to Morro da Urca, the first stage en route to Sugarloaf Mountain, to take a pleasant walk to the second stage with a superb panorama of Guanabara Bay, Copacabana and the surrounding areas.

The next morning visit the Casa de Parto, a birth centre, to meet with staff and take a tour of the unit. The hospital aims to create an environment to humanise birth, to create a home birth feel for the mothers. If women wish to have their child born at Casa de Parto they have to have attended pre-natal care at the centre so that the

staff can fully educate the mothers and families. This will offer a very different view of child birth in Brazil to those seen in Salvador. Later that day visit the IFF, the Instituto Fernandes Figueira, which promotes women and children's health. See the facilities, meet with the staff and hear about the work they do with their Milk Bank. In the evening there will be a farewell dinner.

Spend the next morning at leisure before transferring to the airport for the flight home. Alternatively, take the optional extension to spectacular Iguassu Falls or the lovely colonial town of Paraty.

Ariel view over the Amazon



Itinerary 10 – 22 November 2018

B = Breakfast **L** = Lunch **D** = Dinner

3 nights São Paulo – 3 nights Salvador – 3 nights Manaus – 3 nights Rio de Janeiro

- 10 Nov (Sat) São Paulo**
Pm Arrive and transfer to the hotel
- 11 Nov (Sun) São Paulo** **B D**
Am City tour of São Paulo starting at the Municipal Market. Continue to the Pinacoteca Museum
Pm Visit the bohemian neighbourhood of Vila Madalena for coffee tasting. Continue to Ibirapuera Park
Eve Welcome dinner
- 12 Nov (Mon) São Paulo** **B L**
Am Visit the midwifery programme at the University of São Paulo
Pm At leisure
- 13 Nov (Tue) São Paulo / Salvador** **B D**
Am Transfer to the airport for flight to Salvador
Pm Arrive in Salvador and visit Mansao do Caminho, a leading spiritism centre which promotes humanised birth
Eve Dinner at a local restaurant
- 14 Nov (Wed) Salvador** **B L**
Am Visit the state-run Prenatal Institute of Bahia
Pm Visit the Jose Maria de Magalhaes Neto Maternity Hospital, which specialises in high risk pregnancies
- 15 Nov (Thur) Salvador** **B L**
Am Morning tour of historic Salvador including the colourful buildings of Pelourinho, its cobblestoned squares and beautiful churches. See the famous Elevador Lacerda, which links the upper and lower part of the city
Pm Lunch of traditional Bahian cuisine. Afternoon at leisure
- 16 Nov (Fri) Salvador / Manaus** **B L**
Am Fly to Manaus in the heart of the Amazon
Pm Transfer to your lodge by car and boat, arriving in the evening
- 17 Nov (Sat) Manaus** **B L D**
Am Day to enjoy the activities at the lodge, including rainforest walks, fishing tours and visiting a local village
Eve Night tour in a canoe to see the nightlife

- 18 Nov (Sun) Manaus** **B L D**
Am Day to enjoy the activities at the lodge including rainforest walks, fishing tours and visiting a local village
- 19 Nov (Mon) Manaus/ Rio de Janeiro** **B L**
Am Depart the lodge and transfer to the airport for a flight back to Rio
Pm Arrive Rio in the evening
- 20 Nov (Tue) Rio de Janeiro** **B L**
Am Take the scenic train ride to Corcovado Mountain to visit the statue of Christ the Redeemer and enjoy the view
Pm Take a cable car to Sugar Loaf Mountain, stopping at Morro de Urca and walk to the next station with a lovely panorama of Copacabana
- 21 Nov (Wed) Rio de Janeiro** **B D**
Am Visit the Casa de Parto hospital and see the work they are doing to promote natural births
Pm Visit the IFF, the Instituto Fernandes Figueira, which promotes women and children's health. See the hospital and teaching centre and learn about the work they do with the Milk Bank
Eve Farewell dinner
- 22 Nov (Thur) Rio de Janeiro** **B**
Am Morning at leisure and transfer to the airport for the flight home or extend to Iguassu Falls or Paraty

All itineraries are subject to change according to local conditions. This itinerary is ground only and departure and arrival dates may differ.



A room at Casa de Parto, Rio de Janeiro

Extensions

We have two extensions in Brazil, the first being to Iguassu Falls and the second to Paraty.

Extension to Iguassu Falls

This extension can be taken either before or after the main tour. Fly to the Brazilian side of the Falls and spend two nights exploring the stunning natural wonder of Iguassu Falls. There will be the chance to see both the Brazilian and Argentine side of the Falls.

Extension to Paraty

This extension can be taken either before or after the main tour. However, we recommend taking it post tour, as Paraty is a beautiful place to relax before returning home.

From Rio de Janeiro drive to the beautiful preserved colonial town of Paraty. Stay in a traditionally styled pousada for three nights with plenty of time to explore and relax.

For full details of these extension please see our Brazil Extensions brochure.



Iguassu Falls



A bungalow at the Amazon Eco Park

Hotels

Blue Tree Paulista Hotel (São Paulo)

Located a few steps from Paulista Avenue, the hotel is surrounded by theatres, museums, shops and restaurant in a superb central location. Rooms are simply decorated but spacious and comfortably furnished. The hotel also provides wifi and has an indoor pool.

Mercure Rio Vermelho (Salvador)

The hotel is located on the sea front with beautiful sea views and is a couple of minutes' walk from a host of restaurant, bars and shops. The rooms are bright and modern with all the usual facilities including wifi. The hotel boasts a beautiful infinity pool that looks out onto the sea, as well as a restaurant and bar.

Amazon Eco Park (Manaus)

Located on the Taruma River, a tributary of the Negro River, the lodge is about one hour from Manaus. The lodge has 70 bungalows in 22 stand alone structures. The rooms are simply decorated with traditional handicrafts, with air conditioning, electric showers and screened windows. The lodge also has a natural pool, private beach and plenty of space to relax.

Windsor Leme Hotel (Rio de Janeiro)

The hotel has an excellent location facing the beaches of Copacabana and Leme. The neighbourhood is quiet and yet close to shops, restaurants and bars. The hotel features a panoramic terrace with an infinity pool and bar. The rooms are modern in style with wooden furniture and contemporary décor.

Tour Leader

Professor Cathy Warwick CBE was Chief Executive of the Royal College of Midwives for 9 years and now works independently. Cathy is also Honorary Professor of Midwifery and an Honorary Professor of Midwifery at Kings College London. In 2006 she was awarded a CBE for services to Midwifery and Healthcare. Cathy lectures, writes and advises on midwifery issues with a particular interest in the organisation of care and the promotion of choice for women. Cathy has travelled widely both on her own and with her family, visiting midwifery units in America, Sri Lanka and South Africa and has previously led successful midwifery study tours to China, India and Cuba.

“Cathy has been an excellent support. Her encouraging and enthusiastic nature enriched the trip”

Karen Blyton, Midwifery and Childcare in South Africa,
April 2014



Paulista Ave, Sao Paulo (Photo credit: Ken Chu) (top); Paraty (above)

The cost of the tour is USD \$4333 per person (ground only, excluding international flights and transfers)

The cost includes:

- 12 nights accommodation in mid-range and 4-star hotels /lodges with en suite facilities

Single room supplement USD \$665

- Tour leader (Prof Cathy Warwick)
- Meals on a half board basis and full board at the Amazon Eco park
- English speaking local guides in each city
- A full programme of cultural and professional visits as per the itinerary
- Admission fees where applicable
- All transport within Brazil including domestic flights to Salvador, Manaus and Rio de Janeiro
- Tips

The cost excludes:

- International flights and airport transfers
- Meals not mentioned and drinks
- All personal extras such as portorage, laundry and inoculation fees
- All optional excursions, tours and visits
- Visas (if required) and travel insurance



Cable car from Sugar Loaf Mountain

Flights

International flights are not included in the cost of the tour but we can assist in booking them for you. If you would like a flight quote please do let us know.

About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.



Sao Paulo city from Ibirapiera Park (top); Women in Salvador; An Amazonian Sloth; Copacabana Beach, Rio de Janeiro (above)

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