

## Pontifical Catholic University of Paraná, Curitiba Campus, Brazil

Quotes of Faculty of Sports and Nutrition students who followed their minor here in 2019.

### General expression

*"The whole experience was amazing. I learned a new language, I studied business from a completely different perspective and I got to travel a bit in Brazil and Paraguay. The university was also very helpful and made sure we settled in our new environment."*

The living costs are low. People are very open and friendly, you can easily make friends.

Transport is mainly by bus or uber (you can share with other students). For transport, usually you can pay in cash (4.25 Reais) but some buses use some sort of OV chipcard like in the Netherlands so make that card if you don't want to have bad surprises.

### Level of education and the courses

PUCPR has many courses in English, mostly in the Business school but they try to internationalize all faculties. Furthermore they offer a Portuguese intensive course with different cultural experiences. The teachers speak English very well.

Furthermore get as many courses approved by the HvA before going because you don't know if the courses you chose are going to fit in your schedule. Just in case.

### Housing (in private sector or organized via the university)

The university provide the incoming students a list of different accommodation options (cost per month are around €230 (not more than €300). You can also rent a studio or apartment – this will be around €500 per month. You can contact the International Office if you have any questions about your stay. There is also a housing organization called REI Curitiba (Rede de Estudantes de Intercâmbio – Curitiba)

You can also choose to stay with a host family.

*"I stayed with a host family so I had a room for myself and food with the family. I paid around €185 (850 Reais). Without travelling I spent around €300 on average per month"*.

### Cultural differences

The gap between rich and poor is big. However people are very open, personal and love to make new acquaintances and friends.

Curitiba is very safe, clean and well organized (in comparison with the 2 well know cities Rio and Sao Paulo. For study purposes Curitiba is a good city with a lot of nice parks, delicious restaurants, fun bars and places for parties.

It is a once in a lifetime experience. If you are interested in the Latin American culture and you are excited for an adventure, this is really a recommend place to go!

### Tips for future students

If you have any problems you can always contact the host university's international office. Learn a few basic phrases in Portuguese if you travel alone. It's a cold and rainy place if you go from July to November, so be prepared.

The weather is very nice (not too hot like in the Northern part of Brazil) but the winter can get cold. Keep in mind that most buildings do not have a central heating.

Take advantage of Facebook, it has a lot of international groups – especially to help out expats and exchange students in order to find accommodations.

### **Short statement about the university**

PUCPR is one of the first private universities of Paraná, a state in the south of Brazil. It has a big campus where there are always events and conferences as well as great sports facilities. The international office, professors and fellow students are very helpful and have great professional backgrounds.

Overall the university is well prepared for exchange students. The university understands that this is not just an educational exchange but also a culture experience (therefore they keep Friday as a class-free day so you will have the opportunity to travel around).

### **Do you want more information?**

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