

2009 BRAZIL TRIP - The Abolição Trust

Here are the details for the 2009 Brazil trip. This year, the trip is being coordinated by the Abolição Trust and we're really looking forward to it.

Sitting comfortably...?

Location

We're traveling to Salvador, Bahia and staying in Negao's home town, Abaeté.

Programme

As always, there will be plenty of capoeira training and rodas. In the past, special workshops have been led by M/Bamba, M/Nenal (Bimba's son), M/Sabia, M/Itapoan, and P/Rupi.

Our good friend M/Olavo will lead Berimbau and percussion workshops with one of his many sons, M/Biriba.

We'll also make trips to the Pelorinho, where we can visit the original capoeira academies, haggle for things at the *Mercado Modelo* and see Olodom perform in the evening (plus drink Caipirinhas the way they're supposed to be made).



Much of the trip will focus on the capoeira project for local kids in Abaeté. Many of you know about this already, but see the [Trust website](#) for more details. The kids are wonderful and you'll want to take most of them home. We can train with them, hang-out and offer general support and encouragement. There will also be opportunities to run informal sessions, play games and make the trip special for them as well as us. The Trust will help coordinate all this.

During our first weekend, we will help support the project's third Batizado, where all the kids progress to their new belts and the local community comes out to support the project.

Of course, amongst all the training and project support, there will be time to explore the local town, frequent the juice bars, swim in the sea and bask in the sunshine. Which brings us to...

Accommodation

Wow. Negao's good friend has recently built a beautiful beachside hotel and we've booked rooms for everyone! The hotel is a stones throw from Negao's own family house, right on the beach. It was finished just a few months ago, has balcony views of the ocean, an outside pool, air con, wi-fi, space for training/rodas, etc.

As with previous trips, we'll share rooms – three



people in each. Don't worry – there is plenty of room and we'll make sure the male/female split works well!

Photos to follow. It really is a beautiful place to stay.

Food

We'll eat breakfast at the hotel. There is also the option to stroll over to the large Sofitel and gorge on the enormous buffet. There are plenty of restaurants and shops around, all very affordable. We can also eat fresh fish on the beach right next to hotel.

You may develop an addiction to ice-cream, *brigadeiros* and fresh coconut juice.

If (strangely, some might argue) you need a 'back-home' fix, we can jump on a bus and visit shopping centres, cinemas, etc. There are plenty of web cafes around and the Sofitel has pool tables, western-style menu, bar, etc.

Dates and travel

The dates for the trip are **Monday 13th July to Monday 27th July** (i.e.. checking out and flying on the 27th). Some people may choose to arrive earlier or stay on and explore more of Brazil, but you'll need to make your own arrangements.

Look around for the best deals on flights, or get in touch if you'd like advice. Most flights go via Lisbon, but you can save some money using different routes.

Cost

The cost for the trip is **£450. This doesn't include flights** or travel insurance, but covers...

- Hotel accommodation for 14 nights
- Transfer to/from airport (see note below)
- Breakfast in the hotel each morning
- All capoeira and music workshops, rodas and special events
- Transport for Pelorinho visits
- Tickets for the Olodom show

It also covers support/coordination from Negao and your friendly Abolição Trust holiday rep (that's me...). We think this format will help things run smoothly and make this a great trip. You'll be well looked-after and I promise not to carry a clipboard or make you do any star jumps.

A note about airport transfer: With flights arriving at all times of the day/night, it can become pretty difficult to arrange lots of separate journeys for everyone. We're offering two minibus journeys for the days of arrival/departure. We'll get you to/from the airport come what may, but we can coordinate bookings and try to make things simple.

You need to meet other costs, but most things are very cheap and we can easily team together for meals and other costs.

Signing up

Places are limited. We want the focus of this trip to be capoeira and involvement with the project in Abaeté. If you haven't trained Capoeira before, this is a pretty cool way to start! If you'd prefer to focus on the other elements of the trip, that's fine.

Obviously, there will be plenty of time to do your own thing, but if you're looking for a platform to travel and sight-see most days, this probably isn't the trip for you.



For more info, please contact braziltrip@abolicao-trust.org

To book your place, we'll need a **£100 deposit** - again, get in touch and we can arrange the payment.

This is going to be awesome, so jump on! Again, get in touch if you have any questions.

Thanks
Leão/Ben

www.abolicao-trust.org