

# AWAKENING EXPEDITION

Brazil



POSITIVE IMPACT  
& BEACH FUN



MyWay ENCOUNTER

# AWAKENING EXPEDITION- BRAZIL

The Awakening Expedition in Brazil unfolds as an adventure through nature's splendor, cultural treasures, and meaningful connections. In Rio de Janeiro, the iconic Christ the Redeemer watches over your journey, which begins with heartfelt intentions and vibrant cultural exchanges in the favelas. From the sweeping views atop Sugarloaf Mountain to the rhythmic pulse of a samba school, Rio dazzles with its energy and beauty.



The trip continues to serene Paraty, where cobblestone streets and golden-era history invite reflection. A boat ride reveals Paraty Bay's turquoise waters and lush islands, while a visit to the Serra da Bocaina connects you with wildlife and unspoiled landscapes.

On Ilha Grande, pristine beaches and volunteer work with local youth is the base for environmental stewardship and community spirit. Nights end with breathtaking sunsets and mindfulness, leaving you grounded and inspired. This journey is a celebration of Brazil's soul—its nature, people, and heart.



Brazil



13 days/  
12 nights



No  
Spanish Needed

40

Max group  
size

# THE ITINERARY





# DAY 1

## ARRIVE IN RIO DE JANEIRO



Today you will arrive at the airport of Rio de Janeiro, welcome to Brasil! Your guide will pick you up from the airport with a private transfer and bring you to your accommodation.

Tonight you will have a welcome dinner where you will put some group and individual intentions for this Awakening Travel program you will experience in Brazil.

**Included:** Welcome dinner, intention ceremony, transportation from Rio de Janeiro to accommodation, overnight in Savoy Othon Copacabana or similar (shared rooms), tour leader.



# DAY 2

## RIO DE JANEIRO



After breakfast you will start the day with a cultural landing. Your tour leader will organize a two hours capacitation including the basics of Brazil, its culture and its language. Afterwards you will be able to greet in a formal and informal way, to order some of the most delicious (must try!) food of Brazil and to ask for directions in the street. Also you will have a bit of understanding of the geography and history of the country in itself, and the itinerary you will undertake.

Afterwards, we will visit Mount Corcovado, a prominent peak overlooking the city of Rio de Janeiro, Brazil. Its most famous feature is the colossal Art Deco statue of Christ the Redeemer, which stands atop its summit and has become an internationally recognized symbol of Brazil.

We'll spend the afternoon experiencing the rich culture of a Rio favela firsthand. By visiting a local NGO, we'll have the chance to connect with community members, participate in their daily lives, and foster a meaningful cultural exchange.

**Included:** Breakfast, cultural landing, visit Mount Corcovado, visit favela and cultural exchange + yoga class, transportation in the city, overnight in Savoy Othon Copacabana or similar (shared rooms), tour leader.



# DAY 3

## RIO DE JANEIRO



We will start the day with a Beach Cleanup Adventure in Rio de Janeiro. Instead of simply soaking up the sun and waves, you and your group are making a positive impact on the environment. Armed with gloves, trash bags, and a sense of purpose, you join a local community initiative to clean up the coastline. During the afternoon we will enjoy an exciting journey to one of Rio de Janeiro's most famous landmarks. We'll board the iconic cable car at Praia Vermelha, offering breathtaking views of the city and the bay from the moment we ascend.



Our first stop is Morro da Urca, a smaller peak that provides a fantastic warm-up to the main attraction. Here, you'll have the opportunity to take stunning photos, relax at the charming café, or simply soak in the incredible atmosphere. Then, it's time for the grand finale! The second cable car will whisk you up to the summit of Sugarloaf Mountain, where you'll be rewarded with panoramic views that will leave you breathless. From here, you can see the entire city of Rio, Copacabana Beach, Ipanema, and even the distant Christ the Redeemer statue.

**Included:** Breakfast, beach clean-up, cable car to Sugarloaf Mountain, transportation in the city, overnight in Savoy Othon Copacabana or similar (shared rooms), tour leader.

# DAY 4



## PARATY

This morning you will have a private transfer from Rio de Janeiro to Paraty (about 4,5 hours).

During the afternoon we will walk on the streets of this beautifully preserved town. Paraty is a living museum, where time seems to have stood still. We learn about Brazilian history while we traverse a labyrinth of charming streets, sharing tales of pirates, gold, and the town's vibrant past.



The golden age in Paraty was in the 18th century when it became a crucial port for transporting gold from the Minas Gerais region to Europe. This influx of wealth led to the construction of opulent mansions and churches, many of which still stand today.

**Included:** Breakfast, walking tour Paraty, transportation from Rio de Janeiro to Paraty, overnight in Pousada Vila do Porto or similar (shared rooms), tour leader.





# DAY 5

## PARATY



Today you will embark on a magical journey through the pristine waters of Paraty Bay! Our boat trip is an unforgettable experience that combines stunning natural beauty, rich history, and exciting adventures.

**Included:** Breakfast, lunch, boat excursion, overnight in Pousada Vila do Porto or similar (shared rooms), tour leader.



# DAY 6

## PARATY



In the morning, we'll immerse ourselves in a local socio-educational project, participating in daily activities alongside community members. Volunteers will engage in sports, share cultural insights about their home countries, assist with orchard maintenance, contribute to infrastructure upkeep, and even explore their artistic side through wall art projects. At the afternoon we will enjoy a beautiful and relaxing day at the beach.

**Included:** Breakfast, volunteer activities, overnight in Pousada Vila do Porto or similar (shared rooms), tour leader.

# DAY 7

## PARATY



Today we will visit a Monkey rewilding project in the beautiful Serra da Bocaina. Essential for preserving regional biodiversity, this national park invites visitors to experience pristine nature. Its lush landscapes, diverse ecosystems, and serene trails create an unforgettable destination.

**Included:** Breakfast, activities at Monkey rewilding project, transportation from/to Paraty, overnight in Pousada Vila do Porto or similar (shared rooms), tour leader.





# DAY 8



## PARATY



We will spend a day immersed in the rich tapestry of indigenous culture in Paraty. This unique experience offers a chance to connect with the heart and soul of the region. We will learn insights into their spiritual beliefs and ancestral traditions. You'll have the opportunity to learn about their history, customs, and the deep connection they share with the land.

Participate in hands-on activities like crafting traditional handicrafts or learning about medicinal plants used in their healing practices. Savor the flavors of their cuisine, prepared with locally sourced ingredients, and enjoy a traditional dance performance. The highlight of the experience is undoubtedly the opportunity to interact with the community members. Share stories, laughter, and cultural exchange, fostering a deeper understanding and appreciation for their way of life.

This immersive encounter will leave you with a profound respect for indigenous cultures and a lasting connection to the heart of Paraty.

**Included:** Breakfast, visit handcraft Paraty, transportation from/to Paraty, overnight in Pousada Vila do Porto or similar (shared rooms), tour leader.

# DAY 9

## ISLHA GRANDE



This morning you will have a private transfer from Paraty to Angra dos Reis, followed by a boat transfer to the island of Ilha Grande.

**Included:** Breakfast, transportation to Ilha Grande, overnight in Pousada Ancoradouro or similar (shared rooms), tour leader.



## DAY 10

### POUSO BEACH



This morning we start our adventure as our boats depart from the lively Vila do Abraão, whisking you away to the charming Pouso beach. From there, you'll embark on a scenic 25-minute, 3-km trail through nature's splendor, leading you straight to the pristine shores of Lopes Mendes.

Once you arrive, prepare to be captivated by the untouched beauty that awaits you. Walk along the soft, powdery sands, feel the gentle ocean breeze on your skin, and marvel at the awe-inspiring views that surround you. Take a refreshing dip in the crystal-clear waters or simply unwind under the warm sun, savoring the tranquility of this serene paradise.

**Included:** Breakfast, boat excursion to Lopes Mendez, overnight in Pousada Ancoradouro or similar (shared rooms), tour leader.

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## DAY 11

### ILHA GRANDE



Today you will volunteer with Brigada Mirim. The Brigada Mirim Ecológica da Ilha Grande (BMEIG) has been empowering local youth for 25 years, fostering environmental stewardship. These 14-17 year-olds dedicate after-school hours to educational and conservation activities, using 'aid bags' to engage tourists in keeping the island clean.

The young brigadistas are actively engaged in environmental restoration projects. These include maintaining a marine farm, cultivating native plant species, and practicing sustainable apiculture. By establishing school gardens and reforesting degraded areas of Ilha Grande, they contribute to biodiversity conservation and community education.

This evening you will watch the sunset at Julia Sourto, here you will have a mindfulness at the beach to reflect your trip so far.

**Included:** Breakfast, volunteer activities, mindfulness session, overnight in Pousada Ancoradouro or similar (shared rooms), tour leader.



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# DAY 12



Today you will travel back to Rio de Janeiro, first you go by boat again and then a private transfer will pick you up. Upon arrival you will visit the Scola do Samba, including a little carnival going away party.

**Included:** Breakfast, transportation to Rio de Janeiro, visit to Scola do Samba + going away party, overnight in Savoy Othon Copacabana or similar (shared rooms), tour leader.



# DAY 13



This morning you will say goodbye to the country and the people you have been connecting with the last few days. A private transfer will bring you to the airport of Rio de Janeiro for your flight home.

**Included:** Breakfast, transportation to the airport of Rio de Janeiro, tour leader.



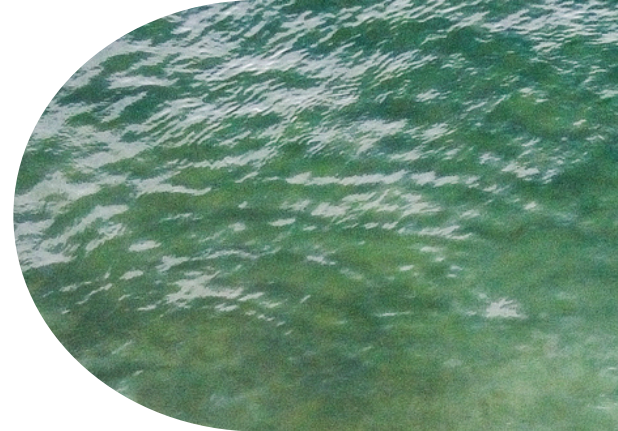




Awakening travel expeditions are more than just sightseeing, it's an opportunity to connect with the world around us and cultivate a deeper sense of purpose and well-being. We have researched the region, its challenges, and the way in which responsible mindful travel can contribute effectively. All of the activities have been carefully selected and they represent the values we believe in.

The experiences aim to spiritually awaken our participants by cultivating the following core values

- **Meaningful connections.** Allow you to connect with locals on a deeper level, fostering meaningful relationships and gaining a deeper understanding of different cultures.
- **Personal growth.** By stepping out of your comfort zone and immersing yourself in a new environment, you have the opportunity to learn and grow as an individual.
- **Cultural understanding.** Awakening travel expeditions encourages you to respect and appreciate the customs, traditions, and values of the communities you visit, fostering cultural understanding and empathy.
- **Positive impact.** We have lived and breathed Latin America over the past 2 decades and all of our projects have been carefully selected because they carry out what we believe in. We have researched the region, its challenges, and the ways in which volunteers can contribute effectively. With us, you'll volunteer where your help is needed the most whilst living a life-changing experience at the same time.
- **Self- reflection.** Throughout the journey, we incorporate mindfulness sessions during special moments to help participants fully appreciate their unique experience. We encourage them to approach everything with an open mind, free from preconceptions, and to embrace differences with a spirit of acceptance and active engagement







- **Empowering local communities.** One of the most impactful ways to give back it's to support local businesses and social enterprises that empower individuals and create jobs. . We work closely with local people to develop activities that align with their goals and contribute to their ongoing progress
- **Fun.** Of course we included moments that are designed to create enjoyment, excitement, and memorable experiences. Incorporating fun into an itinerary is one of our key values.

All itineraries have fixed elements in the programs which make the Awakening travel expedition transformative journeys that will wake you up from life. Hereby some of the examples:

- Welcome dinner with an **intention ceremony**, both on a group and individual basis to set a goal for your expedition.
- **Cultural landing**, which will prepare you with the basics of the country's history and customs.
- **Experiences with local heroes.** In our destinations you will be in contact with unique persons. **Our local heroes are game changes**, people that are passionate about something and can share their journey and knowledge with our guests through a talk or activity together.
- **Participation in a triple impact local project** , a gathering of people that comes voluntarily together to achieve a shared goal that will benefit the community.
- Time off to process. For everybody there will be **time to reflect** after an activity in their own way.
- Good guidance. We believe that **the role of the guide/ tour leader is crucial** in these types of programs. Our tour leaders are expertly trained to guide you through transformative experiences. With their deep knowledge of the region, they create a supportive atmosphere that fosters personal growth and meaningful connections with the destination
- New destinations, we want to avoid the crowds and **offer a more peaceful and authentic travel experience**

# WHAT IS INCLUDED





# Positive impact & beach fun

Brazil

CONTACT US

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