

Welcome to Ponta Grossa

Useful Phone Numbers and Locations

*Always check with ERI, or the official websites of the Brazilian Government, as information may undergo modification

UEPG

- **UEPG's International Relations Office (ERI)**
 - +55 42 3220-3260
 - eri@uepg.br
 - Lobby of the Rectory block, room 54, Campus Uvaranas (8am to 12pm / 13am to 17pm)
- **Campus Uvaranas**
 - 4748, General Carlos Cavalcanti Avenue, Uvaranas, Ponta Grossa
- **Campus Central**
 - 01, Santos Andrade Square, Downtown, Ponta Grossa

SECURITY

- **Military Police**
 - +55 42 3700-2400
 - 985, Professor Cardoso Fontes Street, Ronda, Ponta Grossa
- **Fire Department**
 - +55 42 3220-1200
 - 43, Roosevelt Square, Downtown, Ponta Grossa

HEALTH CARE

- **SAMU (Mobile Emergency Response Service)**
 - 192
 - 30, Colonel Dulcídio Street, Downtown, Ponta Grossa

- **Emergency Care Unit (UPA) Downtown**
 - +55 42 3220-1063
 - Dr. Paula Xavier Street, Downtown, Ponta Grossa
- **Unidade de Pronto Atendimento (UPA) Santa Paula**
 - +55 (42) 3122-3188
 - 1645, Nicolau Kluppel Neto Street, Santa Paula, Ponta Grossa

TRANSPORTATION

- **Public Transport**
 - Company: VCG
 - <http://www.vcg.com.br/>
 - Fares in March 2024
 - Full Fare: 4 BRL
 - Student Fare: 2 BRL (Upon submission of a request)
- **Taxi**
 - +55 4299106-7057
 - +55 42 99107-8493
 - +55 42 3224-1888
- **Transport apps**
 - Uber
 - 99 App
 - InDrive
- **Bus Terminal**
 - +55 42 3901-7064
 - 602, Visconde de Taunay Avenue, Ronda, Ponta Grossa
- **Sant'Ana Municipal Airport (Ponta Grossa)**
 - +55 42 3220-1000
 - 1001, Mathias Grani Street, Cará Cará
- **International Airport Afonso Pena (Curitiba)**
 - +55 41 3381-1515
 - Rocha Pombo Avenue, Águas Belas, São José dos Pinhais, Paraná
- **Guarulhos International Airport (São Paulo)**
 - +55 11 2445-2945
 - Hélio Smidt Highway, Guarulhos, São Paulo

MARKETS

- **Condor**
 - +55 42 3223-0020
 - 707, General Carlos Cavalcanti Avenue, Uvaranas, Ponta Grossa
- **Tozetto**
 - +55 42 3219-9200
 - 853, General Carlos Cavalcanti Avenue, Uvaranas, Ponta Grossa
- **Muffato**

- +55 42 3122-7200
- 205, Vicente Espósito Street, Uvaranas, Ponta Grossa

FOOD SERVICES

- **University Restaurant:** UEPG has a University Restaurant (RU) on both campuses. International students are exempt from the meal cost at the restaurants. To do so, request an exemption by contacting ERI.
 - RU Opening Hours:
 - Campus Uvaranas (11am to 12:30pm / 17:30pm to 19pm)
 - Campus Central (11am to 13pm / 18am to 19pm)
- **\$ - Restaurante Caseirinho PG**
 - +55 (42) 99956-9410
 - 3215, General Carlos Cavalcanti Avenue, Uvaranas, Ponta Grossa
- **\$ - Rei do Pastel**
 - +55 (42) 99954-5618
 - 920, Barão do Cerro Azul Street, Downtown, Ponta Grossa
- **\$ - Buffet D'laine**
 - +55 42 (42) 99997-2625
 - 881, Balduino Taques Street, Centro, Ponta Grossa
- **\$ - Restaurante Recanto do Estudante**
 - +55 (42) 3239-8636
 - 354, Commander Paulo Pinheiro Schmid Street, Uvaranas, Ponta Grossa
- **\$ - Restaurante Nunes:**
 - +55 (42) 3226-2820
 - 1312, Teixeira Mendes Street, Uvaranas, Ponta Grossa
- **\$\$ - Panificadora e Confeitaria Da Maria**
 - +55 42 3235-4402
 - Avenida General Carlos Cavalcanti, Uvaranas, Ponta Grossa
- **\$\$ - McDonald's**
 - +55 0800 888 1955
 - 1530, Avenida Bonifácio Vilela, Downtown, Ponta Grossa
- **\$\$ - Burger King**
 - 1530, Balduino Taques Street, Órfãs, Ponta Grossa
- **\$\$ - Go Coffee**
 - +55 (42) 99916-7242
 - 136, Colonel Bitencourt Street, Store 2, Downtown, Ponta Grossa
- **\$\$ - Polaris Cozinha Vegetariana**
 - +55 42 3238-5827
 - 52, Prudente de Moraes Street, Vila Estrela, Ponta Grossa

SHOPPING

- **Palladium Mall**
 - +55 42 3224 3000

- 703, Ermelino de Leão Street, Olarias, Ponta Grossa
- **Total Mall**
 - +55 42 4009-5800
 - 850, Dom Pedro II, Nova Rússia, Ponta Grossa
- **Ponta Grossa Shopping center**
 - Colonel Cláudio Street, Downtown, Ponta Grossa

CULTURA

- **Agenda cultural**
 - <https://cultura.pontagrossa.pr.gov.br/agenda-cultural/>
- **Museu Campos Gerais**
 - +55 42 3220 3470
 - Rua Engenheiro Schamber, 686 - Centro, Ponta Grossa
 - <https://www2.uepg.br/museu/>
- **Museu de Ciências Naturais**
 - UEPG Community Center, 4748, General Carlos Cavalcanti Avenue, Uvaranas, Ponta Grossa
 - <https://www2.uepg.br/mcn/>
- **Museu de Arqueologia**
 - <https://museuarqueologico.blogspot.com>
- **Catedral Santana**
 - +55 42 3224 0143
 - 528, Santana Street, Downtown, Ponta Grossa
- **Mansão Villa Hilda**
 - +55 42 3901 1604
 - 936, Júlia Wanderley, Downtown, Ponta Grossa
- **Sesc Estação Saudade**
 - +55 42 3220-6150
 - 77, Fernandes Pinheiro Street, Downtown, Ponta Grossa
- **Cinema Multiplex Palladium - Cine Araújo**
 - <https://cinearaujo.com.br/cinema/multiplex-palladium/>
 - 703, Ermelino de Leão Street, Downtown, Ponta Grossa (at the Palladium Mall)
- **Cinex - Lumière Cinema**
 - 350, Dom Pedro II Avenue, Nova Rússia, Ponta Grossa (at the Total Mall)

O QUE FAZER?

Outdoor walks

- **Olarias Lake**
 - Oficinas, Ponta Grossa
- **Environmental Park**

- Doctor Vicente Machado Avenue, Downtown

Fairs

- **Producer's Market**

- Wednesdays from 1:30pm to 7 pm/ Saturdays from 7am to 1pm
- Benjamin Constant Street, Downtown, Popular Restaurant's Parking Lot.

EXPRESSÕES ÚTEIS

- Hi = Oi!
- Good morning = Bom dia!
- Good afternoon = Boa tarde!
- Good evening/Good night = Boa noite!
- Bye = Tchau!
- Yes = Sim
- No = Não
- Thanks = Obrigado(a)!
- You're welcome = De nada!
- I'm sorry = Desculpe
- Welcome = Bem Vindo
- My name is... = Eu me chamo...
- I don't understand = Não entendi
- Can you repeat, please? = Você pode repetir?
- I'd like... = Eu gostaria ...
- Where is...? = Onde fica...?
- Can you help me, please? = Pode me ajudar?
- What's your name? = Qual é seu nome?
- Where are you from? = De onde você é?
- What time is it? = Que horas são?
- How can I pay? = Qual é a forma de pagamento?
- Debit, Credit or Cash = Débito, crédito ou dinheiro

Get to know Paraná

- One of the 26 Brazilian states and one of the 3 in the southern region, covering 199,315 km²
- It has 399 cities
- Strong presence of European descendants
- The climate is subtropical, with red soil and vegetation formations of high-altitude forests
- Main tourist attraction: Iguaçu Falls, in Foz do Iguaçu

More informations about Paraná? Access: <https://www.parana.pr.gov.br/>

HOW TO GET TO PONTA GROSSA

Most of the international flights to Brazil arrive at Guarulhos International Airport (GRU) in São Paulo.

It's also possible to arrive via Afonso Pena International Airport (CWB) in Curitiba.

Attention to route suggestions:

Option No. 1 – Departing from Guarulhos Airport (GRU) - SP:

Route I – Origin: Guarulhos Airport (GRU) → Destination: Afonso Pena International Airport (CWB).

Route II – Origin: Afonso Pena International Airport (CWB) → Destination: Curitiba Bus and Train Station.

Route III – Origin: Curitiba Bus and Train Station → Final destination: Ponta Grossa Bus Terminal.

Distance: 520 km;

Duration of the travel: around 8 hours;

Ticket price: between 150 BRL (regular) and 300 BRL (sleeper).

For informations about how to arrive and depart from Guarulhos Airport, access:

<https://www.gru.com.br/pt/passageiro/como-chegar-sair/onibus-ciasaereas>

Option No. 2 - Departing from Afonso Pena Internation Airport (Curitiba - CWB) - PR:

Route I – Origin: Guarulhos Airport (GRU) → Destination: São Paulo city (Barra Funda or Tietê Bus Terminal).

Route I - Origin: Barra Funda or Tietê Bus Terminal → Destination: Curitiba (PR) Bus and Train Terminal.

Route II - Origin: Curitiba (PR) Bus and Train Station → Destination: Ponta Grossa (PR) Bus Terminal.

Distance: 520km.

Duration of the travel: around 8 hours.

Ticket price: between 150 BRL (regular) and 300 BRL (sleeper).

For informations about how to arrive to Curitiba's Bus Station departing from Afonso Pena International Airport, access: <https://viajantesolo.com.br/brasil/curitiba/como-ir-do-aeroporto-ao-centro>

Get to know Ponta Grossa

- The most populous city in Campos Gerais, with over 360,000 inhabitants.
- Home to UEPG and the campus of the Federal Technological University of Paraná.
- The main economic sectors are agriculture, livestock, and industry.
- Public transportation company Viação Campos Gerais (full fare R\$4.00).
- Places to visit in Ponta Grossa: caves, waterfalls, sinkholes, lakes, sandstone rocks, museums, churches, etc.
- **Climate:** subtropical úmido
- **Territory:** 2.042,673 km²
- **Human Development Index:** (HDI) 0.763
- **PIB Per Capita:** R\$ 43,2 mil
- **Population Density:** 174.7 (inhabitants per square kilometer)
- **Number of Companies (IPC 2021)**
- **Industries:** 9.295
- **Agribusiness:** 266
- **Services:** 24.687
- **Retail:** 12.238

You can find out more about Ponta Grossa here:

<https://www.pontagrossaturistica.com/conhecapg>

You can find informations about life costs in Ponta Grossa here:

<https://pt.numbeo.com/custo-de-vida/cidade/Ponta-Grossa-Brasil>

More information about the city? Access: <https://www.pontagrossa.pr.gov.br/>

PONTA GROSSA DISTANCE CHART

- Afonso Pena Internation Airport: 139 km
- Curitiba (capital of the state of Paraná): 118 km
- São Paulo: 519 km
- Rio de Janeiro: 961 km
- Florianópolis: 416 km
- New York (USA): 7.717 km

Brazilian plug



Electric shower



Get to know UEPG

- Public institution of higher education maintained by the government of the State of Paraná
- Located in the Central-Southern region of the State of Paraná in the Campos Gerais region.
- Main campus located in Ponta Grossa, with additional campuses in Telêmaco Borba.
- 50 Undergraduate programs.
- More than 30 Graduate programs
- Services offered by UEPG: outpatient clinic, dental care, school pharmacy, school laboratory, university restaurant, Intergrative Health Clinic (ASI), more services:
<https://www2.uepg.br/proex/>

Would you like to learn more about UEPG's spaces? Visit the UEPG Digital Guide on the website: <https://fui.uepg.br/>

REGISTRATION AT UEPG

Upon arrival in Ponta Grossa, report to the **International Relations Office**. We can help you with:

1. Sending documentation for CPF issuance (in case you were unable to do it yourself);
 2. Admission to UEPG;
 3. Opening a bank account (if necessary, to receive payments for scholarships);
 4. Filling out forms to obtain the National Migration Registry Card (CRNM) with the Federal Police
 5. Accompaniment to the Federal Police on the scheduled day to submit the necessary documentation for the CRNM;
 6. Accompaniment to the Office of Student Affairs (PRAE) to arrange for free meals at the University Restaurant and discounts on urban transportation, if applicable.
- Present:
 - PROMEI form completed and signed;

- CPF;
- National Register of Foreigners (RNE) or identity card or birth certificate, or any other document containing complete parentage;
- Original passport and copy;
- A duplicate of the acceptance letter issued by UEPG
- Academic transcript;
- Proof of life and health insurance, with personal accident coverage valid for the entire period of stay at UEPG;
- Letter of presentation from the foreign university.

TO ISSUE YOUR CPF:

- Follow the guidelines available on the Federal Revenue website, at the Brazilian Consulate in your country of origin or in the pdf sent by email by the UEPG International Relations Office team.
 - For more information: <https://www.gov.br/mre/pt-br/consulado-toronto/servicos-consulares/cpf-for-foreigners>

HOUSING

A UEPG não dispõe de moradia estudantil. Caso necessário, o Escritório de Relações Internacionais pode fornecer informações sobre pensionatos, hotéis ou alojamentos particulares.

- You can look for housing in Facebook groups, we suggest:
 - UEPG UTF Moradias - <https://www.facebook.com/groups/uepgutfprmoradias/>
 - Dividir Moradia - <https://www.facebook.com/groups/dividirmoradia.pg/>
- Housing options next to:
 - Campus Uvaranas
 - Pensionato feminino: + 55 42 99934-1525 (VERA)
 - Mariê Luzia: +55 42 99845-0842
 - Campus Central
 - Kitnetes e apartamentos mobiliados: + 55 42 999445417 (HAROLDO)

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Translated by Débora S. Resende

Escritório de Relações Internacionais da UEPG