



UNIVERSIDADE
DO AMOR

GUIDELINES

VOLUNTEERING

EXPEDITIONS

VOLUNTEERS OVERVIEW



2025

**Listen with your
heart what
“Amazonia”
wants to tell you**





Welcome aboard!

The University of Love is a supportive group of volunteer friends, connected by the ideal of supporting remote Indigenous communities in Amazon (Amazonia).

Thank you for daring to love and become a gardener with us in our Amazon – a God`s Garden, contributing with the most beautiful flowers that bloom here – the wonderful Indigenous & riverside children.



itinerary

- The expeditions start and end in Manaus;
- The duration of the expedition is 9 days, starting on a Saturday and ending on the following Sunday (exceptions may apply);
- The logistics for each volunteer to Manaus must be organized independently (not included);
- Storms, extreme rains, malaria outbreaks, or other force majeure reasons may alter the itinerary.

day 1 (saturday)

- Boarding in Manaus (AM) at 2:00 PM – the location is available before the expedition on the WhatsApp group created to share information among participants.

from day 2 to day 9 (sun/sun)

- Visits to communities with courses, lectures, and medical-dental care;
- Participation in a traditional indigenous ritual;
- Navigation through the Anavilhanas National Park.



just feel just live the present moment

- Overnight stay and accommodation aboard our boat and at our headquarters, in the heart of the Amazon Rainforest;
- Swimming with dolphins;
- Visit to the enterprises of the students from the University of Love;
- Forest trail with traditional indigenous teachings;
- Small canoe paddling in the forest;
- Practical lessons from the University courses, taught by local teachers;
- Visits to riverside Indigenous communities;
- Free meditation and spirituality classes;
- Baths in the Rio Negro.























day 9 (sunday)

- Estimated arrival in Manaus in the morning, until noon.



itinerary



OBS, WITH LOVE

Overnight stays take place at the University of Love headquarters, immersed in the forest (in hammocks) or aboard (in shared rooms). Meals are taken either at the headquarters or on the boat, which also has two bathrooms with showers – water from the Rio Negro. You also have the option to bathe in the river itself.

costs

The cost of the expedition is **R\$ 5,300.00**

Payment can be made in full or in installments, via bank deposit or PIX to the University of Love. For the installment payment option, we request an initial payment of R\$ 800 to secure the spot. The remaining amount must be paid off at least one week before the expedition. We also accept credit cards, using Pagseguro. For credit card payments, there is an additional 6% on the total amount, plus fees of 4.5% starting from the second installment.

refund policy

If the expedition does not take place or is postponed due to major factors, we will refund the amount or convert it into credit for future expeditions. In case of cancellation, our refund policy is 100% if notified 30 days before the expedition, 70% with 15 days, and 50% up to five days before.

what is included?

- T-shirts for activities (the T-shirts are reusable and must be returned at the end of the expedition, with the option to purchase for those interested);
- Accommodation in shared rooms on the boat and at our headquarters in the forest (hammock or bed in a shared room), with hammock and blanket for sleeping;
- Breakfast, lunch, dinner, snacks, fruits, water, and juices;
- Transportation (Manaus – Communities - Manaus and other destinations in the itinerary);
- Discovery activities, visits, trails, and tours;
- Simple Amazonian food (e.g., fresh fish from the region, rice/beans, cassava flour, pasta, seasonal fruits and vegetables - meat is rarely available due to its scarcity in the region);
- Captain, crew assistant, loving cooks, and experienced local guides;
- Aluminum boat for some tours and support, if necessary.

what is not included?

- Flight tickets;
- Travel insurance;
- Overnight stay and meals in Manaus before and after the expedition;
- Payment for swimming with dolphins, crafts, and body paintings;
- Personal items such as flashlight, repellent, hats, etc;
- Other items not specified above.

code of conduct

Before the expedition:

- If you would like to offer a specific workshop to the communities – arts, early childhood education, music, yoga, among others, inform the expedition leaders beforehand to assess availability.
- In all expeditions, we depart at 2:00 PM on Saturday from Manaus, from Marina do David. We suggest that volunteers arrive in Manaus in advance to explore the city and, especially, the Municipal Market – our meeting point before the expedition.
- Donations are always welcome! We accept toys, children's clothing, books, school and painting supplies, as well as allopathic medicines (requests directed to health professionals).
- If you forget your book to enjoy onboard, we have some readings available at Padma..

code of conduct

During the expedition:

- When we are in communities, do not wear only swimwear (speedos and bikinis) during work and leisure hours;
- Do not bring portable speakers – if you wish to listen to your personal playlist during leisure time, bring headphones;
- During the expeditions and work on the boat, we will listen to mantras or enjoy the sounds of nature;
- We will have silence from 10:00 PM onwards, so everyone can sleep peacefully;
- Individual therapy or rituals with our volunteers or the community populations during the expeditions are not allowed;
- Do not offer donations directly to the communities. If a story moves you, speak with the expedition leaders;
- There is limited internet signal during the expedition – we recommend informing your family. Private routers (e.g., Starlink) are prohibited. In case of emergencies, we will contact via the number (92) 99447-0962, which can also be shared.

code of conduct

During the expedition:

- We share all meals together with a prayer – exceptions will be made for dentists when they are attending to patients and for the boat's conductors/navigators. If you wish to cook, please let us know so we can coordinate with the cooks;
- The consumption of alcohol or substances that alter consciousness is not allowed at any time, even during our stops in the communities. For those who smoke, we ask that you follow our guidelines regarding permitted locations;
- We recommend turning off the light when not in use to save energy – as it is solar-powered. The boat's electrical system also does not support devices that require more power, such as hair dryers, straighteners, and portable fans.

code of conduct

After the expedition:

- For volunteers who have time, we recommend visiting the Eduardo Gomes street market (next to the Amazonas Theater) and Presidente Figueiredo (AM), a city full of waterfalls and other natural beauties;
- Regarding social media posts: Do not use our phrases and slogans on social media without mentioning that they are from the University of Love;
- Do not publish photos that expose the social vulnerability of the beneficiaries of our expedition, nor use videos or photos for commercial purposes and self-promotion;
- Do not relate political or religious comments to the activities of the University of Love;
- Do not create campaigns, participate in events, or apply for grants, linking or identifying the University of Love without our prior authorization.

code of conduct



**OBS,
WITH
LOVE**

Personal posts and comments that express the participant's experience and/or feelings during the volunteer work are always welcome, helping to promote the opportunity for everyone to get to know the Amazon while doing good.

packing?

In our expedition, less is **MORE!** Therefore, prioritize small backpacks instead of wheeled suitcases: our space is **limited**.

Some items:

- Flashlight – **very important**;
- Lightweight T-shirts – keep in mind that you will receive expedition T-shirts;
- Swimwear – bikini, swimsuit, shorts;
- Flip-flops;
- Quick-drying shorts;
- A pair of leggings or comfortable long pants;
- Bath towel;
- Personal hygiene items;
- Toiletry bag with hook;
- Sunscreen;
- Repellent
- Cap or hat.
- Sports shoes;
- Pair of socks;
- Windbreaker jackets or a long-sleeved shirt;
- Camera;
- Neck pillows – such as the airplane ones;
- Snacks to eat in the afternoon (can be purchased in Manaus before the expedition).

... and of course, your heart open to give and receive love!

Is there drinkable water for consumption on the boat?

Yes, it is not necessary to bring water – we carry a large quantity for consumption during the expeditions

Is there electricity?

Yes, 110 volts of solar energy on the boat and at the headquarters.

Does the region have malária?

Yes, the Amazon region has malaria, but it is related to deforestation. In our expeditions, we do not visit communities with malaria outbreaks. As a precaution, we suggest using repellents (we have Naturalente, produced by the University of Love) and, before the trip, drinking tonic water (quinine). If you experience any symptoms after the expedition, such as fever, body aches, and malaise, consult your doctor and inform them that you were in the Amazon region

Are there mosquitoes, snakes, etc?

Mosquitoes are not an issue, as there are very few in the Rio Negro area. However, other animals are present, but they do not pose any risk as long as you follow the guidelines provided by our staff in the forest.

Should I get any vaccines?

Because it is a tropical region, it is recommended to keep your yellow fever vaccination up to date.

Where do I stay in Manaus before/after the expedition?

We suggest staying in the historic center of Manaus

- **Local Hostel;**
- Hostel Manaus;
- Hotel Seringal;
- Saint Paul Hotel;
- Boutique Hotel Casa Teatro;
- Hotel Villa Amazônia;
- Casa Perpétua Hotel D'Charm.



no one
leaves
Amazon
unchanged



ANHUM

THANK YOU

e-mail

contato@universidadedoamor.org.br

instagram

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