

A photograph of three indigenous men in traditional feathered headdresses. The man on the left has a white headdress and a green beaded necklace. The man in the center has a dark brown headdress and a blue and white beaded necklace. The man on the right has a yellow and black headdress. They are standing in a natural setting with trees in the background. On the left side of the image, there is a vertical decorative border with a repeating pattern of colorful triangles (yellow, green, orange, and blue) on a dark background.

# GUIA COMPLETO PARA

**SUA VIAGEM  
ÀS VIVÊNCIAS  
INDÍGENAS NA  
AMAZÔNIA**

**Teresa  
Lundgren**

*English  
Version*



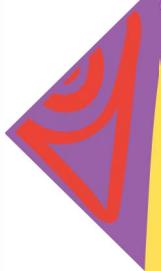


# Complete Guide to

**YOUR  
INDIGENOUS  
EXPERIENCES  
IN  
THE AMAZON**



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## About Teresa Lundgren

Teresa Lundgren, a dedicated mother to two children Lucas and Lucianna, founded the Vivacre Retreat in Amazonia after an 18-year spiritual journey in Sweden, where she practiced meditation and yoga for 8 years. Upon returning to Brazil, she was invited by chief Tashka Yawanawa to meet the Yawanawa tribe. Since then, she has visited more than 20 villages in the state of Acre, and different ethnicities such as Hunikuin, Puyanawa, Sanenawa, Shawandawa, Katunina. Teresa deepened her knowledge and ancestral practices with indigenous teachings as well as deepening relationships with the communities indigenous people of the region and their leaders.



After many years of involvement, Teresa felt the call to follow Mamā's diet, a rigorous 30-day practice in the forest, where you don't drink water, don't eat sweets and delve deeper into the spiritual knowledge of the Yawanawa. Your page during this This was the renowned Matsini Yawanawa, from the Mutum village. Teresa is dedicated to preserving and sharing this vital knowledge, making spiritual and physical healing accessible to more people who feel the call of the forest. Its mission is to guide seekers on their journeys of transformation and reconnection with nature, passionately defending the continuity of this invaluable tradition.





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# Intro

## Welcome to a sacred connection a journey to indigenous experiences in Acre, Brazilian Amàzon

**Congratulations** on taking the first step towards an incredible journey of self-discovery and renewal!

If you are reading this **eBook**, it is because you have already taken a huge step in your journey by acquiring your indigenous retreat experience in the forest.

This guide was specially created to help you prepare and make the most of your experience in the Brazilian Amazon rainforest.

Over the next few pages, we will provide essential information, useful tips and valuable insights to ensure that your experience is enriching, transformative and memorable.

This is the beginning of a sacred journey, and we are here to guide you every step of the way.

Prepare to connect deeply with yourself, with nature and with the indigenous community who share the same search for wisdom and personal and spiritual growth.

Get ready to embark on this unique journey ihuuu!!



# About indigenous experiences in Amazonia



Indigenous experiences in Amazonia represent a unique opportunity to delve into the rich culture and spirituality of the region's traditional people. These experiences offer a deep insight into the relationship between indigenous people and nature, highlighting the importance of preserving ayahuasca rituals, the environmental preservation of the Amazon rainforest and respect for biodiversity.

During indigenous experiences, participants have the chance to connect with ancestral traditions, participating in sacred rituals, healing ceremonies and spiritual practices passed down from generation to generation. Furthermore, these experiences provide a space for learning and cultural exchange, where visitors can share knowledge and experiences with members of local communities.

By participating in an indigenous experience in the Amazon, visitors have the opportunity to reconnect with their own roots and values, reflecting on fundamental issues related to humanity, the environment in which we live and the universe.

This journey of self-knowledge and transformation is enriching and inspiring, leaving an indelible mark on the lives of each visitor who felt this call from nature. Get ready for an unforgettable journey towards indigenous experiences in the Amazon, where every moment is an opportunity to expand your consciousness, open your heart and celebrate the magic of life in communion with nature and the indigenous people of the forest.

## What to bring:



Preparation for a trip to indigenous experiences in the Amazôn is essential to guarantee an enriching and safe experience. As this is an authentic immersion in the life and culture of indigenous peoples, it is important to understand that this is not a trip organized by conventional tourism agencies, but rather a unique experience idealized by indigenous communities.

The indigenous people, hosts of this journey, provide a list of essential items for visitors, as local infrastructure is limited and obtaining supplies in the forest can be challenging due to scarce resources. Therefore, being well prepared is crucial to make the most of the experience and respect the limitations of the communities that host us.

### Here is the list of suggested items:

1. **Hammock with Mosquito Net or Tent** - Essentials for sleeping comfortably and protecting yourself from insects at night.
2. **Ropes and Mosquito Net** - To install the network safely and effectively.
3. **Water Bottle with Filter** - Guarantee access to clean and vital water.
4. **Flashlight**: Essential for night navigation, especially in areas without artificial lighting.
5. **Toilet paper** - A basic but important personal hygiene item Not provided by the community.
6. **lighter** - Useful for lighting fires, candles and carrying out other practical tasks.
7. **Organic Repellent** - Protect yourself from insects without causing harm to the environment.
8. **Personal hygiene products**: Including soap, toothpaste, and other daily use items.
9. **Pillow, Warm Clothes and Blanket**- For comfort during cold ceremony nights.
10. **Safe and Comfortable Shoes**: Essential for walks in the forest.

11. **Dark Clothes, Earthy and Forest Colors** - For better integration into the natural environment.

12. **Chargers for Electronic Devices** - Keep your charged devices for emergencies or essential communication.

13. **Musical Instruments** - If you wish to contribute to the ceremonies and share music.

14. **70% alcohol%** - For cleaning hands and surfaces.

## **Internet:**

There are some points with Wi-Fi internet in the village, however a separate fee is charged for use and the availability of the network may vary due to unforeseen events that are beyond our control.

Therefore, it is very important that you do not expect to be able to access the internet, thus avoiding major problems.

## **Sleep:**

Each person is responsible for bringing their own hammock, blankets and tent.

## **Hygiene:**

Most of the village's bathrooms are dry, but we also have conventional bathrooms.

We don't have hot water for bathing and it's not even necessary in the Amazonian heat.

## **Electricity:**

The village's electrical energy is based on a diesel generator and solar panels, with priority being used at night.





## Food:

The village has cafeterias and a diverse diet based on foods from the region, such as: banana, cassava, fish potatoes, meat and wild game, Among poultry, grains and vegetables.

## Structures:

- Stages with generator power and solar panels.
- Health support house
- School.

Remember to purchase all necessary items before arriving at your departure location, as availability of these materials may be limited in remote areas. In addition, take simple gifts, such as beads, long dresses, long skirts, large scarves, a football shirt, a ball, instruments, non-perishable foods, or utensils for daily use, a knife, a fish hook, a flashlight, a radio, battery, notebook, pens, as a form of thanks and respect for the communities that will receive you.

By being well prepared, you not only ensure your own comfort and safety, but also respect and value the hospitality and limited resources of the indigenous communities who open their doors to an experience of deep connection and learning.



# Location Get to know the 2 biggest cities



When planning your trip to indigenous experiences in the Amazon, it is essential to understand the logistics and characteristics of the two main cities that serve as meeting points: Rio Branco and Cruzeiro do Sul. The retreat organizer will determine which city will be the meeting point, considering the distance between them and the location of the indigenous villages.

## 1. Rio Branco

Rio Branco, the capital of the state of Acre, is the largest city in the region and is home to Plácido de Castro International Airport. This city is the most developed urban center in the state, offering a full range of services and infrastructure. In Rio Branco, you will find:

- **Banks** - Several bank branches are available for withdrawals and other transactions.
- **Restaurants** - A diversity of astronomical options ranging from local to international cuisine.
- **Tourism Center** - Point of interest to learn about the history and culture of the region.
- **Uber** - Transport service available in the city.
- **Hospitals** - Various health units for emergencies and care.
- **Hotels & Hostels** - Hosting options that suit different budgets and needs.

However, Rio Branco does not have exchange offices. If you need to exchange money, it is important to inform the organizer at least 5 days in advance so that this can be arranged.

## • Climate and Population

Rio Branco has a humid tropical climate, with high temperatures and high humidity throughout the year. The city has a population of approximately 400,000 inhabitants. It is important to note that English is not widely spoken in the state, so basic knowledge of Portuguese will be very useful.

## 2. Cruzeiro do Sul

Crúzeiro do Súl is the second largest city in Acre and also has an airport, facilitating access to the region. Although smaller than Rio Branco, Crúzeiro do Súl offers some facilities:

- **Hotels** - Accommodation options for tourists.
- **Banks** - Although there are banks in the city, it is difficult to make withdrawals during weekends, so plan ahead.

Just like Rio Branco, Crúzeiro do Súl does not have exchange offices and English is not spoken by the majority of the population. Many needs, especially related to more specialized services, may require a trip to Rio Branco.

## • Clime & Population

Known for its rich biodiversity, Crúzeiro do Súl has a tropical climate with high humidity and high temperatures. The city has a population of around 90,000 inhabitants.





- **General Típs:**

To ensure a smooth and hassle-free trip, plan in advance. Make sure you bring enough cash as bank service availability may be limited, especially on weekends. Familiarize yourself with some Portuguese phrases and be prepared for an immersive and culturally rich experience of indigenous Amazonian experiences.

## Arrival and Transport Logistics

### Upon Arriving in the Capital

When arriving in the capital chosen by the organizer, it is essential to arrive at least one or two days before the official start of the trip to the village. This provides sufficient time for acclimatization, final preparation and resolution of any last-minute logistical issues.

### Arrival Rio Branco:

- **Airport:** Placidô de Castrô Internaciônai Airpôrt.
- **Accommodation:** Various hotel and hostel options.
- **Available services:** Banks, restaurants, Uber, hospitals, tourist centers.

### Important:

- **Currency Exchange:** There is no exchange office in Rio Branco. Inform the organizer in advance if you need to exchange money.
- **Clime:** Humid trôpical climate, with high humidity and high temperatures.



## Arrival Cruzeiro do Sul:

- **Airport:** Cruzeiro do Sul Airport.
- **accommodation:** Available hotel options.
- **Available services:** banks (with limitations on weekends).

## Important:

- **Currency Exchange:** No exchange office
  - **Climate:** Tropical climate with high humidity and high temperatures.
- Limited Services: Many needs may require travel to Rio Branco.

## Departure to the Village

### Destination: Tarauacá

- **Distance:** 407 km from Rio Branco to Tarauaca.
- **Time of travel:** approximately 7 hours.
- **Transport:** Land route.
- **Arrival at Rio Gregorio:** Board the boat for the final stretch.

### River Transport

- **Duration:** Boat trip between 3 and 9 hours, depending on the specific village.
- **Preparation:** Plan enough time for the boat trip to avoid arriving at the last minute.

## Final considerations

When planning your trip, remember that the logistics involve several days of transport, both land and river. The distance from the villages and transport conditions require patience and flexibility. Early arrival in the capital is crucial to ensure that everything is in order for the journey to the village, allowing for an enriching and peaceful experience.

# The Seasons of the Year in the Amazon



The different seasons in the Amazon can significantly influence your travel experience. With more than two years of experience organizing experiences in the region, I learned to know the Amazonian climate and its particularities. Below I describe the two main seasons and how they may affect your visit.

## Amazon winter (Rainy Season)

- **Period:** November and beginning of February.
- **Climate:** Rainy and humid.
- **Preparation Required:** Constant use of rain boots and covers
- **Flora & Fauna** - Increase in the presence of animals such as poisonous snakes and mosquitoes
- **Challenges:**
  1. Muddy and slippery paths.
  2. Risks of flooding on highways and villages.
  3. Greater difficulty in mobility and exiting the forest.
- **Recommendation:** participate in the experiences between November and January or until the beginning of February. After this period, we do not recommend visits due to increased flooding and logistical difficulties.

## Summer Amazon (Dry Season)

- **Season:** April to September
- **Climate:** Less rain, more heat.
- **Preparation Required:** Light clothing, sunscreen, and hydration
- **Flora and fauna:** Less presence of mosquitoes and other insects.



- **Challenges:**

1. Lower volume of water in rivers, making river travel difficult.
2. Possible delays in returning to the city, impacting flight schedules.

**Recommendation:** Ideal for visits, as the climate is more stable and

- favorable for outdoor activities.

## Visit Planning

### Individual Groups

Groups of 8 to 12 people must accept the suggested dates for the experience in the villages and plan accordingly for their holidays.

- **Suggested Dates** - Follow the organizer's recommendations to avoid weather difficulties.
- **Flexibility:** Be prepared to adjust the schedule due to weather conditions, ensuring a safe and enriching experience.

Understanding the seasons in the Amazon is crucial to a successful travel experience. Be prepared and follow the recommendations to make the most of your "Villa in the Villages" indígenas.

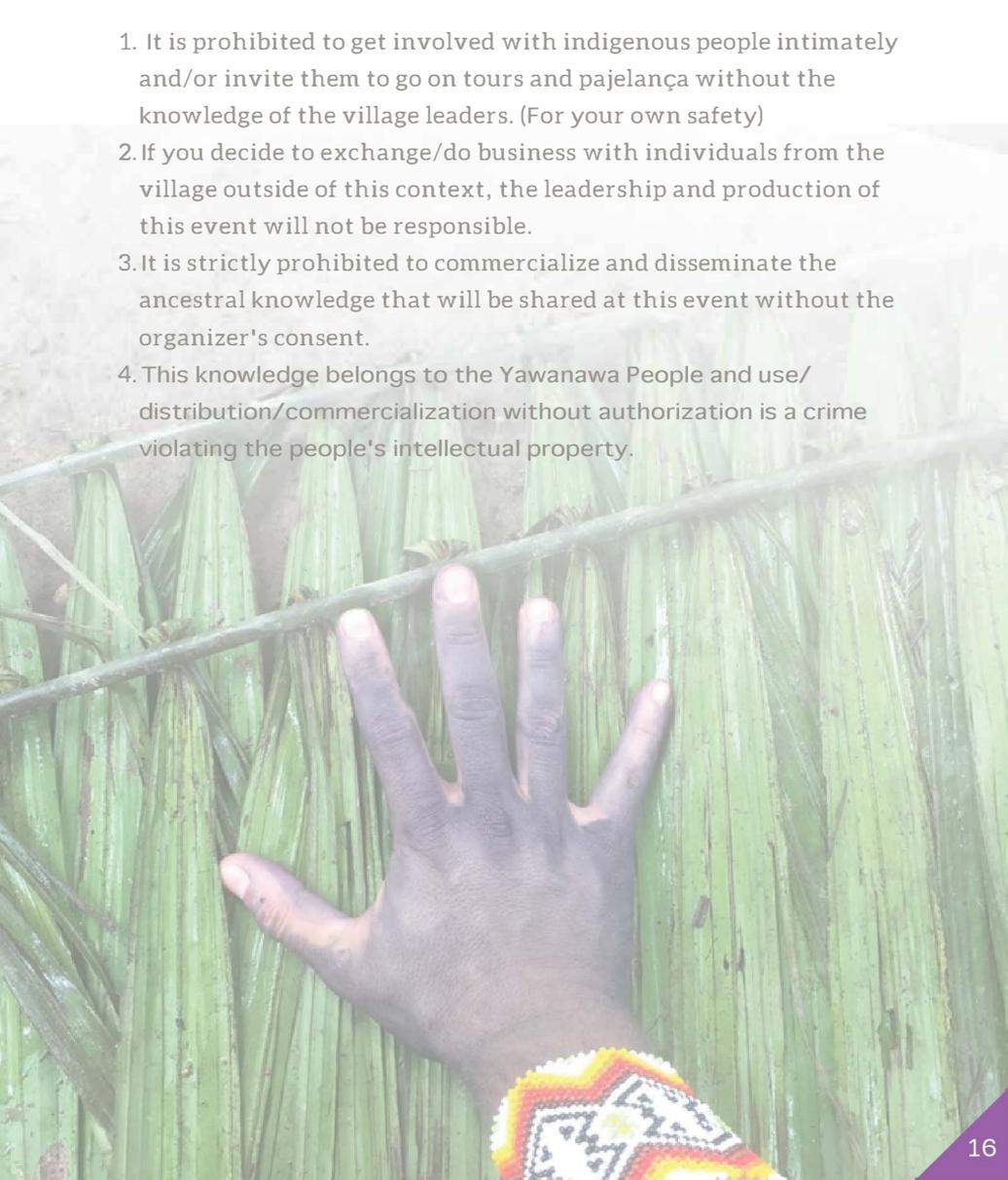


# Etiquette and Cultural Respect



## IMPORTANT NOTICES

1. It is prohibited to get involved with indigenous people intimately and/or invite them to go on tours and pajelança without the knowledge of the village leaders. (For your own safety)
2. If you decide to exchange/do business with individuals from the village outside of this context, the leadership and production of this event will not be responsible.
3. It is strictly prohibited to commercialize and disseminate the ancestral knowledge that will be shared at this event without the organizer's consent.
4. This knowledge belongs to the Yawanawa People and use/distribution/commercialization without authorization is a crime violating the people's intellectual property.



# Hotel Tips In The Capital



There are good hotels available in both Rio Branco and Cruzeiro do Sul. The organizer suggests good quality hotels with breakfast, located close to the city center to facilitate communication with the group, avoiding delays and lack of information.

## Suggested Accommodation

- **Rio Branco:** Comfortable and well-rated hotels close to the center.
- **Cruzeiro do Sul:** Quality hotels with easy access to the city's main attractions.

## Stay

The organizer usually includes the stay in the price of the experience. This avoids different journeys to meet with the group, providing greater convenience and organization for visitors. This inclusion is not directly linked to the experience, but it facilitates logistics, allowing participants to save time and focus on the experience.

## If you need to book on your own

If the organizer does not provide specific information about accommodation, there are many options available through booking platforms such as Booking.com. This allows visitors to choose hotels that meet their personal needs and preferences.

## Benefits of Suggested Hosting

- **Proximity to the Center:** Facilitates logistics and communication with the group.
- **Breakfast included:** Convenience to start the day.
- **Quality and Comfort:** Guarantee of a pleasant stay before leaving for the village.

## Final considerations

Choosing good hotels in the capitals is essential to ensure a smooth transition between arrival and departure to experience the village. The organizer's inclusion of accommodation in the price of the experience facilitates organization and offers peace of mind to participants, ensuring that everyone is prepared and well informed for the journey to the indigenous village.

# Health and Safety Guidelines



Health and safety recommendations to ensure a smooth and hassle-free trip, including vaccination against yellow fever and covid 19, health insurance and health care during your stay in the region.

## Additional Information

All plastic, glass, metal and other waste must be collected and brought back to the Sao Vicente village station to be disposed of correctly.

Tamar vaccine against yellow fever, bring a first aid kit; Bring cash, there is no ATM in the village and they do not accept credit cards. Do not bring any type of narcotics



# Contact Support



As this is an experience in the Amazon, it is essential to take some additional precautions to ensure your safety and peace of mind during the trip. Below are some important guidelines to follow:

## Notify Relatives and Friends

- **Communication** - Inform relatives and friends about your trip and location. Provide itinerary details and available contact details.
- **Updates** - Share your schedule and keep them informed of any changes .

## Internet Access

- **Limitations** - Internet access is limited or non-existent in many areas of the forest. Be prepared to be disconnected for extended periods.
- **Planning** - Let your contacts know that communication may be sporadic.

## Health Insurance

- **Coverage** - Make sure your health insurance covers travel to remote areas and possible medical emergencies.
- **Documentation** - Bring a copy of your insurance policy and emergency contact details.

## Inform about allergies

- **Health** - Tell the travel organizer about any allergies or medical conditions you have. This includes allergies to foods, medications, insect bites, etc.
- **Prevention** - Take the necessary medications with you and inform those responsible about what to do in case of an allergic reaction.

## General Preparation

- **Item list** - Consult the list of recommended items to bring (see item 3 of this guide).
- **Gift for the indigenous people** - Consider bringing useful gifts to villagers as a form of gratitude for their hospitality.

## Documentation

- **Passport and Visas:** Check that your passport and visas are in order, if applicable.
- **Vaccinations:** Make sure you are up to date with the recommended vaccinations for trips to Amazonia.

## Emergency Contact

- **Contact Lists:** Have a list of emergency contacts, including family, friends and the travel organizer.

- **Satellite Phones:** Consider bringing a satellite phone for emergencies if possible.

**Money Exchange:**

- **Currency:** Please inform the organizer if you require exchange services. This must be done at least 5 days in advance.

Following these guidelines will help ensure a safe and smooth trip, allowing you to focus on enjoying the immersive and transformative experience in the Amazon.

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