



Guide to Rio Olympics 2016:

Tips for Staying Safe and Healthy for the Olympics, New Year and Carnival

By Norman Ratcliffe

PRESS RELEASE

Guide books about sightseeing and top ten must-dos are in abundance, but what about catching a bus or calling a doctor in Brazil? Honorary carioca, Norman Ratcliffe provides practical answers to ensure your trip to Rio is more rocking than rough.

“Brazil is not Europe or America and can seem more like a foreign planet than a foreign country to the unprepared visitor.”

Famed for its Carnival, the white sandy beaches of Copacabana, the girl from Ipanema, the sultry Samba and of course, Mount Corcovado, Rio de Janeiro is a truly iconic city. In 2016, it plays host to the Summer Olympic Games and Paralympics, and as a result, this already bustling metropolis will welcome

unprecedented numbers of tourists; the International Olympics Committee is predicting almost half a million. As the saying goes, it's best to always be prepared. After nearly twenty-five years of living and working in Rio de Janeiro - and known to his neighbours and friends as the 'King of Copacabana' - Ratcliffe has experienced all the highs, lows and idiosyncratic lifestyles of the locals, enabling him to create the perfect pocket companion to ensure you stay safe in Rio.

From issues with ATM restrictions during local holidays like New Year - when you can only withdraw around £50 or US \$75 - to frustrated Formula One drivers at the wheel of the local buses and zebra crossings which don't signal a right of way for pedestrians, Ratcliffe offers his sensible insider tips on how to get the best out of traveling to this busy, economically diverse city, staying vigilant, healthy and safe - with a touch of humor.

Whether it's local travel, money, accommodation, food and restaurants, security or staying healthy, Ratcliffe covers the realities of Rio and throws in a few of his favorite hang outs for good measure. His accessible style enables you to dip in and out for a quick fix in any sticky situation, equipping you with all the local knowledge you need for an unforgettable trip to this much loved city.

Guide to Rio Olympics 2016 is a must-buy for all visitors or those wishing to make a permanent move to the city - as it will help you feel like a local in no time and make your visit to Brazil a wonderful experience.

About the author: Norman Ratcliffe recently retired after spending twenty-five years as a biomedical research professor at Swansea University, Wales. For twenty years, he has been a Visiting Professor at the Fiocruz Research Institute and Federal University Fluminense in Rio de Janeiro, Brazil. Ratcliffe is a Fellow of the Royal Society of Medicine and has previously been a director of a Health Alert blood-testing company. He has published over 200 books and research papers on a wide range of subjects, including immunology, cancer invasion, influenza, tropical diseases and MRSA. He is the author of, *It's Your Life: End the Confusion from Inconsistent Health Advice* (Cranmore Publications, 2011). In his spare time he enjoys keeping fit by regularly working out with kettle bells on Copacabana Beach, and, at the age of 65, played squash for Wales; and at 50 ran the London Marathon. He divides his time between Swansea and his second home in Copacabana, Rio de Janeiro.

Guide to Rio Olympics: Tips for Staying Safe and Healthy for the Olympics, New Year and Carnival by Professor. Norman Ratcliffe (published by Clink Street Publishing 1st February 2016 RRP \$8.76 paperback, RRP \$4.37 ebook) is available to buy online from retailers including amazon.com and can be ordered from all good bookstores.

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