



EDUCATIONAL STANDARDS

Reference Number: 03062018

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Date: March 2nd to March 11th

Prepared by: William Marshall

No. of guests: 20

No. of rooms: 10 (twin/double)

Trip Duration: 8 days

Intended Travel Date: March 2nd to March 11th 2019



Havana | Trinidad | Varadero | Havana |

HIGHLIGHT OF YOUR TRIP



- Experiencing the racing pulse of Cuba's, Havana, and visiting its highlights
- Exploring the Southern city of Cuba's historic, Trinidad
- Diving into Afro-Cuban culture to better understand its influence on Island traditions and heritage
- interacting with local residents in Casas Particulares and Supporting Cuban People

Havana | Trinidad | Varadero | Havana |

TOUR SUMMARY

ITINERARY IN BRIEF

Day 01	2nd Mar 2019(Sat)	HAVANA- ARRIVAL DAY...BIENVENIDOS A CUBA
Day 02	3rd Mar 2019(Sun)	HAVANA- 1/2 SERVICE LEARNING 1/2 DAY CITY TOUR
Day 03	4th Mar 2019(Mon)	HAVANA - 1/2 PUBLIC HEALTH 1/2 DAY SERVICE LEARNING
Day 04	5th Mar 2019(Tue)	LEAVE HAVANA- DRIVE TO TRINIDAD ARRIVAL AND SALSA CLASS
Day 05	6th Mar 2019(Wed)	TRINIDAD -1/2 DAY WALKING TOUR 1/2 DAY HISTORICAL PLANTATIONS
Day 06	7th Mar 2019(Thu)	LEAVE TRINIDAD DRIVE TO VARADERO-
Day 07	8th Mar 2019 (Fri)	VARADERO/MATANZAS -VIST TO ORPHANAGE & CULTURAL ACTIVITIES
Day 08	9th Mar 2019(Sat)	DEPART FOR U.S.



SUGGESTED ITINERARY

Day 01: 2nd Mar.(Sat)



HAVANA - ARRIVAL AND WELCOME TO CUBA

Your first day in Cuba will be programed as an arrival day. Therefore, your first day will include a transfer and check in to your casa particular(B/B). After a brief orientation, the group will take a classic car tour through the city. The tour will conclude with a welcome group dinner (included) at a locally owned paladar (restaurant).

Day 02: 3rd Mar.(Sun)



HAVANA- SOCIAL PROGRESS AND 1/2 DAY CITY TOUR

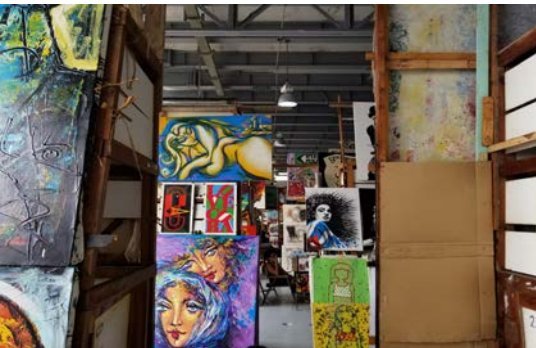
Day -2 Will start with a traditional Cuban breakfast and conversation with our hosting families at the casa particular. After breakfast, the group will visit the National Center for Sexual Education (CENESEX). The center addresses social issues such as; women's rights, gender equality, gender violence, LGBTQ rights, and actively combats discrimination, racism, sexism and more. You will meet with social workers from the center to learn about their work and initiatives and how they cooperate with hundreds of other institutions all over the world and what role students in the U.S. can play to support social progress as well the Cuban people.

For lunch (not included) our guide will take us to a privately owned local paladar (restaurant) located near the city center.

After lunch, we will embark on a 1/2 day city tour in " Old Havana".

Begining in the city's colonial heart: Habana Vieja, founded in 1519, Old Havana was built around the natural port of Havana Bay. You will wander with your guide through its narrow streets so you can soak up the colonial atmosphere while visiting such grand buildings as the Catedral de San Cristóbal, La Cabaña Fort and Castillo del Morro, while learning about everything from Cuba's pre-Columbian culture to the present-day socialist regime at the Museo de la Revolución. Your guide will take special in care in helping you distinguish the local shops that are privately owned from the government owned properties and businesses. Your tour will conclude at the commercial market where local artisans and business owners have an opportunity to showcase their wares directly to travelers.

Dinner will be provided at the casa particular, with your conversation partners from breakfast.



SUGGESTED ITINERARY

Day 03: 4th Mar. (Mon)



HAVANA DAY 3 - PUBLIC HEALTH /SERVICE LEARNING

Today the group will learn about the Cuban medical system and how it functions at a local level. This morning, visit a local Polyclinic and meet with medical and support staff of Hospital Calixto Garcia, to discuss their work in public health, as well as tour the facilities. After lunch, we will visit the Community Center for Mental Health & Wellness in Havana to meet with staff to learn about their work and to discuss their role in the Cuba's medical system and the pathos of public health. After lunch (not included) at a privately owned paladar, the group will take a late afternoon drive to the Convento de Belen. This convent was part of Havana's first baroque church built in 1712. It was used as a convalescent hospital for some time and now it's a community project that works with the elderly. The convent offers dental and eye care services as well as community assistance for the elderly. Our students will serve as conversation partners for elderly patients who are residents of the community project.

Day 04: 5th Mar.(Tue)



HAVANA TO TRINIDAD - SALSA AND SUPPORT

After a hardy breakfast, you will get an early start as the group travels from Havana to Trinidad, about 4-5 hours drive by bus. Once we arrive in Trinidad we will check in at our hotel and prepare for lunch. After lunch we will go to Baila Habana for our salsa class. Baila Habana is also a social project, with the aim to support the people of Cuba to build independent lives.

Cubans have been able to work independently since the beginning of 2011. Despite excellent training, most dance teachers work with organizations selling dance tours or dance classes work with limited resources and often under funded. At Baila Habana 90% of the fees for the dance classes is paid directly to the dance teachers. The Agency reserves only an administrative fee of 10%. After class our guide and teachers will join us for dinner at a local paladar.

SUGGESTED ITINERARY

Day 05: 6th Mar (Wed)



TRINIDAD 1/2 Day Walking TOUR and 1/2 Day Plantation Tour

In 1988, Trinidad was declared a UNESCO World Heritage History site, and the town's architectural legacy of wealth is now protected. Although cobblestone streets lead into the Escambray Mountains in the northern portions of the town, you can see the heritage of the profiteering zenith in the town's imposing Spanish colonial mansions, elegant plazas, and stately churches and the Afro-Cuban culture permeates every aspect of Trinidad's vibrant culture. The half day walking will start in Trinidad's historical center explaining Trinidad's history+colonial architecture. Additionally you will visit the main square, the Catholic church, the romantic museum, the Troubadour House and other important buildings in the historical center. We will have lunch at a local family owned paladar. Next we travel onwards to visit a disused sugar mill and historic plantation. This guided tour will teach you about the history of one of the country's most important industries. Afterwards, enjoy a memorable steam train ride through the sugar cane fields and across Cuba's beautiful countryside.

Day 06: 7th Mar. (Thu)



TRINIDAD TO VARADERO - Service Learning Afternoon

Prepare for an early departure as we say good by to the museum city and head on the road for Varadero. Upon our arrival at our hotel we will check in and proceed directly to lunch.

After lunch we will visit the Matanzas Orphanage. All of the supplies we collected on the U.S. side (and transported to Cuba) will be delivered. Additionally we will play games, teach English and serve as conversation partners for children and teens that reside at the orphanage. After our service-learning is completed we will return to our hotel for a brief respite and refreshment period before dinner.

Our local guide will arrange an optional Salsa or Jazz night out event so students can practice the dancing lessons they learned in Trinidad, but at a locally owned venue just outside the town limits, in support of a locally owned business.

SUGGESTED ITINERARY

Day 07 8th Mar.(Fri)

VARADERO AND MATANZAS Immersion



For over two centuries, in recognition of its rich cultural life, Matanzas has been known as "Cuba's Athens." For obvious reasons, it is also called "the city of bridges." The area surrounding the city has some singularly beautiful features. The Pan de Matanzas (Matanzas Bread Loaf) Hill and the Yumurf Valley are particularly entrancing. Places to visit in the city include the Sauto Theater, the Triolet Drug Store, and "Bellamar" Caves.



After breakfast, depart for a local craft market in the heart of Varadero, where artists and vendors will share their experiences of launching a privately run store. Afterwards, everyone will be able to support small Cuban business owners with patronage. Next we will continue to the city of Matanzas where you'll see the Plaza de la Libertad, then head to the Triolet Pharmacy, opened in 1879. Discover instruments once used to make medications and interact with museum staff. We will briefly examine what public health was like in the 1800s

Day 08: 9th Mar. (Sat)



Departure Day-

Enjoy a full breakfast and prepare for transport to airport with local guide.
Final luggage and passport check prior to boarding vehicles
Bid our hosts and local friends farewell
Check in at airport 4 hours early
Final shopping can be done at the duty free areas of the Airport. (Note airport can be very hot in the summer.)

Background Historical Info

Cuba (/ˈkjuːbə/; Spanish pronunciation: [ˈkuβa]), officially the Republic of Cuba (Spanish: About this sound República de Cuba (help·info)), is a country comprising the island of Cuba as well as Isla de la Juventud and several minor archipelagos. Cuba is located in the northern Caribbean where the Caribbean Sea, the Gulf of Mexico, and the Atlantic Ocean meet. It is south of both the U.S. state of Florida and the Bahamas, west of Haiti, and north of Jamaica. Havana is the largest city and capital; other major cities include Santiago de Cuba and Camagüey. Cuba is the largest island in the Caribbean, with an area of 109,884 square kilometres (42,426 sq mi), and the second-most populous after Hispaniola, with over 11 million inhabitants.[13]

The territory that is now Cuba was inhabited by the Ciboney tribes in the 4th millennium BC.[14]—and until the 15th century, it was inhabited by various Amerindian tribes. From the 15th century, it was a colony of Spain until the Spanish–American War of 1898, when Cuba gained nominal independence as a de facto United States protectorate in 1902. As a fragile republic, Cuba attempted to strengthen its democratic system, but mounting political radicalization and social strife culminated in the dictatorship of Fulgencio Batista in 1952.[15] Further unrest and instability led to Batista's ousting in January 1959 by the July 26 Movement, which afterwards established communist rule under the leadership of Fidel Castro. [16][17][18] Since 1965, the state has been governed by the Communist Party of Cuba. A point of contention during the Cold War between the Soviet Union and the United States, a nuclear war nearly broke out during the Cuban Missile Crisis of 1962. Cuba is one of the few remaining Marxist–Leninist socialist states, where the role of the vanguard Communist Party is enshrined in the Constitution. Independent observers have accused the Cuban government of numerous human rights abuses, including arbitrary imprisonment.

Culturally, Cuba is considered part of Latin America.[19] It is a multiethnic country whose people, culture and customs derive from diverse origins, including the aboriginal Taíno and Ciboney peoples, the long period of Spanish colonialism, the introduction of African slaves, and a close relationship with the Soviet Union in the Cold War.

Cuba is a founding member of the UN, G77, NAM, ACP, ALBA, and OAS. The country is one of the world's only planned economies and its economy is dominated by the exports of sugar, tobacco, coffee and skilled labor. According to the Human Development Index, Cuba has high human development and is ranked the eighth highest in North America, though 67th in the world.[20] It also ranks highly in some metrics of national performance, including health care and education.[21][22]



QUOTATION

TOUR PRICE PER PERSON:

Ground Operation Per Person -Tentative	see below
Flights -Tentative (Taxes on airfare. Prices are subject to change until issued)	see below
TOTAL TOUR COST PER PERSON	\$2170.00

Single Supplement - If you would like a single room there will be an additional cost

Note: Please be noted that the tour price is listed in US Dollars and while credit card payment are accepted we reserve the right to refuse personal checks.

Tours & Activities	Day	Price per Person
Optional Activities TBD	Day 09-XX TBA	Per adult TBD

Tour includes:

- Accommodations at selected casa particulars or hotels with daily breakfast
- Check-in time is 2.00PM and check-out time is 12.00PM. Early or late service is subject to availability with surcharge.
- Meals as mentioned Breakfast and Dinner Only
- English speaking guides
- Tours and transfers as mentioned by air-conditioned vehicle
- Sightseeing fees and permits during guided time
- Travel insurance and Cuban Medical insurance
- Flights as program (Economy Class)
service charge and current government VAT tax
In Cuba, check-in time is usually 2pm and check-out time is 12pm. This is subject to individual hotel regulations.

Tour excludes:

- VISA - visa must be arranged by airline or travel agent and incurs a cost of \$50.00
- Please make sure you have 6 months passport validity and at least 1 blank page
- VISA stamp fee at the arrival airport - Included in 50.00 charge
- Early/late check in/out service at hotels (surcharge if request)
- Internet/WIFI expenses
- Services and meals if not mentioned in itinerary
- All drinks, including water, soft drink and alcohol on all included or optional excursion
- Laundry, telephone calls and expenditure of a personal nature

Babbel - Start speakig more spanish in 3 weeks - Back in November, we did a study that found (surprise) that Babbel ranks as one of the most efficient ways to learn a language. The independent study was conducted by researchers at the City University of New York (CUNY) and the University of South Carolina, and evaluated the overall efficacy of Babbel Spanish courses, examining the progress of 391 randomly selected learners and assessing participants' knowledge of Spanish at the beginning and the end of the study.

So what did they find out? Turns out, novice users with no knowledge of Spanish only need about 15 hours of study over a two-month period with Babbel to cover the requirements of one beginner's college semester of Spanish! Not bad, huh? (Actually, that's really good.)

To put these findings to the test ourselves, we asked 15 of our hardest working Babbelonians to learn Spanish with Babbel for three weeks. None were expert learners, and few had very much free time to dedicate to language learning.

*Download it to your phone or study online just google BABEL oe search BABEL in the playstore

For More Information About Our Study Abroad **Service Learning Sites - See Below**

1. Hospital Calixto Garcia - <http://www.sld.cu/sitios/calixtogarcia/> (Be Sure to translate page into english)
2. Convetno De Belen, Havana, Cuba - <https://yallatoursblog.com/2015/10/19/convento-de-belen-havana-cuba/>
3. Childrens Home, Matanzas, Cuba - <https://www.friendstocuba.com/children-s-home>

HOTEL DESCRIPTIONS

Bed and Breakfast to be added uponeconfirmation

TO BE ADDED UPON QUOTE CONFIRMATION

