

Cuba: Music and Dance for Students

15 days and 14 nights in the safest and most cultured country in the Americas!

YOU'LL VISIT HAVANA, CIENFUEGOS AND TRINIDAD | DETAILS AT WWW.HELLOCUBA.CA

DAY 1 – SATURDAY – HELLO CUBA

- Arrival at Havana's José Martí International Airport.
- Group welcomed by your CubaNatura Guide and Bus Driver.
- Transfer to **Hotel Saint Johns**, located in Havana's cultural center: Vedado near the Malecón seawall.
- Private group check-in with assistance from your guide.
- Take a refreshing swim in one of two hotel pools.

DAY 2 – SUNDAY – DISCOVERING HAVANA

Guided walking tour of Old Havana, an UNESCO **World Heritage Site** to experience four of its five historic plazas.

Cathedral Square, the most beautiful and private 18th century colonial plaza on the island. Named after the masterpiece of Cuban baroque architecture: the **Cathedral of Havana** built by the Jesuit order.

Square of Arms, an ancient military parade ground for Spanish soldiers, surrounded by impressive buildings such as:

- **Palacio de los Capitanes Generales**, former seat of colonial government. Today the building houses the Museum of the City.
- **Palacio del Segundo Cabo**, seat of the second authority of the island. Today it houses important publishing concerns.
- **Museo de Artesanía** at **Castillo de la Real Fuerza**, the second oldest fortress built by the Spaniards in the West Indies. Today it displays treasures of artistic ceramics by the most prestigious Cuban artists

from the middle of the last century to present. The institution is host to the Ceramic Biennial.

We continue onto **San Francisco Square**, one of the oldest in the historical quarter.

And later to **Plaza Vieja**, the only civic square of colonial times. Absent are churches and government buildings. Here we'll visit an important center for the visual arts.

We spend time in Rumba performance at **Callejón de Hammel**, an alley in which the façades of all the buildings display murals inspired by AfroCuban religions themes. We'll meet alley artist **Salvador Gonzales** and visit his studio.

Tonight we have a Cuban band playing for us! We learn how to perform and dance to Salsa, Son, Rumba and other popular Cuban rhythms from **Grupo Dulce María**.

DAY 3 – MONDAY – HAVANA

The morning we begin our Dance lessons featuring some of Cuba's most popular rhythms such as Son, Salsa, Cha Cha Cha, AfroCuban.

In the afternoon we will meet with music students at **Escuela Nacional de Arte**, Cuba's National Art School at the High School Level.

The visit is followed by a city tour of Havana's most important sites such as the **Capitol building**, **El Gran Teatro de La Habana** (The Grand Theatre of Havana), Central Park, Prado Promenade, **Plaza de la Revolution** (Revolution Square), **El Universidad de La Habana** (Havana University), **Cemetery Colon**, **Malecón** seawall, and the Miramar neighborhood.

Optional evening venue: Enjoy the best Cuban Jazz live at [La Zorra y El Cuervo Club](#).

DAY 4 – TUESDAY – HAVANA

This morning we'll resume dance lessons featuring some of Cuba's most popular rhythms such as Son, Salsa, Cha Cha Cha, Afrocuban.

Light lunch in Pan.com Cafeteria.

The afternoon will include a discussion on the origin and evolution of Cuban Music.

Optional evening visit to [Casa de Amistad](#) to hear live Cuban music by Peña del Chan Chan, a traditional septeto band.

DAY 5 – WEDNESDAY – AFROCUBAN HAVANA

This morning we'll resume dance lessons featuring some of Cuba's most popular rhythms such as Son, Salsa, Cha Cha Cha, Afrocuban.

Lunch is hosted by [José Fuster](#), one of Cuba's most important ceramicists and painters, at his whimsical studio in Jaimanitas, just outside of Havana.

Afternoon visit to the studios of other important contemporary artists for an exchange about their work. A unique opportunity to purchase art directly!

Evening visit to the hotel Disco.

DAY 6 – THURSDAY – HAVANA

The morning will begin with Dance lessons featuring some of Cuba's most popular rhythms such as Son, Salsa, Cha Cha Cha, Afrocuban.

Morning ferryboat ride across Havana harbor to the municipality of [Regla](#). This community has a long, rich and still active tradition of African-inspired religions.

We'll visit the local church dedicated to the Black "Virgen de Regla," Yemayá, the African goddess of the sea in the Yoruba religion and the patron saint of sailors.

Meet a babalao (highest priest in the Santería religion) in his home.

Tour Regla's Municipal Museum to learn the origins of this unique community and its religions.

Visit the home studio of painter, master printmaker and designer, Antonio Canet.

Evening: Farewell dinner and party with your dance instructors.

DAY 7 – FRIDAY – HAVANA

Free day for you to explore Old Havana's famous open air-market and wander its colonial streets with your classmates.

Evening visit to a Ballet Performance at the [Gran Teatro de La Habana](#) (optional, not included in cost) (to be confirmed).

DAY 8 – SATURDAY – CIENFUEGOS

Morning departure to [Cienfuegos](#), renowned for its wealth of buildings from the late 19th and early 20th centuries.

Upon arrival we'll have a guided tour of the city and an explanation of the origins of this beautiful cosmopolitan city founded by French immigrants in the early 1800s.

We'll explore Cienfuegos' Plaza Martí where the ceremony of foundation of the city took place, and where you'll find a reproduction of the Arch of Triumph of Paris.

Visit neoclassical buildings such as the Cathedral, built with the donation of wealthy families like the Lebrancs, the Albis, the Terrys. Inside are reproductions of the 12 Apostles in stained glass imported from Paris. Also the original machinery of the clock tower – still in place and working – was built in France. We also visit the Tomas Terry Theatre, built at the end of the 19th century, which still displays original elements of construction including wood works, iron works, paintings, etc.

Remainder of the afternoon free to explore the city at leisure.

Late afternoon check in at the [Guajimico Resort](#), a beach-front hotel with direct access to the warm waters of the Caribbean sea.

DAY 9 – SUNDAY – CIENFUEGOS

Morning at the beach where we will enjoy catamaran and snorkeling activities.

Afternoon visit to La Virgen Caves and a hike to Sendero Los Corrales.

Free evening.

DAY 10 – MONDAY – CIENFUEGOS

Full day work and cultural exchange with high school students in the Cienfuegos countryside.

Lunch in the high school cafeteria or in a local eatery.

After lunch we will participate in a friendly sports game and cultural activities.

Late afternoon return to our hotel.

Free evening.

DAY 11 – TUESDAY – CIENFUEGOS/TRINIDAD

Free day to enjoy the warm waters of the Caribbean Sea, or explore historic sites of Trinidad. Snorkel equipment rental fee not included in tour price.

DAY 12 – WEDNESDAY – TRINIDAD

Full day work and cultural exchange with high school students in the Trinidad countryside.

Lunch in the high school cafeteria or in a local eatery.

Late afternoon return to hotel.

DAY 13 – THURSDAY– TRINIDAD

Morning departure to [Trinidad](#).

Today we walk around one of the oldest cities founded by the Spaniards in the West Indies, Trinidad declared World Heritage Site by UNESCO.

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Onto the Sugar Mill Valley, also an UNESCO World Heritage Site, where slave-owning sugar barons had their countryside mansions and mills.

Lunch at the Sugar Mill Valley (optional, not included in cost).

Trinidad is well known for its pottery makers. We meet with a family that has been passing the tradition for generations: the Santanders.

Time to wander the streets of historical center or enjoy the beach.

Check in at Costa Sur hotel, and take a swim in the warm waters of the Caribbean Sea.

Evening at the infamous [Casa de la Música](#) to hear live Cuban music-a great opportunity to dance with Cubans!

DAY 14 – FRIDAY– TRINIDAD

Full day work and cultural exchange with high school students in the Trinidad countryside.

Lunch in the high school cafeteria or in a local eatery.

AfroCuban performance at Trinidad's Las Ruinas club.

DAY 15 – SATURDAY– GOODBYE CUBA

Check out of hotel and transfer to Havana's José Martí International Airport for international departure.

SERVICES INCLUDED

- All breakfasts included and served from 7:00 am to 10:00 am daily.
- Some lunches and dinners as noted in this program's itinerary.
- Clean comfortable safe hotels. Two double beds, daily maid service. Showers and toilet en suite and many enjoyable amenities.
- Modern luxury air-conditioned coach and professional driver for all activities in the program.
- Group in and out airport transfers in Cuba.
- Expert Cuban multilingual guide and translator throughout the program.
- All activities, services, entrance fees and venues unless noted as "not included" or "optional."
- Custom tour website for your school's student/parent orientation and tour administration. See "Schools to Cuba" at www.HelloCuba.ca for examples.

SERVICES NOT INCLUDED

- Cuban airport departure tax 25.00 CUC.
- Gratuities for guide, bus driver, hotel restaurant staff, chambermaids, porters and taxis.
- Lunches and dinners unless noted in this itinerary as "included." *Your guide will assist you in finding eateries that meet all tastes and budgets.*
- Return air to and from Cuba. Contact us for air costs from your city. *We can help with economical tickets!*
- Substitute teacher costs, if any, to cover teacher tour leaders while in Cuba.
- Overweight luggage charges.
- Optional extended medical coverage for students and teachers. Please note: provincial medical services cover nearly all medical issues that may arise while in Cuba.

- Optional travel cancellation/interruption insurance. Please see our terms and conditions regarding cancellation at www.HelloCuba.ca

COSTS AND SERVICES FOR THIS CUBA TOUR

All Cuban-side costs must be paid in the Cuban Convertible Peso (CUC). Cuban pricing is guaranteed through October 2007. For precise Canadian dollar prices reflecting today's exchange rate please go to <http://www.HelloCuba.ca/music>

When you schedule a Cuba tours with us we can ensure Canadian costs. Hotel services are based on double-room occupancy. Triple rooms and private homestays are not possible.

ADDITIONAL AND OPTIONAL COSTS

- Water, beverages, optional entertainment, gifts and gratuities: \$15.00 per day suggested.
- Lunches and dinners: \$20.00 per day suggested.
- Contingency money: Consider taking an additional funds of \$150.00 for unforeseen expenses or needs.

FOR MORE INFORMATION CONTACT

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