

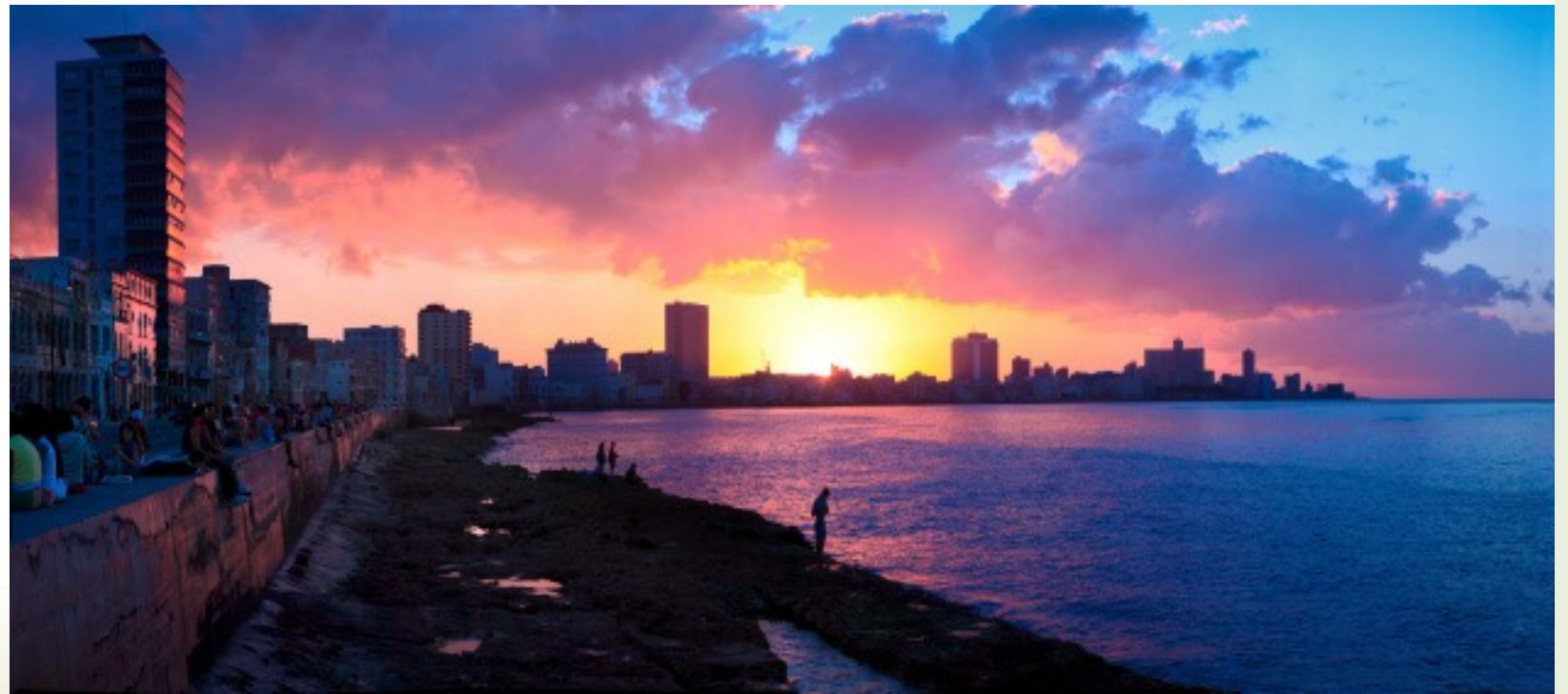
CUBA TRAVEL LOGISTICS

Expectations of Participants
Travel Preparation
Maintaining Your Health While Abroad
Safety While Abroad
Question & Answer



Expectations of Participants

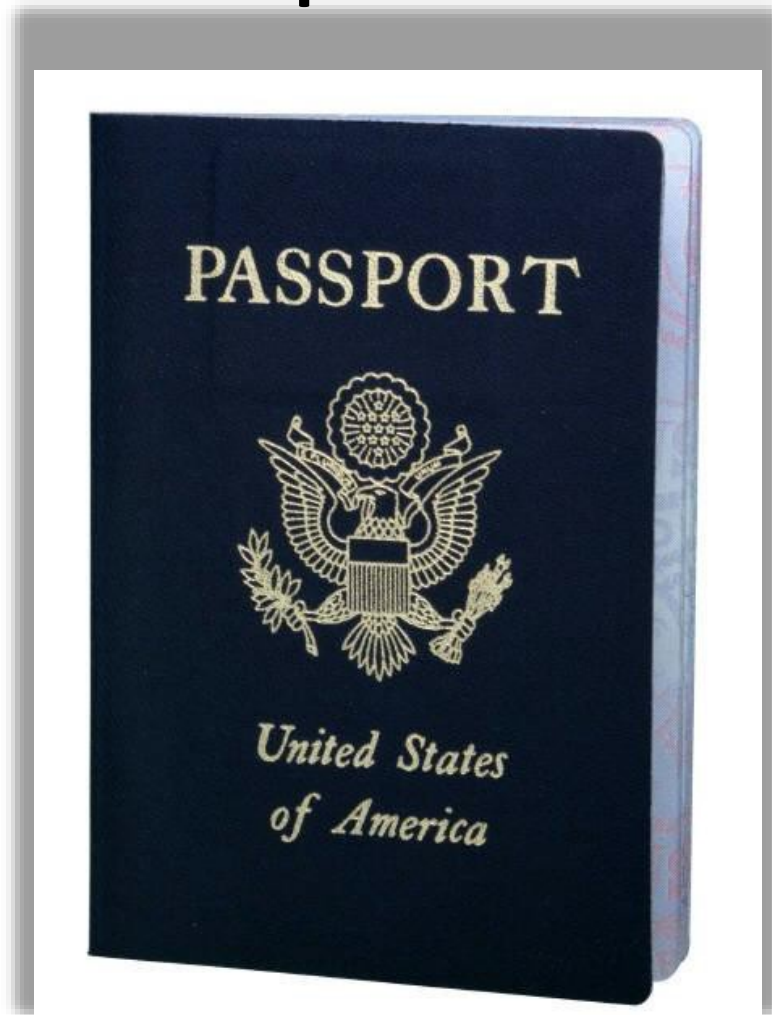
- Be on-time
- Be accountable for your own actions
- Be respectful
- Be observant
- Be adaptable
- Know emergency exits in hotel
- Always make sure you know the next meeting place for the group
- Make safe decisions
- Think of the group vs. the individual
- Be flexible and considerate
- Think about this experience in the big picture
- Take the name and address of hotel with you



Travel Preparation: Before You Depart

Travel Documents

Passport



Cuban Visa

REPÚBLICA DE CUBA VISA - TARJETA DEL TURISTA		REPÚBLICA DE CUBA VISA - TARJETA DEL TURISTA	
J 145091		J 145091	
APELLIDOS LAST NAME NOM NAME	<u>Last Name</u>	APELLIDOS LAST NAME NOM NAME	<u>Last Name</u>
NOMBRE FIRST NAME PRENOM VORNAMEN	<u>First Name</u>	NOMBRE FIRST NAME PRENOM VORNAMEN	<u>First Name</u>
FECHA DE NACIMIENTO DATE OF BIRTH DATE DE NAISSANCE GEBURTSDATUM	<u>28 11 54</u> <i>birthdate</i>	FECHA DE NACIMIENTO DATE OF BIRTH DATE DE NAISSANCE GEBURTSDATUM	<u>28 11 54</u> <i>birthdate</i>
VER AL DORSO SEE BACK VOIR AU DOS SIEHERUCKSEITE		VER AL DORSO SEE BACK VOIR AU DOS SIEHERUCKSEITE	
PASAPORTE PASSPORT PASSEPORT REISEPASS	No. <u>Passport No.</u>	PASAPORTE PASSPORT PASSEPORT REISEPASS	No. <u>Passport No.</u>
CIUDADANIA CITIZENSHIP NATIONALITE STAATSANGEHÖRIGKEIT	<u>United States</u>	CIUDADANIA CITIZENSHIP NATIONALITE STAATSANGEHÖRIGKEIT	<u>United States</u>
		USO OFICIAL	ENTRADA

- We will hand out at airport in Miami
- Immigration Booth in Cuba will stamp both halves and keep one
- You must hand in other half at Cuban Immigration Booth on return home

Access to Money in Cuba

- Notify your bank and credit card companies about your travel dates. You will likely use your card in Miami but do not count on being able to use it in Cuba
- Take your money in cash; plan to use only CUCs in Cuba
- We will exchange dollars to CUCs at hotel in Cuba since group is too large to all do at airport (small bills are useful – for example 20 ones, 20 fives, 8 tens)
- If you wish to exchange some of your money later in the trip, you may do so at exchange houses (CADECAS), most banks, and hotel
- Please bring relatively new bills as some places will not accept bills with tears or markings
- Plan your budget for food/ drinks not covered by program and for souvenirs/artwork so you can estimate the amount of dollars to take and exchange to CUCs

Your Budget in Cuba

- 3 Dinners on your own (30 – 50 CUCs per meal)
- Alcoholic beverages (50 – 100+ CUCs total trip)
Nonalcoholic beverages, some beer and wine are included in group meals
- Goods and Products (limit permitted 400 CUCs)
- Artwork music and informational materials such as books (no limit) (25 – 1,000+ CUCs)
- Taxi rides (15 CUCs per ride)
- Internet usage in Havana where available (6-10 CUCs per hour)
- Gratuities (included in trip price except for personal alcohol, meals on own, hotel maid service, independent activities) - about 10%
- Miscellaneous activities, other
- Extra

High budget estimate

- 150 CUCs
- 100
- 400
- 200
- 30
- 20
- 30
- 100
- 100

1,130 CUCs

Your Total Budget

In Route Day 1 and Day2

- Snacks/meal in route to Miami
- Dinner in Miami
- Snacks/meal in route to Cuba

High Budget in Cuba

1,130 CUCs = \$ 1,277

In Route Day 10

- Snacks at Cuba airport (CUC)
- Lunch/ dinner at Miami airport

Communication

- Do not count on American cell phones working in Cuba
- International phone with the prepaid SIM access should work
- Hotel phone for call to US costs about 2-5 CUCs per minute
- Public telephone can be used with phone card purchased at ETESCA store

- Things are changing – Sprint and Verizon may have roaming coverage agreements with Cuba – *contact your cell phone provider*
 - *Need to determine if your specific phone would work on Cuban network*
 - *Need to determine if your cell phone provider has a plan for Cuba that you can purchase ahead (how much for how many minutes)*
- Explain communication expectations with family and friends

Wifi Access

- Wireless Internet access is available at Havana hotels for a fee and only in the lobbies/ business center
- Service is very slow and very temperamental
- Do not count on Internet access outside Havana
- You can buy the Internet access card at the hotel

The access card is a scratch card that gives you a 12 digit code (password) you enter into your phone, tablet, or computer. It costs anywhere from 6 to 10 CUC an hour. You need to log out and then reenter the 12-digit code each time you want to go back online; otherwise, your time will keep ticking away.

- You can also connect at Wifi spots, which are limited, using the access code card and the time your prepaid

Packing Rules of Thumb

- 1 checked bag
- 1 carry-on bag (may want to also use as daypack)
- Leave expensive items at home
- Don't take more than you can carry
- Pack light; plan outfits to wear things more than once (scarves can change an outfit)
- Copies of passport, credit cards, important docs:
 - 1 copy at home
 - 1 copy with you (in-transit in carry-on; in-country leave at hotel)
- Pack extra set of clothes in your carry-on in case your luggage is lost
- Well broken-in comfortable shoes are essential (expect stairs and uneven pavement)

Packing List

Casual light weight attire is the norm in Cuba. No ties or jackets for men and no business attire for women. As a professional group for our visits, presentable attire would include pants and shirts/polos for men and pants/skirts and tops, summer dresses for women with appropriate shoes. Most days we will have time to freshen up and change for dinner/evening into a bit more dressed up outfits. Jeans/shorts and active wear may be good for day in country and for days in transit. Days are very busy but early risers can get in walk/run/exercise before breakfast and can plan that attire.

- Appropriate/comfortable shoes with at most low heel (may want to include 3 pairs- shoe/sandal, sneakers, flip flops)
- Water-repellent light jacket with hood
- Sunglasses and hat

Itinerary activities can be divided into three types of outfits
(see itinerary detail handout for quantity of outfits/ occasions)

1. Active wear
2. Nice Casual
3. Dressier Casual

Travel Essentials

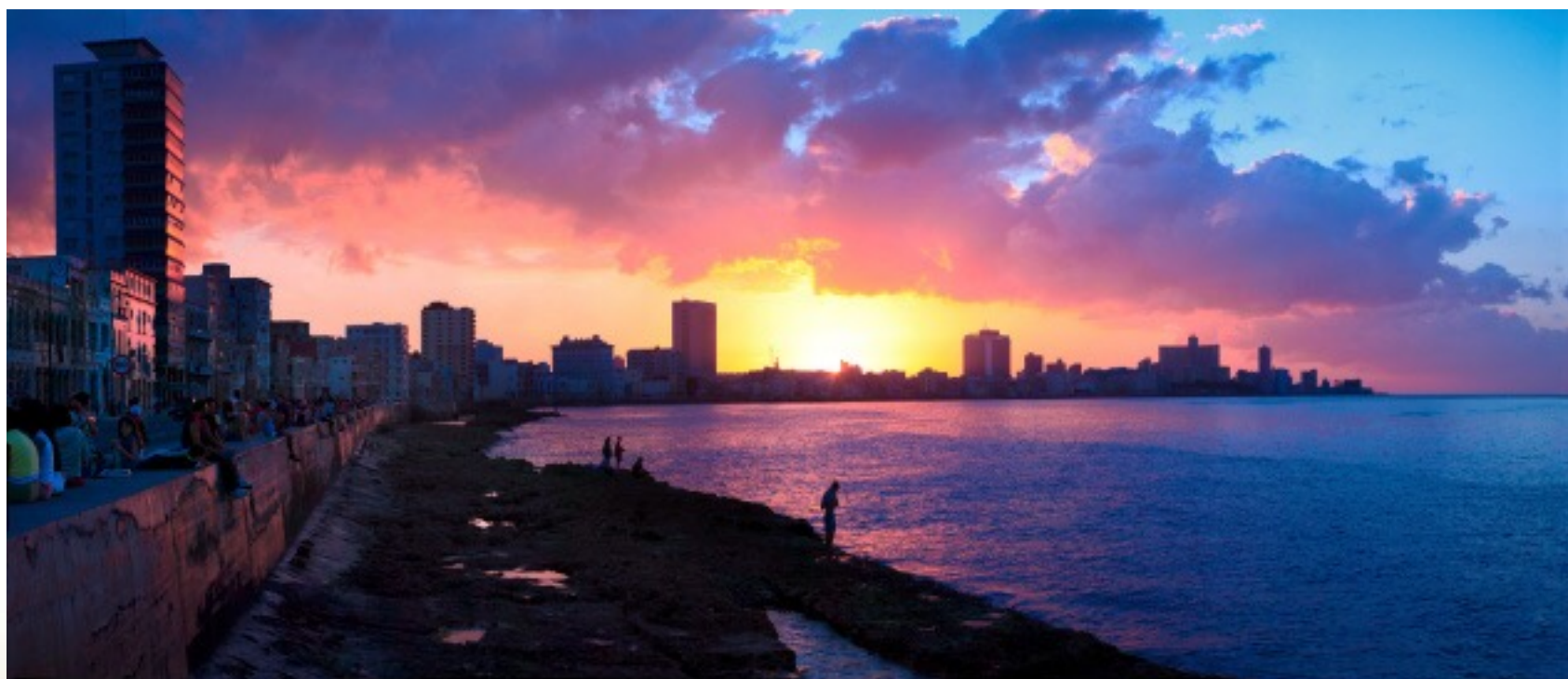
- Passport and visa
- Copies of your important docs
- Trip notebook and pen
- Medications
- Over counter remedies (upset stomach, cold, sore throat, cough)
- Minor first aid (band aids, ointment, etc)
- Toiletries and tissues
- Moisturizer and lip balm
- Hand sanitizer
- Sunscreen and sunburn relief products
- Insect repellent and bite relief products
- Plug converter
- Phone/tablet and charger
- Camera and charger
- Light weight small flashlight with batteries
- Plastic bags (storing things)
- Snacks (include nutrition/ energy bars)

Gifts

- Will email list of ideas/quantities for people to sign up to bring, if they wish
- Categories will include
 - General gift for woman
 - General gift for man
 - First aid supplies for clinic
 - Supplies for children at school
 - Magazines for auto business
 - General gift for anyone
- College will take care of official gifts for University of Havana and Cuba Emprende visits

Airlines and Departure Day

- Flights information is on website
- US flights are American Airlines
- US- Cuba flights are charter flights operated by American Airlines
- Go to American airlines www.aa.com for baggage and TSA guidelines
- Delaware to Philadelphia departure/ arrival day arrangements – carpools?



Maintaining Your Health While Abroad

Before You Depart:

- Get a routine physical
- Your routine vaccinations should be up-to-date
www.cdc.gov/travel

All prescription and over-the-counter medications must be in their original containers.

- Make sure they are clearly labeled
- Make sure you have enough for your stay
- Bring a copy of the generic prescription for emergencies
- *Place all essential medications in your carry-on luggage, as checked baggage can be lost*

The Healthy Traveler

- Stay hydrated.
- Get enough sleep (bring earplugs if you are a light sleeper).
- Wear comfortable clothes and shoes.
- Use sunscreen and insect repellent as directed.
- Bring any OTC medications that you can't live without.
- Be careful with food and water
- Do not take risks with your health and safety.



Medical Policy: Options If You Are Sick

1. Rest for a determined time
2. See a doctor/visit a clinic
3. Go to the pharmacy.
4. Go to a hospital



Travel Health Insurance

- Cuba requires all travelers to have non-US medical insurance. Your trip cost includes the purchase of Cuban medical insurance for the duration of your stay. This insurance grants you access to all medical services available in Cuba
- If medical assistance is needed, contact group leaders who will direct care with guidance from Cuba guide and ATA representative
- Your trip cost also includes \$50,000 in medical evacuation insurance



Maintaining Personal Safety While Abroad

Safety Do's and Don'ts

DO

- Leave your expensive valuables at home.
- Be aware of pick pockets.
- Respect the local culture, customs, and local laws.
- Know the local emergency number
- Take a buddy along with you when exploring.
- Let your trip leaders know about your plans.
- Research and understand the modes of local transportation.



DON'T

- Carry items or luggage for others.
- Give out information regarding yourself or your fellow students.
- Put yourself in danger because of alcohol.
- Engage in illegal activities or use illegal drugs.
- Leave your room or possessions unlocked or invite people to your room.
- Stand out as an American/tourist.
- Become involved in political discussions or protests.

Crisis Management and Emergency Response

What is a crisis?

Any significant event with potentially severe consequences that requires immediate action or response. Types of crises include:

- Accidents
- Natural disasters
- Civil unrest
- Political uprisings
- Environmental catastrophes
- Terrorism

Crises have the following characteristics in common:

- They can result in disruption or early termination of the program.
- They can cause significant emotional stress or physical threat to individuals involved.

Delaware Tech's Crisis Management Plan

1. Preparation

- Crisis Management Team
- Register participants in State Departments Smart Traveler Enrollment Program (STEP)
- Follow State Department and CDC Advisories
- Emergency Contact Information Distributed
- Mobile Phone Set-up for Leaders
- International Health Insurance
- Set protocol and procedures established for crisis response

Delaware Tech's Crisis Management Plan

2. Navigating/Managing a Crisis

- Determine seriousness of situation
- Secure safety/account for participants
- Obtain needed assistance for individuals on-site
- Notify DTCC crisis team
- Follow set protocol for situation as agreed upon with crisis team

3. Follow-up

- Debrief with participants upon return or after event
- Follow-up on specific situations as needed

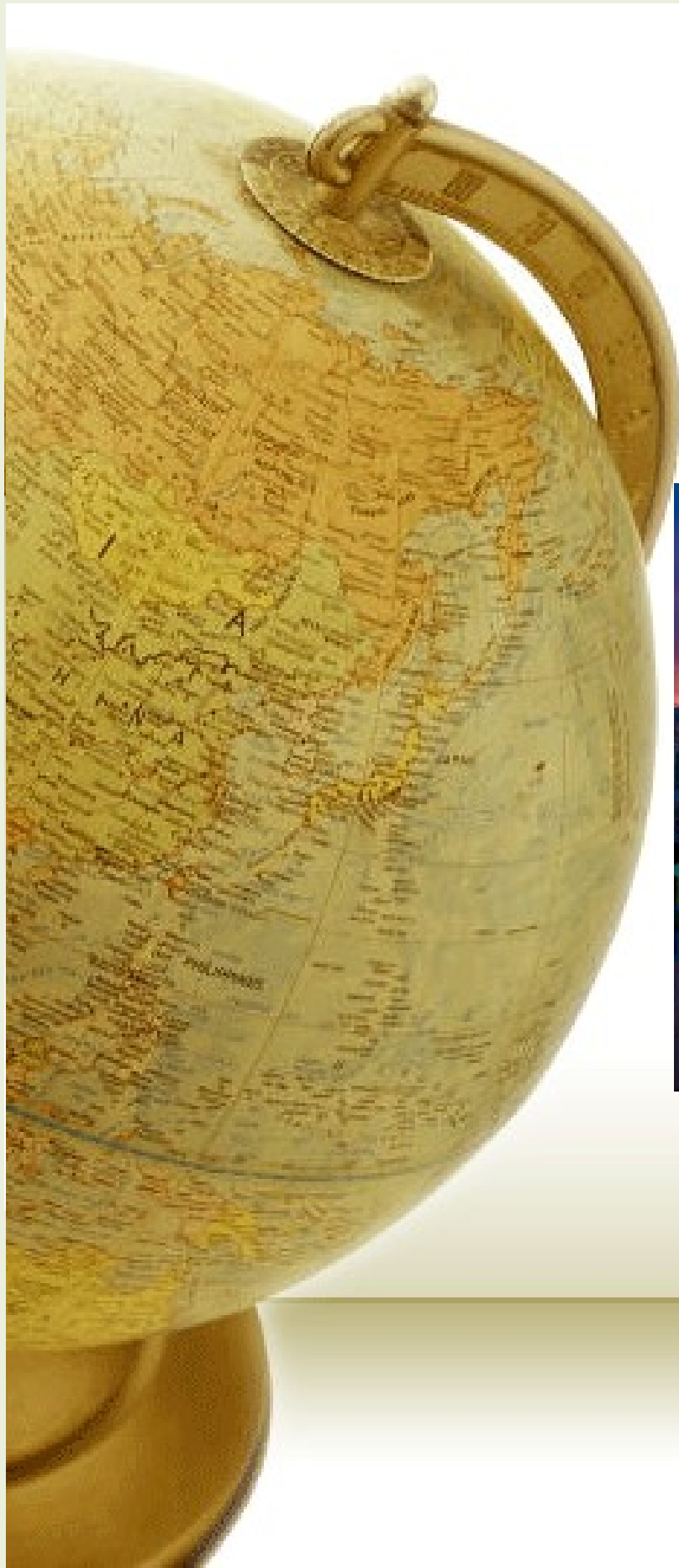
What you can do to help ensure safety

IN GENERAL

- Take steps to maintain your own personal safety
- Do not take unnecessary risks
- Communicate your location to trip leaders if not with the group (free time)

IN A CRISIS

- Follow the agreed-upon plan. Return to hotel or meeting point if possible
- Wait for further instructions from trip leaders
- Know emergency phone numbers



Questions?