



Professional Development Program to Cuba



Final Tour Notes

May 22 – 31, 2016

We are delighted to welcome you on the Professional Development Program to Cuba! As your departure draws near, we suggest you review the materials enclosed carefully. If you have any questions about your upcoming trip, please contact ATA at **1-800-556-7896** and we will be happy to assist you. Have a great trip!

The following items will be included in your final trip packet:

- Final Reminders (including Arrival and Departure information)
- Final Itinerary (one additional copy for family or friends)
- Hotel Contact List (one additional copies for family or friends)
- Participant List
- ATA Luggage Tags (used to easily identify bags for our group)

FINAL REMINDERS

TOUR STAFF

While in Havana, a local Cuban guide will serve as the cultural liaison, logistics coordinator, and interpreter.

Program Liaison, Dr. Ileana M. Smith joined Delaware Technical Community College in 1980. She became vice president and campus director of the Owens Campus in 2004. Dr. Smith has contributed to the growth and development of many areas of the College including instruction, planning, marketing, public relations, institutional advancement, and college relations. She has also represented Delaware Tech in statewide roles as assistant vice president for marketing and public relations and assistant vice president for articulation. In addition, Dr. Smith has worked on the establishment of college partnerships and the start-up of many innovative collaborative initiatives including the development of the Academic Challenge Program for high school students and the creation of the Sussex County Today & Tomorrow Conference.

Dr. Smith is a native of Cuba and just recently visited Cuba in October 2015. She earned a Bachelor's Degree in Mathematics and Master's Degree in Education from the University of Delaware and a Doctorate in Educational Innovation and Leadership from Wilmington University. She has served on numerous boards and commissions including the Delaware Institute of Medical Education and Research (DIMER), The Heritage Commission, and the Carl M. Freeman F.A.C.E.S. Foundation. She co-chaired Governor Markell's Education, Economy and Jobs Transition Team. Currently she serves as a Delaware Judicial Nominating Commissioner and is a Board member for the Sussex Economic Development Action Committee (SEDAC) and for the Hispanic community center, La Esperanza.

Program Support, Lisa I. Peel

Lisa Peel joined Delaware Tech as an instructor of English as a Second Language (ESL) and Spanish in 2005. She holds an Bachelor's degree in Spanish education and is Nationally Board Certified in world languages. She also holds a Master's degree in ESOL literacy and is a doctoral candidate in the University of Delaware's Ed. D. program. Lisa currently serves as Instructional Director of the Terry Campus Education Department, where she oversees a variety of pathways for students who take advantage of two years at the community college before continuing to a senior institution to complete their teacher preparation program. Her role allows her to interact with students, faculty, colleagues at all of Delaware's colleges and universities, and many other state entities. Lisa also serves as International Education Coordinator at the Terry Campus coordinating programs abroad for students and staff who are seeking opportunities to learn outside the four walls of a classroom. She has led study abroad experiences for high school students to Spain and led student and faculty groups to Spain and South Africa in the past few years with Delaware Tech. Lisa enjoys traveling, but mostly she is passionate about helping others to understand the benefits of gaining a global perspective for professional and personal growth.

Tour Manager, Kyra Sudofsky has worked in the travel industry for over ten years and has acted as a tour manager to various destinations including China, Japan, Tibet, Nepal, Cuba, Central America, Italy, Spain, and Greece. She has studied languages in Mexico, Spain, and China, and even spent a year and a half in Hunan Province of China serving as an English teacher. Kyra has accompanied many past groups to Cuba and she looks forward to returning and sharing this wonderful adventure with all of you. She has a passion for travel and some of her favorite journeys besides Cuba have included the Trans-Siberian railroad through China, Mongolia, and Russia to Poland, where she met her long-lost relatives, and a trip with her mother to Israel. Kyra lives in Portland, where she teaches yoga and holistic health.

VISA AND CHARTER AIR VOUCHER

Due to the delay of their delivery from the Cuban Embassy, your Cuban visa and charter airline voucher will be distributed to you at the Miami International Airport on the morning of May 23 prior to group check-in by Kyra Sudofsky & Ileana Smith.

ARRIVAL AND DEPARTURE INFORMATION

You will arrive in Miami on May 22 and transfer to the Pullman Hotel. Free shuttles from the Miami International Airport to the Pullman Hotel run every 30 minutes.

On May 23 you will transfer to the Miami International Airport at 4:30 a.m., for your 5:00 a.m. check-in for your flight. Please meet the group in the lobby of the Pullman Hotel no later than 4:15 a.m. for the transfer to the Miami International Airport.

ATA will cover the cost of your first checked bag. All additional baggage will be \$20 each. If the combined weight of your checked bag and carry-on exceeds the 44-pound weight limit, you will need to pay \$2 per pound over the 44 pounds. Maximum weight of carry-on is 20 pounds. You may also carry-on a small personal item, such as a shoulder bag, purse or laptop bag.

The group charter flight schedule is as follows:

May 23	Depart	Miami	8:00 a.m.	AA# 9442
May 23	Arrive	Havana	9:00 a.m.	non-stop
May 31	Depart	Havana	9:45 a.m.	AA# 9443
May 31	Arrive	Miami	10:45 a.m.	non-stop

RETURNING TO MIAMI FROM HAVANA

Upon arrival in the U.S., you must claim your bags and clear customs.

If you are connecting to a domestic flight, you may be able to re-check your luggage at the interline desk immediately outside customs for transfer to your next flight. If airline representatives are available to assist you with this interlining procedure, it may not be necessary to carry your luggage to your domestic flight. If your connection time is very short, however, it may be safer to carry your bags with you.

MONEY MATTERS

As of April 2016, 1 Cuban Convertible Peso (CUC) is equal to 1 U.S. Dollar.

Please note that U.S. Dollars cannot be used in Cuba and Convertible Pesos cannot be obtained within the U.S. There is a 3% standard bank fee for all currency exchange in Cuba. There is an additional 10% exchange fee levied when exchanging U.S. Dollars for Cuban CUCs, for a total of 13%. **This additional 10% fee is not applied to Euros (EUR) or any other internationally traded currency.**

Currency can be exchanged at our hotels, at most banks and at *casas de cambio* (exchange houses), the most well-known chain being CADECA, S.A.

Please be sure to bring relatively fresh and new bills, as some places of exchange may refuse to accept bills with even slight tears or markings.

HOW MUCH TO BRING

We are frequently asked how much money to bring to Cuba. While spending habits vary for every individual, below is an outline to help you plan your budget in Cuba. Please note that this is only a guide; when in doubt, it is usually better to have too much money as opposed to too little.

With the recent easing of restrictions for travel to Cuba, there are positive changes that offer more flexibility on purchases that can be made in Cuba and items that can be brought back into the United States. Below is a list of products that are now permitted to bring back to the U.S.

- **Goods and Products** – Authorized travelers are permitted to bring back into the U.S. up to \$400 worth of goods, products, souvenirs, and handicrafts for personal use. Alcohol and tobacco products should not exceed the value of \$100 towards the total of all goods and products.

- **Artwork and Informational Materials** – There is no limit on the amount of artwork or “informational materials” you can purchase and bring back into the U.S. This includes books, periodicals, paintings, sculptures, records, tapes, CDs, films, video cassettes, photographs, posters, etchings, lithographs, serigraphs, microfilm, microfiche, and other informational materials.

REQUIRED EXPENSES *(please note these are only estimates)*

- 1 dinner on your own in Miami on May 22 (\$30 – 50 per person)
- 3 dinners on your own in Cuba (30 – 50+ CUC’s per person, per meal)

OPTIONAL EXPENSES *(please note these are only estimates)*

- Alcoholic beverages outside of the first and last nights receptions and dinner (50 – 100+ CUCs for the length of the trip)
- Informational materials – Music, art, etc. (25 – 1,000+ CUCs per person). *Note: If you have a special interest in purchasing art, some art pieces can cost well into the \$1,000’s. If you would like more guidance, please contact your Tour Manager.*
- Taxi rides between Havana Vieja (Old Town) and Vedado (10 – 15 CUCs per ride)
- Internet usage in Havana where available (6 – 10 CUCs per hour)
- Optional Activity: Tropicana Cabaret in Havana (100 CUCs per person)

Gratuities:

Gratuities for all meals and activities that are part of the itinerary are included in the trip price. This includes taxes, baggage handling, and toilet fees. Guests are responsible for any gratuities on personal alcohol, meals on their own, and any independent purchases and activities.

Gratuities for your tour staff, including the Cuban guides and driver are included in the trip price.

WATER AND FOOD SAFETY

It is important to drink only bottled or boiled water and avoid tap water and fountain drinks. Carbonated drinks in cans or bottles are safe for consumption.

Some meals are served family-style and occasionally dishes featuring raw vegetables are included. It is wise to avoid raw vegetables; however, it is generally considered safe to eat thoroughly cooked meat and vegetables that are prepared in tourist hotels and tourist area restaurants. In addition, fruit that you peel yourself is also considered safe to consume.

MEDICINES

Please plan to bring all prescription medications that you will require for the entire trip, as well as any other recommended medications (such as a wide-spectrum antibiotic for gastrointestinal issues) advised by your physician. It is unlikely that you will be able to obtain any prescription medications while in Cuba. All essential medications need to be in their original containers, and should always be packed in your carry-on luggage.

Over-the-counter medicines common in the U.S. are also not readily available in Cuba, even at pharmacies or clinics. Please bring a supply of ibuprofen or aspirin, Imodium or Pepto Bismol, hand sanitizer, and antacids, as you require. These items are included on the Packing List, for your convenience.

PACKING SUGGESTIONS

We recommend planning your travel wardrobe around casual, practical and comfortable clothing. Items that can be layered will provide you with maximum comfort and flexibility. Casual attire is appropriate for all activities on your trip. However, you may want to bring one or two outfits that can be dressed up a bit for the welcome and farewell receptions, depending on your personal preference.

Well-broken-in, comfortable walking shoes are essential. Please avoid even a moderate heel for excursions—walking on uneven surfaces is easiest in low-heeled, broken-in shoes

Keeping your particular needs and comfort in mind and the weather information above, the following list of suggested items may be of use to you. Please use this list as a guide, adjusting as your personal needs and preferences require.

Important note: Please leave your global positioning system (GPS) devices and satellite phones at home, as they may be confiscated by Cuban authorities. Upon arrival in Havana, your bags will be x-rayed. If any items are confiscated upon arrival, they should be returned to you when you depart the country. However, we highly recommend avoiding any complications and leaving GPS devices at home. You may bring your smartphone or BlackBerry with GPS ability, but please have that function turned off prior to arrival in Cuba.

ESSENTIAL ITEMS

- Comfortable walking shoes with non-skid soles
- Water-repellent and windproof jacket with hood
- Day pack
- Camera and accessories
- Hat and sunglasses
- Sweater or cardigan
- Travel Adapter and Converter
- Prescription drugs (if necessary), plus a copy of the prescription itself (using the generic name)
- Sunscreen and sunburn relief products

- Insect repellent and bite relief products

ESSENTIAL PAPERWORK

- Passport along with photocopies of your passport that are kept separate from the originals
- Hotel Contact List and Itinerary (sent prior to departure)

MISCELLANEOUS

- Moisturizing lotion and lip balm
- Pre-moistened towelettes or gel hand sanitizer
- Over-the-counter medicine for common ailments such as upset stomach or colds, including lozenges and tissues
- Other recommended medications advised by your physician (such as a wide-spectrum antibiotic)
- Minor first-aid kit including analgesic, Band-Aids, antibiotic ointment, moleskin
- Travel alarm clock (battery operated)
- Lightweight flashlight and batteries
- Liquid soap for hand laundry
- Plastic bags for storing damp or dirty clothing or shoes
- Toilet tissue (not all public restrooms will have toilet tissue)
- Ear plugs and/or eye shades for light sleepers



ITINERARY

Cuba: Discovering Its People and Culture

May 22 – 31, 2016

We do our best to adhere to the itinerary listed below. However, in Cuba, changes, sometimes significant, are likely to occur to the itinerary and often with very little notice.

The order of activities, the time of events, the activities themselves, the speakers scheduled, and even the hotels and restaurants currently confirmed may change. The exact time for each activity will be announced by your tour staff throughout your trip. We ask that you pay careful attention to daily announcements by your tour staff to ensure that we are able to keep everyone informed.

With this in mind, we ask that you be highly flexible and understanding of changes to our scheduled program. Approaching your trip to Cuba with a sense of adventure, humor, and flexibility will make for the best possible experience.

For the benefit of the group, please be prompt for all activities.

May 22

Miami

Arrive at Miami International Airport on individual flights and transfer by hotel shuttle to the Pullman Miami Hotel.

The Pullman

May 23

Miami, U.S./Havana, Cuba

Meet this morning at 5:00 a.m. at the **Miami International Airport Concourse D**, in front of the Nathan's Famous, to check in for our 8:00 a.m. group flight to Havana.

Please arrive dressed in comfortable clothes and shoes for walking, with a daypack containing sunglasses, camera, any prescription medications, etc. Please make sure to have your passport and visa in hand to depart the U.S. and to enter Cuba.

Arrive in Havana at approximately 9:00 a.m. After claiming your luggage and clearing customs, continue on to a local farming community to meet and discuss with farmers and members of the community about the growing agricultural sector. Enjoy lunch at *Il Divino*, a restaurant that utilizes ingredients from the farm.

Next, visit *Finca Vigía*, the home of Ernest Hemingway. Meet with the director of the museum and tour the property, learning about Hemingway's strong connection to the Cuban people and the Cuban way of life.

Afterwards, visit Morro Castle, before transferring to the hotel, the Melia Cohiba, with time to settle in and exchange money.

Meet at 6:00 p.m. to visit the Felix Varela Cultural Center and learn about their programs, before heading out to our welcome dinner at a local *paladar* (privately owned restaurant).

Melia Cohiba

Lunch, Dinner

May 24

Las Terrazas

Today, travel outside of the city to the countryside for the eco-village of Las Terrazas, named after the terraces designed to prevent soil erosion from the deforested hills left by former coffee plantations. The area is now designated UNESCO Biosphere Reserve and Cuba's most important reforestation project.

Meet with a local guide who will discuss the economy of the area and meet with some of the residents of the village. Stop at the local clinic to learn about how medical services are handled in rural Cuba and the local school to discuss early childhood education in Cuba.

Upon returning to Havana this afternoon, meet with the local start-up *Ingenius*, an Information Technology company, to learn about the challenges their industry faces without reliable internet, followed by a visit with KCHO, a project aiming to make art and information accessible to everyday Cubans.

Melia Cohiba

Breakfast, Lunch, Dinner

May 25

Havana

This morning, visit a *fábrica de tabaco* (tobacco factory) to meet with cigar experts and rollers to learn about the role that tobacco has played in Cuban history.

Later, enjoy a guided walk on the campus of the University of Havana and speak with professors and students about higher education in Cuba.

Enjoy lunch today in the gardens of the Hotel Nacional, followed by a visit to the Hotel Riviera for a glimpse into Havana's casino era.

Before returning to the hotel, visit Cuba Libro, an English language bookstore started by American journalist, Connor Gorry. Learn how Connor and her colleagues were able to set up a center of information sharing and meet with local residents.

After returning to the hotel, meet with a representative from *Espacio*, a service that connects property owners with prospective buyers, to learn about the recent developments in property ownership.

Enjoy dinner on your own tonight at a local *paladar*. Your Trip Leader will provide restaurant recommendations.

May 26

Old Havana

Today, embark on a walking tour of Habana Vieja to see firsthand the city's Colonial architecture and plazas. Along the way, visit the cooperative *Arte Corte*, to see an example of how business owners are redeveloping parts of Old Havana. Learn how Havana is keeping up with providing a qualified workforce for all of the renovation work at a training workshop.

Before lunch, enjoy a unique interaction opportunity by attending a Fair for Entrepreneurs at the Felix Varela Cultural Center. Meet local entrepreneurs and learn about Cuba Emprende, a training and advisory service for business start-up.

After lunch continue your exploration of Old Havana.

Enjoy dinner on your own tonight at a local *paladar*. Your Trip Leader will provide restaurant recommendations.

Melia Cohiba

Breakfast, Lunch

May 27

Havana to Cienfuegos

Depart Havana this morning and drive three hours southeast to Cienfuegos, enjoying the scenery and learning about rural life in Cuba.

Enjoy lunch upon arrival then explore the French-influenced city center of Cienfuegos, a UNESCO World Heritage site, including the Paseo del Prado, a pedestrian-only boulevard lined with various stores, to Parque Martí.

Visit an art school and meet with some of the region's finest artists and performers. After dinner tonight, mingle with local residents at a community block party.

Hotel Jagua

Breakfast, Lunch, Dinner

May 28

Trinidad

Depart Cienfuegos at 8:00 a.m. to travel along the Caribbean coast to Cuba's best-preserved colonial city, Trinidad, founded in 1514 and now a UNESCO World Heritage site. Meet for an educational exchange with a representative of the Office of the City Historian to hear about the city's preservation efforts and challenges. Admire the Colonial Spanish architecture, the cobblestone streets, and the pastel-colored houses during a walk through Trinidad.

During your exploration of Trinidad, meet with shopkeepers, owners of Casas Particulares, or privately owned Bed and Breakfasts, and other members of the community.

This afternoon, return to Cienfuegos and enjoy the remainder of the evening at leisure.

Hotel Jagua

Breakfast, Lunch

May 29

Bay of Pigs/Havana

This morning, set out for Havana, stopping along the way to visit Playa Girón, one of the two landing sites for the 1961 U.S.-backed Bay of Pigs invasion.

Stop for lunch at *Hostal Enrique* before continuing to Havana and check into the *Parque Central*.

Before dinner, meet with a representative from the hotel, who will discuss the intricacies of foreign investment in Cuba.

Hotel Parque Central

Breakfast, Lunch, Dinner

May 30

Havana

Begin the morning with a visit to a local farmer's market for a glimpse of the Cuban Peso system, one of two currencies used in Cuba, followed by a visit to a textile cooperative to meet with the owners to discuss the organization's transformation from a government owned business.

Stop by a car restoration garage to see how Cubans are able to keep their fleet of American classic cars running.

This afternoon, meet with an American journalist who has been living in Cuba for the past 25 years for a question-and-answer session to discuss Cuban economy and reform, Cuban Culture and the future of Cuba.

Tonight, gather for a farewell reception at the hotel before heading out for our farewell dinner at a local *paladar*.

Hotel Parque Central

Breakfast, Lunch, Dinner

May 31

Havana/Miami, U.S.

Depart the hotel this morning for the Jose Marti Airport to check in to the group flight back to Miami at 6:45 a.m. scheduled to depart at 9:45 a.m.

Breakfast



Hotel Contact List
Professional Development Program to Cuba
May 22 – 31, 2016

Multiple copies of this information are enclosed so that you may leave a copy with family and friends and keep a copy with you when traveling.

In case of emergency, please call Academic Travel Abroad at 1-800-556-7896. Outside of normal business hours (9:00 a.m. to 6:00 p.m., Eastern Time) and on weekends, an answering service will direct callers to an emergency contact.

To call internationally from the United States, dial 011, then the country code for Cuba: 53. Then dial the number as listed below. If you are calling from within Cuba, dial the number exactly as listed below.

Miami
May 22

Pullman Hotel
5800 Blue Lagoon Drive
Miami, FL 33126

Tel: (305) 264-4888
Fax: (305) 262-9049

Havana
May 23 – 26

Melia Cohiba
Calle 1ra
La Habana, Cuba

Tel: (53) 7 8333636

Cienfuegos
May 27 – 28

Hotel Jagua
Avenida 2
Cienfuegos, Cuba

Tel: (53) 43 551003

Havana
May 29 - 30

Hotel Parque Central
Neptuno e/ Prado y Zulueta
Habana Vieja
Ciudad de la Habana

Tel: (78) 60-6627
Fax: (78) 60-6630



Participant List

Professional Development Program to Cuba May 22 – 31, 2016

Joshua Barnes
Queenstown, MD

Rebecca Brown
Washington, D.C.

Janet Chin
Wilmington, DE

Joanne Damminger
Mullica Hill, NJ

Maribeth Dockety
Rehoboth Beach, DE

Tina and Frederick Downs
Lewes, DE

Dolores duBeau
West Chester, PA

Deborah Eyberger
Newark, DE

Patti Grimes
Ocean View, DE

Marisa Grimes
Ocean View, DE

Elizabeth Ito
Wilmington, DE

Jon and Millie Leeking
Rehoboth Beach, DE

Charlotte Lister
Dover, DE

Jamey O'Shea
Rehoboth Beach, DE

Priscilla Parker
Wilmington, DE

Shawn and Melissa Rakes
Bridgeville, DE

Robin Sirkis
Houston, DE

Kathy Sokola
Newark, DE

Mark Swarbrick
Lewes, DE

Janis Warren
Pittsboro, NC

Lisa Watkins
Magnolia, DE

Tour Staff:

Ileana Smith – Program Liaison
Lisa Peel – Program Support
Kyra Sudofsky – Tour Manager