



# INTRODUCTION TO CUBA Journey of Purpose & Discovery



## Cuba: Havana

November 6-11, 2019

\$3,699 (double occupancy, incl flights)

\$499 (single supplement)

**BOOK NOW 888.747.7501**

*Cuba is a country steeped in mystery. Connect with the warm Cuban people while enjoying a unique mix of vibrant music, eclectic art, and 1950s cars. Delve into the complexities of Afro Cuban customs and thought. Form your own opinions as you revel in Cuba's culture, people, and spirit. A journey to Cuba is like no other! Are you ready to leave your preconceived ideas at the door and embrace the local culture? It's an experience you won't regret!*

### Program Highlights

- 6 days & 5 nights in Havana
- Explore a local market while you learn about production of the handicrafts from **local artisans and owners**.
- Visit **Cecilio Avilés Imagen 3**, a project that brings 200 artists focused on music, plastic arts and design together offering free workshops for children and the elderly in the streets of Havana.

### Cultural Immersion

- Visit the **Cuban National Ballet School**, the largest in the world, as well as the lovely **Museum of Fine Art** and **Hemingway Museum**.
- Take a **salsa class** at one of Havana's best dance schools. Learn some steps like the rumba, mambo and more!
- Enjoy a **cooking class** and lunch at the Jardín de los Milagros Private Restaurant where you will learn to make a few traditional Cuban dishes.

### Community Connections

- Chat with local shop owners in **Old Havana** and learn from local historians about this UNESCO World Heritage site.
- Meet local Cubans of all ages during an evening **neighborhood block party**.
- Talk to the people you pass on the street. You'll be delighted at how open to conversation the locals are, and you may surprise yourself with the new impressions formed.

### License Regulations

- *Under current guidelines, this program conforms to OFAC requirements for hands-on, professional exchange in Cuba.*

### Journey Leadership: **Nicola Balmain & Alejandro (Alex) López**

- Nicola is CEO/Founder of Nanda Journeys and has been involved in the travel industry for more than 25 years. She has personally visited Cuba three times and is excited to lead this cultural journey.
- We are excited to have Alex's expertise and unique insight as you explore Havana! He is Cuban born, but now an American citizen, and has been in the U.S. since he was a teenager in the early '60s.



**Why Nanda Journeys?**  
*Travel for people with purpose and passion. See for yourself what a difference travel makes.*

### Ready to go?

Tel: 888.747.7501

Email: [info@nandajourneys.com](mailto:info@nandajourneys.com)

Website: [www.nandajourneys.com](http://www.nandajourneys.com)

CST 2121590-40