



CAREER ENRICHMENT



Culture, History & the Arts in Cuba

Havana & Varadero, Cuba

9 days / 8 nights

April 13-21, 2018

\$4,999 (Based on double occupancy)

Enjoy the unique culture and traditions of Cuba while you spend time with the locals. This adventure includes opportunities to interact with healthcare professionals on the island.

BOOK NOW 888.747.7501

Cuba Highlights

- ✓ 9 days & 8 nights
- ✓ Explore Havana and the unique beauty of **Varadero** as well as the surrounding Matanzas province.
- ✓ Stroll along the **Hicacos Peninsula** for a sightseeing tour of the resort town of Varadero including a Rum and Cigar House.

Community Connections

- ✓ Chat with local shop owners in **Old Havana** and learn from local historians about its history.
- ✓ Meet local Cubans of all ages during an evening **neighborhood street party** with residents of the block participating.
- ✓ Explore a local market while you learn about production of the handicrafts from **local artisans and owners**.

Cultural Immersion

- ✓ Put your dancing shoes on and learn a few Latin moves from a dance instructor at the **El Chevere Night Club**.
- ✓ Hear some of Cuba's famous jazz at a local **Jazz Café** and at a local nightclub.
- ✓ Visit a rehearsal of the **MalPaso Dance Company**, founded in 2013 under the artistic direction of Osnel Delgado, with an opportunity to speak with the company members.

What's included?

- Deluxe hotel accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to and from Cuba (via Miami)
- Meals as mentioned and most tips
- Departure taxes where applicable
- Cuban tourist visa & flight to and from Cuba

Not included:

- Personal expenses at the hotels
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city



ITINERARY | DAY-BY-DAY

📍 Miami, Florida

DAY 1

Convene in Miami this evening

Travel by individual arrangement to Miami, Florida. Upon arrival in Miami, transfer to the Miami Airport Hilton Hotel—or a hotel of similar quality—to check in. Enjoy dinner on your own tonight.

DISCLAIMER: *Both the gateway city and itinerary flow noted in this program are subject to change. The ongoing development and availability of commercial flights to Cuba requires us to remain fluid in our planning over the coming months.*

Overnight: Miami Airport Hilton (or similar)
Included meals: N/A



📍 Varadero, Cuba

DAY 2

Arrival in Varadero

Depart the hotel this morning for the Miami International Airport (transfer provided by the hotel). Airport check-in is required three hours prior to your scheduled departure time; optional breakfast choices will be available for purchase after check-in.

Upon arrival in **Varadero**, Matanzas Province you will transfer to your nearby hotel.

Settle into your room and enjoy some time to explore the hotel and grab lunch which is included at the resort.

Enjoy Cuba's blissful year-round climate, stunning white sand beaches, and crystal-clear waters with a stay at the Hotel Las Morlas Varadero. As time permits, enjoy the dazzling pools, work out at the fitness center, or pamper yourself at the spa late this afternoon.

Your Varadero hotel has a variety of onsite restaurants, laundry services, lifeguards on the beach, 24-hour medical services reception and security. They offer a variety of onsite activities including a pool and direct beach access. The hotel has Wi-Fi for a fee.

This evening, enjoy a welcome dinner at your hotel.

Overnight: Hotel Las Morlas (or similar)
Included meals: Lunch & Dinner

Travel Regulations

What are the new regulations for travel to Cuba?

Recently OFAC changed the regulations for U.S. visitors traveling to Cuba. Leisure travel is still prohibited, however, traveling with Nanda Journeys on a Career Enrichment program will ensure you adhere to the specified requirements. We will take care of all the regulatory paperwork on your behalf – your focus should be on creating new friendships and enjoying the wonders of Cuba.

Your commitment to full participation in the program is required if you choose to join the group. Most tourist-oriented activities are forbidden by the U.S. license, and this license does not allow for independent exploration in Cuba.



📍 **Varadero, Cuba**

DAY 3

Welcome & Matanzas City Visit

After breakfast, which will be provided daily at your hotel, gather for a welcome and orientation session on Cuba. Meet with your leader and national guide to learn more about the program.

Depart later this morning for Matanzas, known as the city of bridges and capital city of Matanzas Province. Also known as the "Venice of Cuba," it is birthplace to many famous Cuban poets. In route stop to see the **Oscar Maria de Rojas Museum**. Founded in 1900, the museum is one of the oldest in Cuba and is dedicated not only to the history of the city of Cardenas but to the country.

Your visit to Matanzas will not be complete without a specially arranged visit to the old French Colonial pharmacy, formerly known as **Botica La Francesa**. Founded by Dr. Ernesto Triolet and his wife Dolores in 1882, the pharmacy stands unchanged today. A quick stop prior to lunch across the street will provide a chance to take a step back in time during your personal tour.

Lunch will be provided at a local paladar.

Return to your hotel where dinner is included this evening.

Overnight: Hotel Las Morlas (or similar)
Included meals: Breakfast, Lunch & Dinner



📍 **Varadero, Cuba**

DAY 4

Zapata Peninsula

Today will provide a unique opportunity to head south towards the **Zapata Peninsula** and famed Bay of Pigs. *Note: it is a 2.5 hour drive each way.*

Start your morning with a stop at a **crocodile farm** at Boca de Guama. Next stop is Playa Larga, considered to be home to one of the most beautiful beaches in the region, and well known for its white sand and turquoise blue water. Bring your bathing suit!

Lunch will be provided in Girón where you will have a chance to visit the **Playa Girón Museum**. Here you will find relics to the history of the region and revolution.

Travel to the rural town of Papite - home of the **Korimacao Community Project**, where residents from the surrounding communities are given the opportunity to develop and improve their performing skills such as singing, dancing, and playing musical instruments. You'll learn about the growth and development of the program and interact with the talented students. The students don't need to have any prior art background. The only requirements: they need only be young and have talent. The project is an attempt to provide community art and cultural training free of charge to young artists.

Return to Varadero for dinner at the hotel.

Overnight: Hotel Las Morlas (or similar)
Included meals: Breakfast, Lunch & Dinner





📍 Havana, Cuba

DAY 5

Morning Exploration and Drive to Havana

This morning you will explore the **Hicacos Peninsula** and resort town of Varadero. Start with a panoramic tour to see the Varadero Museum, Josone Park, and Al Capone's House (Casa del Al) which has been converted to a restaurant. You will have some time this morning to shop at a large craft market.

Later this morning, visit a **Rum and Cigar House** and **Xanadu Mansion** (aka Dupont Mansion), which is the former exclusive estate of French American millionaire Irenée Dupont de Nemours, where you can have a drink at their top-floor bar while enjoying the breathtaking views of the sea and golf course.

Return to your hotel for lunch before you check out and board your motor coach for your drive to **Havana**.

Upon arrival in Havana, you will check into your local hotel. The NH Capri la Habana is in downtown Havana close to the craft market and famous Malecón. The hotel has two onsite restaurants and three bars with a lovely view from the rooftop pool. They have a large gym with a sauna and guest rooms are equipped with a minibar, hairdryer, safe deposit box and bathroom amenities. The hotel has Wi-Fi for a fee.

Enjoy dinner at a **local paladar** before heading to a local Jazz Café.

Overnight: NH Hotel Capri (or similar)

Included meals: Breakfast, Lunch & Dinner

📍 Havana, Cuba

DAY 6

Old Havana & Regla

Meet with representatives from the **Cuban Institute of Friendship with People**. This mandatory meeting focuses on Cuban/U.S. relations, and is a required component of all U.S. visits to Cuba.

Continue your explorations during a walking tour of the historic center of **Old Havana**, a village founded in 1519 and declared a World Heritage site by UNESCO in 1982. There will be an explanation of the projects carried out by the City Historian's Office for the rehabilitation of Old Havana.

After lunch at a local restaurant, depart for a visit to the city of Regla. Explore the church of **Nuestra Señora de Regla**, one of Cuba's most frequented pilgrimage churches. The most impressive is the statute of the Virgin of Regla who is black and cradles a white infant in her arms. She is the patron and protector of sailors. Next visit the **Municipal Museum of Regla**.

After dinner on your own arrangement, meet local Cubans during an evening **neighborhood street party** with the local people. This is a great opportunity to meet and speak with them personally in a casual setting.

Overnight: NH Hotel Capri (or similar)

Included meals: Breakfast & Lunch





📍 Havana, Cuba

DAY 7

Cultural Program

Start your day at a rehearsal of the **MalPaso Dance Company**. Founded in 2013 under the artistic direction of Osnel Delgado, MalPaso, the dance company expresses the passion and uncertainties that define Cuban life and are embodied in the country's rich dance tradition. There will be time to speak with the company members after their performance.

Lunch will be provided at the LaCasa Paladar.

This afternoon dust off your dancing shoes and work off lunch during dance classes at **El Chevere Night Club**. Learn some Latin moves from a local instructor.

Dinner is on your own arrangement this evening. Your hotel has some options or you may venture out to a local paladar.

Overnight: NH Hotel Capri (or similar)

Included meals: Breakfast & Lunch



📍 Havana, Cuba

DAY 8

Continue to Explore Havana

This morning, visit the **Museo de Bellas Artes** (Fine Arts Museum). Dedicated exclusively to Cuban art collections beginning in the mid-16th century, meander its many galleries devoted to landscape, religious subjects and the Costumbrismo narrative scenes of Cuban life.

Lunch will be provided at *Bodega las Brisas*, in the small town of Cojimar, near Ernest Hemingway's beloved Finca Vigia.

The group will visit the **Hemingway House** this afternoon to see the home and gardens where he penned many of his great novels and short stories.



This evening's **farewell reception** is at the Santa Isabel Hotel terrace in Old Havana. The stilt walkers dance group will entertain you as you follow them dancing in the streets to your farewell dinner at Café Del Oriente Restaurant in the historic center.

Overnight: NH Hotel Capri (or similar)

Included meals: Breakfast, Lunch & Dinner

📍 Havana, Cuba

DAY 9

Depart

Head home this morning saying goodbye to Cuba!



📍 Miami

Miami Airport Hilton

101 Blue Lagoon Drive
Miami, FL 33126

Tel Number: 1-305-262-1000

www3.hilton.com/en/hotels/florida/Hilton-miami-airport-MIAAHHH/index.html



📍 Varadero, Cuba

Las Morlas Hotel

Avenida Las Américas
Varadero, Cuba

Tel Number: 011-53-45-667966

http://www.belivehotels.com/hotel/EN/ficha_hotel/varadero/



📍 Havana, Cuba

NH Hotel Capri

Quinta Avenida 76-80
Miramar District
Havana, Cuba

Tel Number: 011-53-7-214-1470

<https://www.nh-hotels.com/hotel/nh-capri-la-habana>

