

Is This Course Right For You?

Course: CCS300

Cross-Cultural Experience Destination

Cuba: Revolution / Evolution and the Next Generation

Course requirements:

- 2 credits; travel portion will take place in May
- 2 books on Cuban history, life and culture, videos, guest speakers, survival Spanish
- Graded assignments: group projects, journaling, reflection essays, portfolio

Travel required:

- Approximately 7-10 hours travel time with one layover
- Within Cuba, 10-day travel in a bus with a local driver and guide / interpreter

Location(s):

We will spend most of our 10-day stay in Havana at the Dr. Martin Luther King Center with two nights in the beach resort of Matanzas in private houses.

Climate:

The climate is generally hot to mild and it tends to rain more between late May and mid-November than other times of the year. We will be traveling in mid-May. Bring an umbrella.

- Very warm — in the mid to high 80's sunny and humid, some thunderstorms.
- Intense sun requires frequent application of sunscreen. Please have sunscreen with you at all times.
- Sunglasses, a light, long-sleeved shirt and hat are advisable
- To avoid dehydration, you must drink plenty of water or gatorade (Bring a water bottle. Carry it with you!)

Physical Requirements:

- We will be doing walking tours throughout Old Havana and other parts of the city several miles per day. At times the ground will not be level or dry; some cobblestones. Sensible shoes are required.
- We will be visiting a variety of sites—educational, medical, artistic, musical, historical—engaging with an array of Cubans from grassroots political leaders to artist collectives. Must be able to actively engage with everyone. Interpreters will be provided, Music and dance are often signs of hospitality at some locations, particularly at evening eateries with live music. Don't be shy! Some Cubans will speak some to fluent English. Your instructor is fluent in Spanish.

Accommodations:

- In Havana—shared bedroom (two students) and shared bathrooms. In Matanzas—private homes with shared room and bathroom (two students); meals served on outside patio.

Cultural Considerations:

- Dress is casual but modest. Pants, dresses and skirts are recommended for most events as delegates of *Witness for Peace*. Shorts are fine for women and men in the city and at beaches. Neat but casual. Perhaps one dress outfit and shoes for going out.

Food and Water:

Drink only **purified water** and other beverages

- Eat vegetables only if cooked
- Peel all fruit before eating
- Eat only well-cooked meat and fish
- Wash and dry hands before eating
- Do not brush teeth with tap water

IMMUNIZATIONS

- Ø Make sure that you check with your physician regarding suggested immunizations.

Not covered in the budget:

- Snacks or extra drinks are not covered. Meals outside set times and on travel days to and from Matanzas are the student's responsibility.
- Most people budget about US\$300 in spending money. ATMs are not available. Credit cards are not accepted.

Free time:

- Time is spent mostly with the group participating in scheduled cultural activities. Shopping will be limited.
- Report whereabouts at all times during period where individual or small group exploration is possible.
- No swimming or snorkeling alone.

Parental involvement:

Students should discuss all details of the trip with family members in the planning stages. However, any requests for additional information or assistance, or help with problems, must come directly from the student. Parents should be aware that students will not be in contact while traveling once in Cuba. Internet and cellphone service at this time are unavailable to the United States from Cuba. It is not possible for parents to travel with the group. There are some Wi-Fi parks available in Cuba for a fee.

Travel with *Witness for Peace*

Travel for our trip is planned in conjunction with *Witness for Peace* as a group delegation, licensed educational tour of Cuba. Interactions with the people are extremely important. You will be provided with a Handbook of materials (packing tips, currency exchange, clothing/gear, trip expectations, immunizations, etc. prepared by *Witness for Peace*-- all updated to our travel dates as we progress closer to the departure date.) *Witness for Peace* is a national grassroots human rights organization that works in solidarity with the peoples of Latin America to build a more just and humane US foreign policy towards the Americas. Founded in 1983, it has 6 regional offices throughout the United States.

