

# Cuba

## Colonial Cuba and Revolutionary Women



Discover the magic of Cuba in this 9 day journey! This trip has been specifically designed to explore the life of Cuban women, from working, single mothers, to national ballet dancers, high school students and famous potters. We will have the opportunity to meet with women from all walks of life as we travel around this incredible island, allowing us to really soak up the culture of the place. What's more, over our journey we will visit many key sights of the Cuban Revolution which will offer us an insight into the fascinating political history of the country.



### Recommended Itinerary:

Culture shock rating: 

#### Days 1/2: Depart UK, Arrive Havana

Physical rating: 

Today we depart the UK ready for our adventure to Cuba on an overnight flight. Upon our arrival in Cuba we will be met by our Trip Leader, a local woman who will be with us throughout the trip and will offer an in depth insight into life in Cuba. We will transfer to our hotel where we can freshen up and relax after our flight. Time permitting we will have a chance to explore Havana this evening.

#### Day 3: Trinidad via Santa Clara

Today we will transfer to the beautiful town of Trinidad. En-route we will stop at Santa Clara where we will visit the Farm of Misliedis and the Che Monument. Here we will learn about the female fighters and their role in the Cuban Revolution. Onwards towards Trinidad we will pass by a preserved sugar plantation, offering an insight into the history of slavery on the island.

#### Day 4: Trinidad

Awaking in Trinidad will be a little like waking up in the 1850s, this beautiful town could be a time capsule to Spanish colonial Cuba and has been a UNESCO World Heritage site since 1988. Today we will be exploring the life of Cuban women. Our first stop will be to meet a local family famous for their pottery and the women who are still working to maintain this tradition today. Afterwards we will meet with female teachers and artisans to discuss how the revolution has affected women in Cuba and the challenges they face in their day to day lives.

Having enjoyed a delicious Cuban lunch we will visit the home of a local single, working mother with whom we can learn about the struggles of her position but also the benefits of life as a woman in Cuba compared to other countries. The people we meet today will really allow us to delve deeper into the Cuban way of life and connect with the local women here; we may well be surprised by how similar some of our own lives are!

#### Day 5: Camaguey

This morning we will transfer to Camaguey where we will visit the studio of a famous Cuban artist who

exhibits across the world - who knows, it may even inspire the artists within us! We will then visit the Camaguey Ballet School, a national dance school. Here we will have the opportunity to sit in on a rehearsal, meet with some of the dancers as well as the women who work behind the scenes who keep the school operating: the shoemakers, dressmakers and the directors. No doubt we will be impressed by the dedication and precision that everyone involved in this school displays.

### Days 6/7: Santiago de Cuba

On the morning of day 6 we will transfer to Santiago de Cuba, a bustling city which has played an instrumental role in the evolution of Cuban literature, music, architecture and politics. Here we will visit the memorial of Vilma Espin. Espin was often described as Cuba's First Lady and was a key part of the Cuban Revolution. We will learn about her life and why she is seen as a symbol of strength for women. We will also learn about the changes she brought about in her role as President of the Federation of Cuban Women from its foundation in 1960 until her death.

We will also be able to meet with a group of girls from a local high school where we can talk about their experiences in education, recreation and their social lives here in Cuba, it will be interesting to see if life as a Cuban teenager is similar to back home in the UK. As we have two days here, we will have plenty of time to explore Santiago de Cuba and the beautiful sights this city has to offer.

### Day 7: Havana

This morning we will fly to Havana where we will take a walking tour of Old Havana, just like we imagined it to be only better. During our explorations we will learn about the history of the city and the Cuban Afro culture and beliefs. It will be an excellent chance to take any last photos against the classic Cuban architecture - and cars - and to find any final souvenirs of our trip.

### Day 8: Depart Cuba

Today we will transfer to the airport to wave farewell to our Trip Leader and the wonderful island of Cuba.

### Day 9: Arrive UK

We arrive back in the UK on day 9 after an overnight flight, brimming with stories from our travels.

#### Important Information:

*It is important to realise that the itinerary needs to be flexible. While every effort will be made to follow the above schedule, in the event of political problems, airline schedule changes or natural events, we will do our best to make your trip as enjoyable and hassle-free as possible, but it is important to EXPECT THE UNEXPECTED and be prepared to accept some slight changes. Relax and have faith in your guides.*



**DAYS FOR GIRLS** This trip can include a session working alongside Days for Girls, a grass roots organisation aimed at giving every woman and girl access to proper feminine hygiene products and health advice. For more information look on our website: [www.thestc.co.uk/travel/days-for-girls](http://www.thestc.co.uk/travel/days-for-girls)



For more information and a detailed quote, please contact us:

telephone: 01392 660056

email: [schools@thestc.co.uk](mailto:schools@thestc.co.uk)

website: [www.thestc.co.uk](http://www.thestc.co.uk)

