



Cuba

Colonial Cuba & Revolutionary Women

10 Days

Discover the magic of Cuba in this 10 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 this unique country.



Learn more about our
[Carbon Labels](#)

Your Recommended Educational Journey

Days 1 - 2

Arrive Havana

LD

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 be able to offer an in depth insight into Cuban life. We transfer to our hotel where we can freshen up and relax after our flight. Time permitting we will have a chance to explore glorious Havana this evening.

Day 3

Trinidad via Santa Clara

BLD

Today we will transfer to the beautiful town of Trinidad. En-route we stop at Santa Clara where we 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 pass by a preserved sugar plantation, offering an insight into the history of slavery on the island.

Day 4

Trinidad

BLD

Awaking in Trinidad will be a little like waking up in the 1850's, 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 still working to maintain this tradition today. Afterwards we meet with female teachers and artisans to discuss how the revolution 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 learn not only 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

BLD

This morning we will transfer to Camaguey where we visit the studio of a famous Cuban artist who exhibits across the world - who knows, it may inspire the artists within us! We then visit the Camaguey Ballet School, a national dance school. Here we 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

Travel to Bay of Pigs

BLD

Following breakfast we depart Camaguey and travel to the famous Bay of the Pigs. This area plays an important role in Cuba's history, as it was where a failed invasion took place. This operation was carried out by Cuban exiles that opposed revolution and wanted to overthrow Fidel Castro. Upon arrival, we will head to our guesthouse in beautiful Playa Larga, where we will stay for the next two nights.



Day 7

Snorkelling and Bay of Pigs Museum

BLD

Cuba's tropical beaches are a sight to behold and have a vibe and rhythm that only the Caribbean can conjure. Today we will head to Caleta Buena to try our hand at snorkelling. With the help of a local expert, we will take a dip in the crystal blue waters and will see what we can discover. There will be a chance to kick back and relax whilst visiting this naturally beautiful spot. Later on, we will visit the Bay of Pigs Museum to help us understand Cuba's recent, but incredibly significant history.

Days 8

Transfer to Havana and Old Havana Walking Tour

BLD

Today we transfer back to the capital where we will take a walking tour of Old Havana. During our explorations we 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 classic cars. There will also be plenty of opportunity to buy some souvenirs.

Days 9 - 10

Depart Cuba

B

Today we will transfer to the airport to wave farewell to our Trip Leader and the wonderful island of Cuba. We arrive back in the UK on day 10 after an overnight flight, brimming with stories of our travels.



Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC tour leader
- Parent and student trip launch presentation
- Pre-travel training programme
- 1-day offsite safety INSET day for school staff
- ATOL financial protection
- Emergency Medical & Repatriation Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination

What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. While we are far from perfect, we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.



Trees for Life

This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Physical Rating for this trip: Grade 1



Anyone fit and healthy should be able to actively participate in this trip. There is very little physical activity although you will be expected to carry your own luggage at times. Walking around markets, city tours and such like is common and so you could be spending a few hours on your feet.

Cultural Rating for this trip: Grade 2



Expect to find local life broadly familiar to that in the UK, however aspects of the trip are likely to be in remoter areas where differences are more profound. Whilst English may not be the native language, you can expect it to be widely spoken. There may be some cultural differences and although western palates should be well catered for there will be the opportunity to try new dishes.



Travel Safety & Other Pre-Travel Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to this educational journey. Topics covered will include:

Responsible Tourism workshop

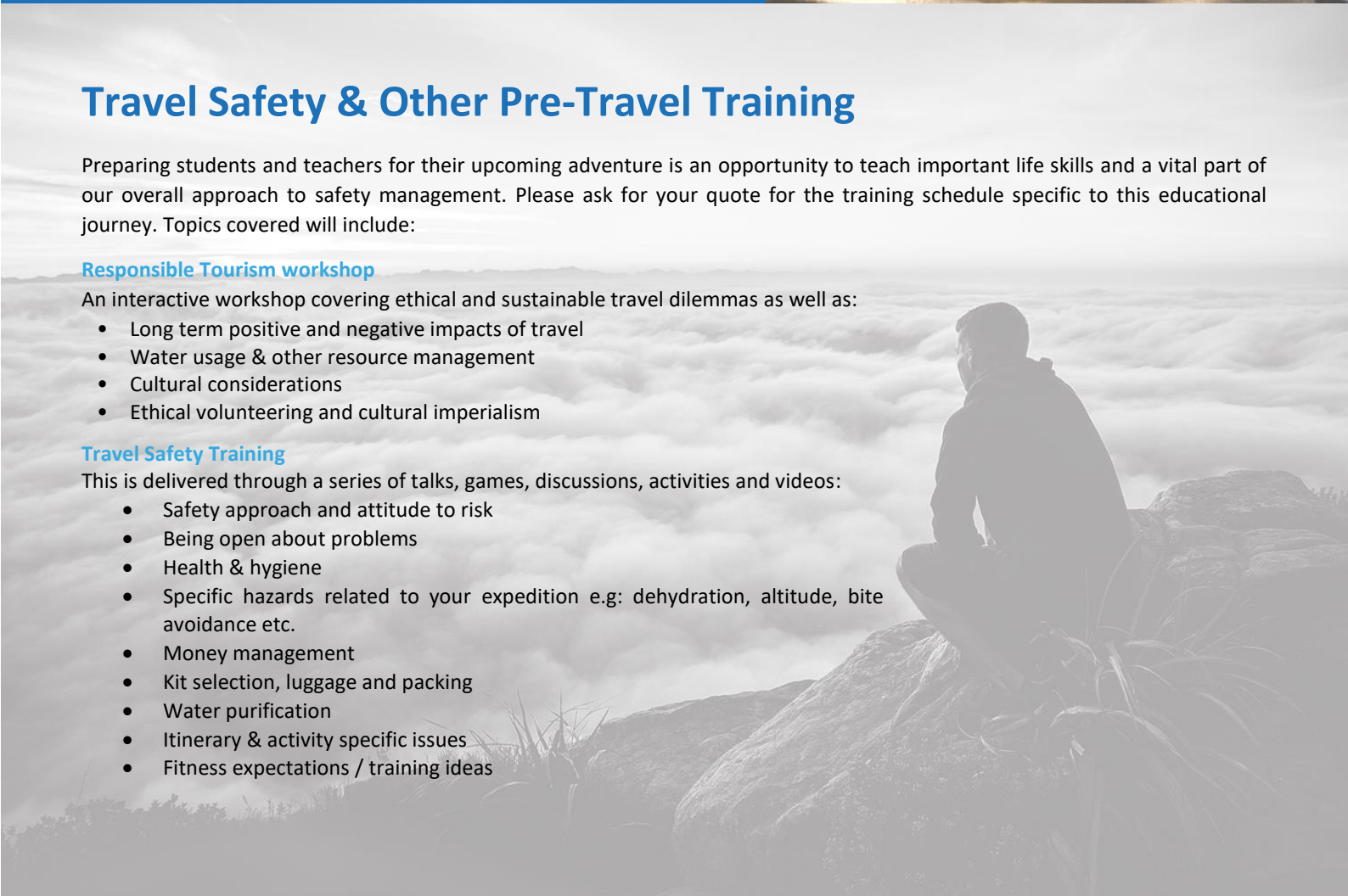
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





A journey of 1,000 miles...

Starts with a single step... Contact us now to start your educational journey

1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your adventure itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your trip approval process. Ask for posters and your Pre-Booking Information Pack too.

3 Arrange a trip launch evening

This is a chance for students and parents to hear more about the planned adventure with comprehensive information covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



Our school trips and educational tours are all about maximising the learning opportunities of travel. It's all here, the humble school tour has just come of age.



Adventures, holidays and cultural journeys for teachers looking to 'Escape the Classroom' and discover more about our amazing world, its people and places.



"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."

Teacher feedback, King's High Warwick

Contact Us:

STC Expeditions, 6b King Street, Exeter, EX1 1BH

t: 01392 660056 | e: schools@thestc.co.uk | w: www.thestc.co.uk

