



Cuba

Cigars and Salsa, Cars and Coffee

9 Days

Discover the rhythm and vibe behind the economy of Cuba. This short trip delves deep into Cuban culture and looks at some of the country's main exports and service sectors - namely cigars and tourism. Along the way, we'll get to hear from Cuban Economics professors, cigar sellers and tourism professionals. We visit co-operatives, micro-businesses and tobacco growers, as well as getting out into nature with walks, zip-lines and snorkelling in Cuba's fabulous natural environment. Don't forget to pack your dancing shoes as it would be rude to visit Cuba and not undertake some salsa. Don't worry, though, lessons are included!



[Learn more about our Carbon Labels](#)

Your Recommended Educational Journey

Day 1	Fly to Havana, Cuba Cuba offers a unique and very friendly cultural experience. We are met on arrival by our local STC Expedition Leader and transferred to the hotel in Havana where we have a group meeting with the Tour Leader. Dinner, a fantastic local meal, is at the guesthouse where we overnight. Havana is a City so full of life. Whilst being bathed in magnificent sunshine most of the time it also has other areas of brightness including the genuine warmth of locals and pulsating music everywhere. It is a bustling metropolis that manages to be wonderfully laid back. We will have an exciting adventure just by taking a stroll in the City.	LD
Day 2	Havana, Cigar tour and old city highlights Christopher Columbus once described Cuba as 'the most beautiful land on earth'. Over the next few days, we are determined to bring this description to life. Today, we will have a tour of Old Havana to soak up the beating heart of the city. It is a vibrant neighbourhood, full of Cubans going about their daily lives. Later on in the afternoon, we head to Fabrica de Artes, a local art and community space based in an old bicycle factory. We will have time to explore before heading for dinner alongside the river.	BLD
Day 3	Havana. Economics lecture, Art museum and Cuban co-operatives. This morning we have a lecture from an Economics Teacher at Havana University, followed by a visit to the beautiful Art Museum. It's a great chance to absorb more of the soulful culture of this truly amazing city. Later in the afternoon, we will visit to a Cuban Cooperative where will learn from our local co-op member about how local traders work together to produce available market stock. We will enjoy an early dinner before heading to the other side of the bay, for great views of the city, and to visit the statue of Christ and the El Morro Fortress. We will experience the nightly canon blast ritual, which traditionally warned the people to retreat behind the castle walls.	BLD
Day 4	Havana to Vinales via Las Terrazas This morning we have a guided tour of the Cigar Factory, including a talk from one of the cigar consultants about the industry. Atmospheric Cuba offers a fascinating blend of notorious political history and dilapidated colonial grandeur. Departing from Havana, we pass by a fascinating local 'Art Street' in Jaimanitas to see the works of the artist Jose Fuster, before heading out into the Cuban countryside on our way to Vinales. En route, we will stop at Las Terrazas to visit the famous community project. We take a short trek to visit the river nearby in Baños de San Juan for a tasty lunch before heading on to Vinales. On arrival in Vinales, we will have an orientation tour to learn about this small rural town and its unique geography. Tonight, we will put on our dancing shoes and have a salsa lesson (think Strictly Come Dancing).	BLD
Day 5	Vinales walks, Tobacco farm visit, Zip Line This morning, we have a walking tour of the Vinales Valley, a visit to a tobacco farm and an organic farm, where we have the opportunity to have some hands-on experience in the fields and learn about tobacco harvesting. Then, for those that are feeling adventurous, there is a fantastic zip-line across beautiful landscapes that gives an aerial view of some of Cuba's most stunning landscapes. After working up an appetite, we will have lunch at the farm, where all the food and meats served are produced on site.	BLD



Day 6**Travel to Bay of Pigs, Manjuari Research Centre, Korimacao Community Project**

BLD

Today we will travel from Vinales to the famous Bay of Pigs. We will gain insight into the fascinating history of the region on our drive, before making a stop at the Manjuari Research Centre. Here, we will have the unique opportunity to witness indigenous prehistoric fish that have remained largely unchanged for 180 million years but are now suffering from a decline in population. We will visit the Korimacao Community Project; a unique arts project that has been running for over 30 years, offering training, work and support for young people from disadvantaged backgrounds. The students specialize in dance, music, drama and art, and we will be given the opportunity to join them in a workshop. Afterwards, we will visit Bernabet, a local man with a love of birds who has created a small haven for wildlife, where we will hopefully get the chance to get a glimpse at the world's smallest bee species, the Bee Hummingbird. After our rewarding day we will head to our guesthouse in beautiful Playa Larga, where we will stay for the next three 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.

Day 8**Playa Larga to Havana & home!**

BLD

Today we head from Playa Larga back towards Havana & the airport. Depending on flight schedules, there may be a last opportunity for some souvenir buying en-route.

Day 9**Arrive in UK**

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We will return to the UK on day 9 refreshed, exhilarated and ready to tell our stories from this amazing educational trip.



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

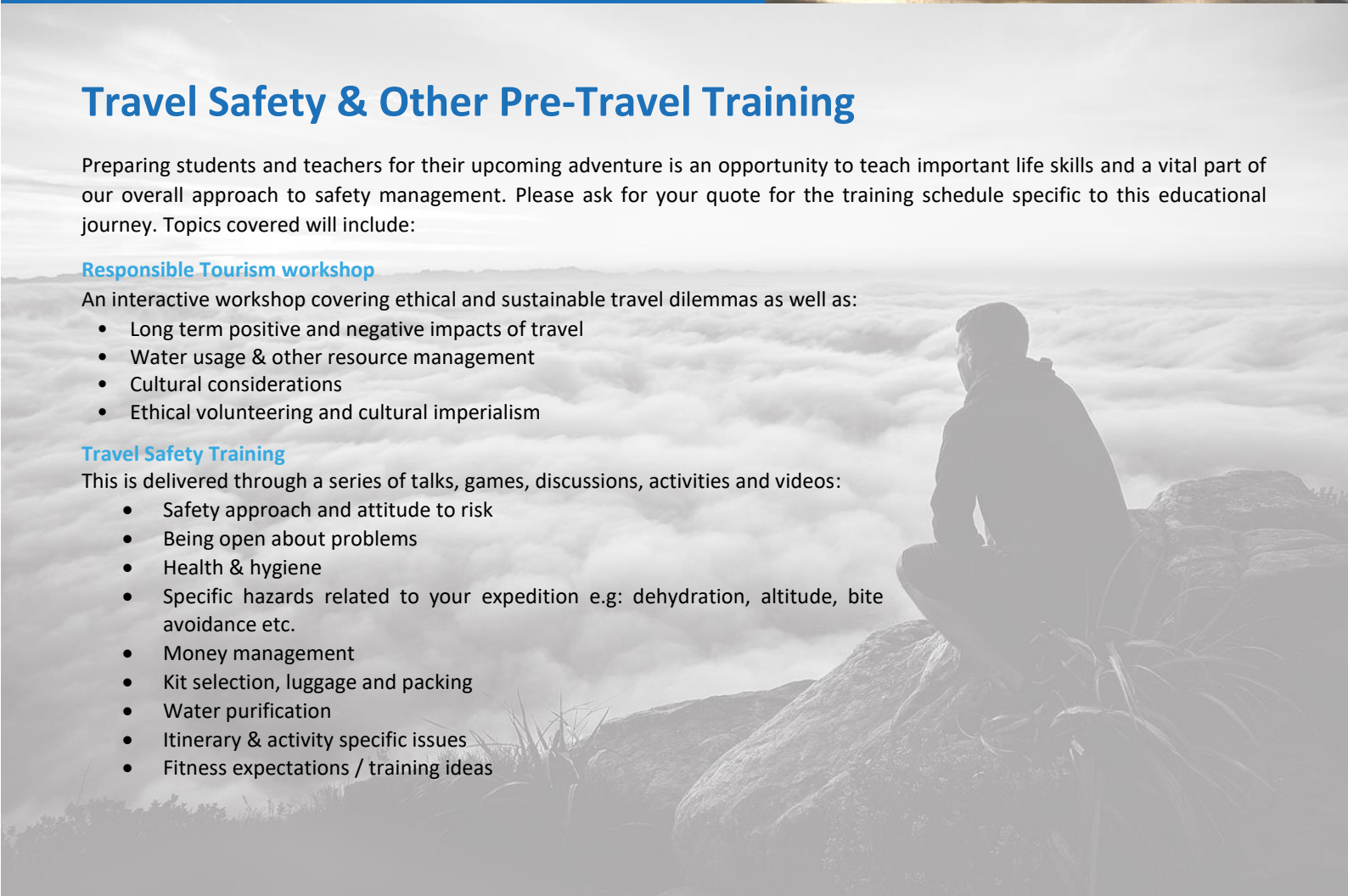
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- 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

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