

JOIN NAAAS & AFFILIATES FOR

# DANCE CUBA! A CULTURAL & HERITAGE EVENT

We will have classes and dance  
styles for everyone!



HAVANA, CUBA

July 9-16, 2022



**National Association of African American Studies  
National Association of Hispanic and Latino Studies  
National Association of Native American Studies  
International Association of Asian Studies**

**Dance Cuba! Culture and Heritage Program**

**Travel Information**

This travel information will assist all participants in addressing necessary arrangements and requirements for the July 10-17, 2022 Dance Cuba! Culture and Heritage Program.

**Contact Persons:**

Lemuel Berry, Jr.  
(T) 207-856-2500  
(F) 207-856-2800  
(E) [naaasconference@earthlink.net](mailto:naaasconference@earthlink.net)

**Registration with NAAAS & Affiliates**

All participants are required to register for this program. A registration form is provided with this information document.

**Smart Traveler Enrollment Program**

All participants are encouraged to enroll in the Smart Program (<https://step.state.gov/step/>) operated by the U.S. State Department. The government does not charge a fee for enrollment.

**Travel Documents (Required)**

- U.S. Passport
  - Cuba Visa
  - Cuba Tourist Visa
  - Daily Itinerary
- ★ Passport application and filing can be completed through area post office.
  - ★ Cuban Visa application can be acquired on-line or filing with the Cuban Embassy in Washington, DC. Applications are not accepted any earlier than ninety days prior to scheduled departure. NAAAS & Affiliates will assist with addressing this requirement.

- ★ Cuban Tourist Visas can be acquired from the airline carrier selected. The average fee for the tourist visa is \$50.00. There are two types of tourist visas issued by Cuba. U.S. Citizens must select the pink tourist visa.

### **Entry Requirements**

The Department of Treasury's Office of Foreign Assets Control (OFAC) has issued general licenses for 12 categories of travel. Individuals who meet the regulatory conditions of the general license they seek to travel under do not need to apply for an additional license from OFAC to travel to Cuba. The 12 categories of authorized travel to Cuba are: family visits, official business of the U.S. Government, foreign governments, and certain intergovernmental organizations; journalistic activity; professional research and professional meetings; educational activities; religious activities; public performances, clinics, workshops, athletic and other competitions, and exhibitions; support for the Cuban people, humanitarian projects, activities of private foundations, research or educational institutes, exportation, importation, or transmission of information or informational materials and certain authorized export transactions.

For details on Cuba sanctions regulations, including fact sheets on recent changes and information about applying for an OFAC license, please visit this Department of Treasury webpage on Cuba sanctions. The Department of State also provides information on Cuba sanctions and travel restrictions on its webpage.

In accordance with the National Security Presidential Memorandum on Strengthening the Policy of the United States Toward Cuba of June 2017. The State Department also published a list of entities and sub entities that are under the control of, or act for on behalf of, the Cuban military, intelligence, or security services or personnel and with which direct financial transactions would disproportionately benefit the Cuban military, intelligence, or security services or personnel at the expense of the Cuban people or private enterprise in Cuba. The State Department's List of Restricted Entities and Sub entities associated with Cuba ("Cuba Restricted List"). Persons subject to U.S. jurisdiction will now be prohibited from engaging in certain direct financial transactions with entities and sub entities identified by the State Department on the Cuba Restricted List. Certain transactions will be excluded from this prohibition pursuant to exceptions detailed in the NSPM.

### **Visas**

Please note that neither the U.S. Embassy in Havana nor the U.S. Department of State in Washington, DC. process Cuban visa applications. To apply for a Cuban visa or for any questions regarding Cuban consular services, please contact the Cuban Embassy in Washington, DC:

Embassy of the Republic of Cuba  
2630 16<sup>th</sup> Street, NW  
Washington, D.C. 20009  
Website: <http://misiones.minrex.gob.cu/en/usa>  
Phone: (202) 797-8518 – Ext. 600

## **ENTRANCE CATEGORY for DANCE CUBA! CULTURE and Heritage Program!!!!**

### **Support the Cuban People**

Most people qualify for the Support of the Cuban People General license category because the exact terms of the Support for the Cuban People category are pretty vague. That's great news for travelers! The non-specific regulations means that many travel activities qualify so long as you engage with locals. According to this license, you are required to participate in activities that will strengthen Cuban society. Such activities include:

- Visiting museums and historical sites
- Volunteering with local organizations
- Eating in locally owned restaurants
- Learning to cook Cuban food
- Taking dance lessons
- Touring a tobacco farm and learning how to roll cigars

### **There are 11 Categories of legal travel under the Cuba General License:**

- Family visits
- Official business for the US Government, foreign government and certain intergovernmental organizations
- Journalism
- Professional research
- Religious activities
- Public performances
- Support for the Cuban people
- Humanitarian projects
- Activities of private foundations or research or educational institutes
- Exportation, importation or transmission of information or informational materials
- Certain export transactions

### **Airlines that Service Havana, Cuba:**

#### **American Airlines**

Miami to Havana	4 x daily
Charlotte to Havana	1 x daily

#### **United Airlines**

Newark to Havana	1 x daily
Houston to Havana	1 x weekly

#### **Delta Airlines**

Atlanta to Havana	1 x daily
NYC-JFK to Havana	1 x daily
Miami to Havana	1 x daily

## **Southwest Airlines**

Fort Lauderdale to Havana 2 x daily

Tampa to Havana 1 x daily

## **The following Airlines offer flights to Cuba from other countries.**

Aeroflot, Aero Mexico, Air France, Air New Zealand, Avianca, Cayman Airways, COPA Airlines, Inter Caribbean, KLM, TACA/LASCA, Swiss and Virgin Atlantic.

Kayak ([www.kayak.com](http://www.kayak.com)) offers flight deals to Cuba.

Participants interested in traveling as a group should contact the NAAAS travel agent.

Around the World Travel

Attn. Patricia

(T) 207-222-2419

(E) [Tricia@aroundtheworldtravel.com](mailto:Tricia@aroundtheworldtravel.com)

## **Health Insurance**

Internationals are required to provide proof of traveler's health insurance. The local travel agent should be able to provide insurance options.

## **Imports**

Travelers returning to the U.S. are banned from importing Cuban alcohol and tobacco products. This policy also includes acquisition from third party countries such as the U.K., France and Canada.

## **Recommended Insurance Company**

RoamRight Travel Insurance (<https://www.roamright.com/>)

## **Cuban Currency Guide**

There are two Cuban currencies: The Cuban peso National (CUP) and the Cuban Convertible Peso (CUC).

- The Cuban Peso National (CUP) is the national Cuban currency, used primarily by locals in Cuba.
- The exchange rate fluctuates, but is typically about 25CUP per \$1USD. It is helpful to exchange a little bit of your money into CUP.
- As a traveler, you might use this type of Cuban currency for street food, flea markets, neighborhood restaurants, ice cream stands, or giving tips.
- Bills are printed in 1, 3, 5, 10, 20, 50, and 100- peso denominations. Coins are minted in 1, 5, and 20-centavo (cent), as well as 1- and 3-peso denominations.
- The Cuban Convertible Peso (CUC) is the currency used in the tourism industry and the currency travelers will need most.
- Exchange most or all your cash into CUC.
- The exchange rate for CUC is pinned to the US Dollar, which means 1CUC equals 1USD.

- Most restaurants, bars, museums, taxis, stores (including local department stores), souvenir markets, lodging, and tourist transportation accept CUC's.
- Most travelers only exchange money into CUC. Everyone accepts CUC, but the change will be in CUPs
- Bills are printed in 1, 3, 5, 10, 20, 50, and 100-CUC denominations. Coins are minted in 1, 5, 10, 25, and 50-centavo (cent) as well as 1 CUC denominations.

### **Where to Exchange**

To get the best exchange rate and avoid getting ripped off, be careful where you exchange money in Cuba. Cuban travel experts recommend that you only exchange money at the following places:

- Airports: Lines at the Havana airport are often quite long, so plan accordingly.
- Cadeecas or exchange houses in the city: Ask your casa particular owner or hotel front desk for the closest option.
- BFI and Banco Metropolitano banks: most other banks only deal with CUP, so you wouldn't be able to get CUC outside those banks.
- Major hotels like the Hotel Nacional or Hotel Saratoga.

### **Good Things to Know about Currency Exchange**

- All currencies have a 3% exchange fee. US Dollars have an additional 10% tax upon exchange. That means \$100USD will get you 87CUC in return because of the 10% tax and 3%fee.
- Always count the amount of Cuban currency you receive. It's common for tellers to intentionally miscount. Make sure the currency into CUC first, the exchange some of that into CUP.
- If you acquire CUP and have some leftover upon departure, you cannot exchange it back to US dollars or CUC.

### **Credit Cards**

- No credit cards associated with an American bank can be used while in Cuba.
- The one exception: MasterCard credit cards issued by Stonegate Bank in Florida. Cards with Stonegate Bank can be used if you have expressed your intent to travel to Cuba and signed their compliance form. Then, those cards may be used at stores, hotels, and restaurants (not at ATM)
- If you plan to get around this rule by bringing a credit card issued by a European bank, keep in mind that some European banks have American parent holding companies so these cards won't work in Cuba either. Contact your bank beforehand to ask if your card will work in Cuba.
- For those traveling with all other (non-US) credit cards, most hotels and high-end restaurants will accept credit cards. Otherwise, all other transactions will be in cash.

## **Debit and ATM Cards**

- ATMs will not accept American debit cards. The same goes for all MasterCard debit cards, regardless of country of origin. Visa debit cards associated with a non-US bank are accepted at ATMs.
- You can use non-US debit cards to exchange money at Cadecas, plus all BFI and Banco Metropolitano branches. You will be charged a 3% processing fee whenever you take out money with a debit card or exchange cash directly.

## **Traveler's Checks**

- Traveler's checks do work in Cuba. The most reliable ones are from Thomas Cook and Visa, as long as they are associated with non-US banks. You can use them at most banks, CADECA offices, hotels, and tourist-related businesses. These places charge commissions of around 3% (4% on weekends) for cashing traveler's checks.
- All that said, traveler's checks can be very inconvenient. If you're careful with where you keep your cash, there's no need to bother with them.

## **A Safe Event for you and Everyone**

NAAAS anticipates country-level operating standards and conditions being imposed on us by the relevant authorities. The travel update from the appropriate office(s) will be provided ninety (90) days prior to departure.

NAAAS is counting on you to make Dance Cuba! Cultural and Heritage event safer for everyone. In this regard, we inform you of some basic steps all participants should follow:

- If you have any viral symptoms such as cough, fever, or sore throat, please stay home and contact the family physician.
- A negative COVID-19 test will not be required for entry by visitors. However, NAAAS would recommend acquiring health insurance with COVID coverage.
- During your trip, follow the hygiene measures and protocols.
- Keep healthy distance from all other participants.
- Use digital business cards to share your data.

# Dance Cuba! Culture and Heritage Program

July 9-16, 2022

## **Saturday, July 9, 2022**

Participants depart U.S. to Havana, Cuba  
Arrival and welcome at airport  
Welcome dinner: 7:00 pm

## **Sunday, July 10, 2022**

8:00 am- Breakfast  
9:30 am-Tour of Old Havana (Catedral de San Cristobal and Castillo de la Real Fuerza).  
Noon- Lunch at traditional Cuban restaurant  
2:00 pm- Public square of Plaza Vieja and shopping  
5:00 pm- Return to the hotel  
6:30 pm- Casas de la Musica

## **Monday, July 11, 2022**

8:00 am- Breakfast  
9:00 am- Lecture: "Afro-Cuban Roots in the Island, Influences on the Cultural and Social Life"  
Noon- Lunch at traditional Cuban restaurant  
2:00 pm- Museum of Guanabacoa  
4:00 pm- Paseo del Prado  
5:30 pm- Return to hotel  
6:30 pm- Dinner and dance (TBD)

## **Tuesday, July 12, 2022**

8:00 am- Breakfast  
9:00 am- (2 hours) Afro-Cuban Dance- Rumba  
Noon- Lunch at traditional Cuban restaurant  
2:00 pm- Visit to art and communitarian project  
4:00 pm- Workshop: Cuban Popular Percussion and Afro-Cuban Percussion  
6:00 pm- Depart  
6:30 pm- Rhumba Palace (Dance and dinner)

## **Wednesday, July 13, 2022**

8:00 am- Breakfast  
9:00 am- (2 hours) Afro-Cuban dance- Salsa  
Noon- Lunch at traditional Cuban restaurant  
2:00 pm- Partugas Cigar Factory  
3:30 pm- AL Macenes San Jose Artisan's Market  
6:30 pm- Turquino Cabaret

## **Thursday, July 14, 2022**

8:00 am- Breakfast  
9:00 am- (2 hours) Cuban Dance Class- Orisha  
Noon- Lunch at traditional Cuban restaurant  
2:00 pm- Tour Universidad de la Habana  
4:00 pm- Return to hotel  
6:30 pm- Tropicana Cabaret

## **Friday, July 15, 2022**

8:00 am- Breakfast  
9:00 am- (2 hours) Cuban dance class- Mambo  
Noon- Lunch at traditional Cuban restaurant  
2:00 pm- Dance off:  
Local dance studio students and teachers join U.S. delegation to experience group dance of rumba, mumbo, salsa and orisha.  
4:00 pm- Free time

## **Saturday, July 16, 2022**

U.S. Delegation departs



**Dance Cuba!**  
**Cultural and Heritage Program Registration**

Name: \_\_\_\_\_

Postal Mailing address:

Street: \_\_\_\_\_ apt: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Fax: \_\_\_\_\_ . Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Telephone: \_\_\_\_\_ . Email: \_\_\_\_\_

2<sup>nd</sup> Person/ Room Sharing

Name: \_\_\_\_\_ E-mail \_\_\_\_\_

3<sup>rd</sup> Person/Room sharing

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

4<sup>th</sup> Person/ Room sharing

Name: \_\_\_\_\_ E-mail: \_\_\_\_\_

## Fee and Services

\$1,725 pp	Single occupancy
\$1,675 pp	Double occupancy
\$1,635 pp	Triple occupancy
\$1,635 pp	Quadruple occupancy

### Travel Fee Includes:

- ★ 8 days/7 nights hotel accommodations
- ★ Daily breakfast
- ★ Local transportation
- ★ Daily tours
- ★ Four (4) dance classes
- ★ Two (2) receptions
- ★ Travel packet

Note: The fee **DOES NOT** include airfare

### Payment Schedule

<u>Due Date</u>	<u>Single Occupancy</u>	<u>Double Occupancy</u>	<u>Triple or Quadruple Occupancy</u>
Non-refundable Deposit	\$100	\$100	\$100
November 30, 2021	\$300	\$300	\$300
February 28, 2022	\$500	\$500	\$500
April 23, 2022	\$500	\$500	\$500
May 28, 2022	\$325	\$275	\$235
	\$1,725	\$1,675	\$1,635

Payments may be made online [here](#) or by using the payment form below.

**Payment Method:**

- Check - \$ \_\_\_\_\_
- Money Order - \$ \_\_\_\_\_
- Credit Card - \$ \_\_\_\_\_

# \_\_\_\_\_  
MasterCard, Visa, Discover, American Express

Expiration Date \_\_\_\_\_

CVV Code \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I agree to pay the above amount according to card issuer's agreement. Please make all methods of payment payable to NAAAS & Affiliates.

**Refund Policy**

- March 30, 2022- 75%
- April 30, 2022 – 50%
- May 30, 2022 – 25%
- June 30, 2022 – 0%

**Force Majeure:** The performance of this contract by either party is subject to Acts of God, war, government regulation, disaster, fire, strikes, civil disorder, acts or threats of terrorism, epidemic including outbreak of infectious diseases of illness in the host city, country, governmental travel advisories, limited group gathering restrictions, curtailment of transportation facilities preventing or unreasonably delaying attendees/guests from attending, or any other similar cause beyond the reasonable control of the parties making it inadvisable, illegal, or impossible to hold the event. The contract may be terminated without penalty for any one or more of such reasons by written notice from one party to the other as soon as the terminating event becomes known to the terminating party. In such a situation, the participant will receive all but the amount of \$100.00 from funds placed on account for the event.

Return all registration forms to:

Lemuel Berry, Jr., Ph.D.  
NAAAS & Affiliates  
PO Box 545  
Westbrook, ME 04098-0545  
naaasconference@earthlink.net  
Tel: 207-856-2500  
Fax: 207-856-2800