



MetaMovements Cultural Connections Travel Programs Building Friendships Across Borders

Experience the Music and Culture in Cuba

*** Cultural immersion * Historical Perspective * Authentic Exchange ***

Your Program

This tour is the **most popular program** for the artist, the traveler, and cultural enthusiast alike -- designed as a special blend of people-to-people exchanges and workshops allowing each participant to explore Cuban arts and culture from every angle. It includes amazing opportunities for dance, music, and photography workshops tailored to your level and experience as well as exciting exchanges with artists and entrepreneurs throughout the island.



*** Art * Music * Dance ***

Who you're traveling with: MetaMovements Cultural Connections



MetaMovements is a leading Latin Dance Company and entrepreneurial Artist Collective dedicated to using the arts as a tool for positive transformation. In addition to teaching, performing, and leading community arts projects, we also host cultural tours that bring people together for unique, uplifting experiences in Cuba, the U.S., and other locations. Our director has deep personal ties to Cuba, and for over 20 years has consulted on authentic exchanges and cultural programs between Cuban & U.S. citizens, as

well as travelers from all over the world. Our diverse team of consultants and artists bring a wide range of expertise to provide the best custom tour experience for all of our travelers.



MetaMovements Cultural Connections Travel Programs Building Friendships Across Borders

Experience all that Havana has to Offer!

Length of Trip: 6 days, 5 nights

Date Range: July 20th - 25th, 2017



"Cultural exchange is one of the most important things we can do to break down barriers between cultures and foster global solidarity. My trip to Cuba was my first real experience with this kind of interaction. Not only was I able to interact and learn from some of the great performers of the music and dance that I love, I was able to gain a new perspective on life and meet some amazing people."

-- Ken W

Special Features of Your Program:

- Enjoy personalized dance or music workshops from friendly, knowledgeable professionals who will help you feel the Cuban rhythms with the greatest of ease... whatever your level of experience!
- Meet celebrated artists and view their art, in their home studios and at local crafts markets
- Visit important historical locations including Old Havana and other UNESCO World Heritage Sites, as well as urban and rural Cuban living environments
- Open exchange and dialogue with Cubans who share some of the same interests as you ... learn directly from them about their every-day lives, opinions, and goals for the future.
- Experience Cuba's natural beauty as it connects to the Orishas of the Yoruba Pantheon, accompanied by experts in Afro-Cuban traditions...from the ocean and the river, to the forest and the mountain.
- Exchange with professional dancers and artists in styles such as Afro-Cuban, Cuban Contemporary and Cuban Salsa as you take your skill-set to a whole new level!
- Learn about the cultural history of Cuba through the Cuban Panorama: An interactive show revolving around traditional and popular dances!
- Experience an inside look into the world-famous Cuban arts & culture scene, including opportunities to witness breath-taking performances.





MetaMovements Cultural Connections Travel Programs Building Friendships Across Borders

Two Program Options Built to Suit Your Budget

The MetaMovements Touch

As you may have heard -- Cuba does not always operate like the US in many ways, between the embargo & its recent economic depression many industries don't function at the same level of efficiency as you'd find around the world. While some Caribbean islands have been touched by the tourism industry for a very long time and developed processes for high level customer service, the same is not the case in Cuba. This means that while some members of the industry in Havana are highly efficient and motivated to support every traveler they come across, some are resigned to the reality of cancelled events, mistakes in bookings & meals, and the overall daily frustration that can occur in Cuba.

Over the span of the past 10 years we have cultivated close relationships with homeowners, dancers, and coordinators who are motivated to show visitors the best that Havana has to offer and create comfortable space for true and authentic exchanges between Americans and Cubans. For this reason, whether your housing is economical, mid range, or luxury -- the staff will always be there to support you in case any issues occur in your house or during your programming hours.

This July: Two Options for two different budgets!!

CUBA ON A BUDGET

You've asked and we've answered! Alfred of Rhythmology heard you loud and clear that you were ready to enjoy all that MetaMovements has to offer, while not breaking the bank. Fortunately for many years we have been developing an economical option for travel.

Since we have been bringing dancers, students, artists, and the like -- we understood the need to create a more economical trip to the island. We talked to our friends on the island to see if they could help us fine-tune our offerings so that more people than ever could experience this trip.

So how do we make this possible?

We spoke to many members of the industry at length -- and focused all our trip costs on what makes our programs so special: one of a kind activities for dancers & cultural enthusiasts, wonderful friendships with interesting locals, and the authentic Cuban experience! We cut down on expenses by finding modest & comfortable homes with fewer amenities and boiling down all the expenses to only what you need -- so you can choose what you'd like to spend your extra dollars on.

COMFORT CUBA

We know that some folks would rather spend a little extra to afford additional amenities and support. In this offering we'll be setting you up in luxury Cuban Homes -- while there are few spaces in Cuba that can rival the 5 star hotels of NYC... these spaces are gorgeous, comfortable, and run by wonderful hosts. In this option you'll enjoy additional support from our staff, upscale meals, effective climate control in your rooms, and a level of housing that is closer to what you'd experience at a 3-4 star hotel.

Our hosts on the ground had advice for our traveler in this case as well -- while tourism booms in Cuba: the infrastructure has less upkeep than the rest of the world. With more income -- certain amenities and accommodations are newly available! However, there are still socioeconomic realities in Cuba that create circumstances that can seem inconsistent with what we in the US would categorize as "Luxury" -- Enjoy your beautiful, clean bathroom decorated with custom artistic tiling... but make sure not to flush any toilet paper in that toilet!

Have questions?

Talk to your MetaMovements Liaison to learn more!



MetaMovements Cultural Connections Travel Programs

Building Friendships Across Borders

Not sure if this option is right for you?

Our hosts on the ground asked that we caution any person choosing the economic option that flexibility and an open mind is key when it comes to travelling cheaply to Cuba. Keep in mind that Cuba has recently exited an economic depression -- and while it's economy is rapidly growing, not every home has caught up to this boom. Think youth hostels in Europe or roadside motels in the US -- you'll have a place to rest your head and take a shower, but no mints on your pillows at night!

Have questions?
Talk to your MetaMovements Liaison to learn more!

What's Included in Both Programs

- Welcome reception and pre-tour program briefing
- Daily Breakfast
- Airport Transfers*
- Accommodations at a Casa Particular matching your program choice
- Exciting tours and educational people-to-people exchanges, hand-picked by our experienced staff with your interests in mind (as presented in personal interest surveys)
- Knowledgeable, friendly MetaMovements Tour Leader
- Expert Cuban Guide and Host
- Translation for non-Spanish speaking travelers
- MetaMovements letter of certification that your program will meet all current US and Cuban regulations.



(* You must arrive at the designated time to take advantage of the included airport transfer)

Also Included in Cuba on a Budget Program	Also included in Cuba Comfort Program
<ul style="list-style-type: none"> • Accommodations in modest Cuban homes (casa particulares). • Welcome + Farewell Meal & Event • All other meals (except 3 meals) 	<ul style="list-style-type: none"> • Stay with Alfred in Upgraded accommodations in upscale Cuban homes (casa particulares). • Welcome + Farewell Meal & Event • All other meals + 1 national beverage (except 2 meals) • 1 Private Lesson/ Workshop • Your own tailored coaching assessment in your dance style & level • Tailored coaching throughout the week!



MetaMovements Cultural Connections Travel Programs Building Friendships Across Borders

Experience all that Havana has to Offer!

Pricing and Deposit Deadlines

Program Option	Early Bird Rate (Register by June , 2017)	Regular Price (Register by June 25th, 2017)*
Cuba on a Budget	\$1599	\$1899
Cuba Comfort	\$2299	\$2599

Those who register after this date will be subject to a late registration fee (\$200)

* Credit card payments accepted. (3% processing fee)

Additional Options (not included in land package, but available upon request)



- Invigorating out-of-program social gatherings... including night-time events, like a trip to the Buena Vista Social Club!
- Additional drinks, snacks, and meals outside the scheduled meals
- Upgrade to a private room for \$60/day!