



MetaMovements Cultural Connections

Specialty Program: Featuring Ciudad en Movimiento/ International Dance Festival in Urban Landscapes March 29 - April 4, 2017

Who We Are & What We Do:

MetaMovements is an 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. 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.



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Join us for a once-in-a-lifetime opportunity to experience the best of Cuba...

See Cuba as it truly is...from the moment you step onto the ground you'll be swept up in authentic Cuban cultural experiences! Through extensive, daily interaction with business owners, artists, and scholars you will deepen your understanding of this neighboring island has now opened up to us after 50 years of division, as you build meaningful relationships with those that are shaping its' promising future.

*"... Cuba was nothing I expected but more than I ever imagined! What a magical place!"
--Maritza A., Dance Professional*

About the Ciudad en Movimiento/ International Dance Festival in Urban Landscapes....

The premise behind the International Dance Festival is to draw inspiration from the city's architecture, to awaken the imagination, to promote new creative environments and to encourage the exchange of ideas and artistic experiences between the people of different languages and cultures. Hundreds of Cubans and foreign visitors attend, fascinated by this opportunity to translate into movement the sensations and emotions that are awakened by the beauty of the splendid Havana architecture.





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What's Included:

- Lodging- 6 nights lodging in a MetaMovements approved Casa Particular. These are private houses licensed by the government under strict conditions to rent en-suite rooms to foreigners.
- Daily Breakfast
- MetaMovements letter of certification that your program will meet all current US and Cuban regulations.
- Welcome reception and pre-tour briefing
- Knowledgeable, friendly MetaMovements Tour Leader
- On-the-ground support from knowledgeable, friendly MetaMovements Tour Liaison and expert Cuban Guides and Hosts
- 24 hour emergency assistance available during the trip
- Translation for non-Spanish speaking travelers
- Full time daily schedule of activities, approximately 6 to 8 hours of activities (see list below!)

"This experience pushed our understanding exposing us to new ideas we never knew had existed..."
- J.C., entrepreneur

Highlights of Your Program Schedule:

- Exciting tours to the most important historical sites, and to the unique locations that most U.S. travelers have never seen.
- The Cuban Panorama: An interactive presentation on the cultural and political history of Cuba, told through its traditional and popular dances!
- Visit important historical locations including Old Havana and other UNESCO World Heritage Sites, as well as urban and rural Cuban living environments
- Experience Cuba's respected community projects that offer high-quality cultural activities for youth, seniors, or people with special needs
- Witness Cuba's natural beauty first-hand -- enjoy visits to the beach, river, and forest with your cultural hosts!
- Dive into an "intro to Salsa" to help get you started for a night out in Cuba! Whatever the level, you'll be happy to enjoy one of Cuba's most common pastimes... Dance.
- Walk down the streets of your hosts neighborhood to be immersed by the vibrant history and local culture. Engage with them as they tell you what "a day in the life" looks like for them.
- Visit the home, studios and community revitalization project of renowned artist, Jose Fuster in the fishing neighborhood of Jaimanitas.



- Learn from experts and locals regarding issues important to you, ranging from their acclaimed public health and education systems to conversations about race and daily living
- Visit important landmarks such as Plaza de la Revolucion, the Embassy, and the historic Vedado neighborhood.
- Experience an inside look into the world-famous Cuban arts & culture scene, including opportunities to witness breath-taking performances.



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Land Package Cost- \$1999

NOTE: Pricing based on the program as listed. While modifications may become necessary based on availability, timing, unforeseen circumstances, MetaMovements will ensure that any substitutions are of equal quality level & value.

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| Trip Length | 7 days / 6 nights |
| Accommodation | Based on double occupancy in Casa Particular <i>(Single Upgrade available)</i> |
| Meals | Daily Breakfast <i>(Optional Meal plan available)</i> |
| Transportation | Included to in-schedule/programmed activities |
| Programming | Full-time, legal program of 6-8 hours of activities/ day |
| Airport Transfer | Provided for those who arrive according to MetaMovements selected arrival time. |

OPTIONAL ADD-ONS

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

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| Single Room Upgrade | \$200 (7 days/6 nights) <i>This fee is assessed to travelers who 1) request a single upgrade 2) register as a single traveler without a roommate and MetaMovements is not able to match with a roommate</i> |
| Additional Meal Plan | Varies ~ \$10/day for 1 additional meal/day (can be lunch or dinner) |
| Airport Transfer | Varies based on arrival airport & time |
| Flight Arrangements | \$45 <i>MetaMovements will research, select and purchase flight on travelers behalf. Travelers will then be invoiced for flight & fee with land package.</i> |
| Visa Arrangements | Varies (~\$75-\$135) <i>Where available, MetaMovements can arrange visa on travelers behalf. Travelers will then be invoiced for the visa & fee with land package.</i> |
| Optional Programming | Examples of additional programming: <ul style="list-style-type: none"> • <i>Private or semiprivate workshops with friendly, knowledgeable professionals who will help you feel the Cuban rhythms with the greatest of ease... whatever your level of experience!</i> • <i>Invigorating out-of-program social gatherings... including night-time events, like a trip to the Buena Vista Social Club!</i> • <i>Special visits to additional historical sites, for example: a Havana cigar factory, the home of Ernest Hemingway, the Fine Arts Museum... and more!</i> |
| Program Extension | 7 days not enough? Extend your program! <i>Rates start @ \$200/day which includes all items covered in the "What's Included" section.</i> |
| Day Trip Programs | Interested in a day or overnight trip to other cities such as Las Terrazas, Viñales, Matanzas and more? Ask us for more information! |



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Additional Costs to Consider

- **Tips & Gratuities:** Your MetaMovements leader will advise you on how to budget for this.
- **Additional spending money**
- Additional drinks, snacks, and meals outside the scheduled meals
- Any optional items as listed above

Payment Notes & Guidelines

- To register, MetaMovements requires a \$500 non-refundable deposit. A place will not be held on the program without deposit and completed travel application.
- Payment is accepted via bank check/money order, PayPal or Credit Card (3% processing fee added to credit card payments)
- Final registration deadline falls 45 days prior to departure.
- Full payment due 30 days prior to departure.

To Register

- Complete a travel application : [HERE](#) or go to www.voyagetocuba.com/signup
- Place a deposit: For Credit Cards: [HERE](#) or go to <https://squareup.com/store/MetaMovements/item/deposit-apr>