



Experience the African Diaspora in Cuba

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

Your Program: The Afro-Cuban Experience

See Cuba as it truly is...from the moment you step onto the ground, you'll be swept up in authentic Cuban cultural experiences! Deepen your understanding of the traditions, spirituality, community, and arts that came to Cuba through the African diaspora. Through extensive, daily interaction with dancers, musicians, historians and scholars, a culture that has survived centuries... will come alive!



***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.

Important note: *Many folks wonder if they need to be an experienced dancer to enjoy this program... Not to worry - we welcome dancers & non dancers alike!*



MetaMovements Cultural Connections Travel Programs Building Friendships Across Borders

Experience the African Diaspora in Cuba

Length of Trip: 7 days, 6 nights (4 Day Options available)

Date Range: June 25th - July 1st



"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:

- Build historical understanding of the African influence on Cuban culture and life over several centuries
- Engage with academics & historians, specializing in the multiple branches of Afro-Cuban ancestry: Yoruba, Congo, Arara, and Abakua, as well as strong Haitian & Jamaican traditions
- 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!
- Immerse yourself in the dance and music of the island, from the Afro-Cuban roots to the Salsa of today, observing breath-taking performances, and getting behind the scenes to meet the artists.
- 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.
- 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.



MetaMovements Cultural Connections Travel Programs

www.voyagetocuba.com/contactus

culturalconnections@metamovements.net / 1-888-982-META (6382)



Experience the African Diaspora in Cuba

Pricing and Deposit Deadlines

	Early Bird Rate (Register by March 31st, 2017)	Final Price (Register by April 7th, 2017)*
3 Night Option	\$1499	\$1999
6 Night Option	\$2499	\$2999

*Those who register after this date may be subject to a later registration fee.

What's Included

- 6 nights lodging at a boutique, ocean-side hotel in the Miramar neighborhood of Havana
- Welcome reception and pre-tour program briefing
- 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.
- Luxury motorcoach and personal driver for all transportation, including airport transfers
- All meals, except for 3 “paladar” dining experiences (to explore the cuisine in Cuba’s blossoming private dining industry.



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 only \$400!