

## Spring 2026 Travel Course

Cuba remains one of the world's most intriguing destinations—vibrant, complex, and seemingly frozen in time. This spring, enhance your learning in Intercultural Communication through a one-week educational journey that



explores the heart of Havana and the countryside of Western Cuba. You'll engage directly with Cuban culture, history, and people, while practicing real-world communication skills in an immersive setting. The program highlights the profound influence of the African diaspora on contemporary Cuban society, offering powerful insight into identity and tradition. Don't miss your chance to be part of a transformative academic travel experience—one that goes beyond the classroom and into the soul of Cuba.

### Course Information – COMM 1131 Intercultural Communication

Spring 2026 • 3 credits • Meets MnTC Transfer Goals 7a and 8

This course will be in-person with Zoom option by instructor permission.

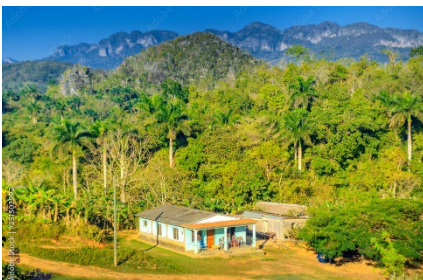
Required pre- and post-class meetings will be held from 5-8 PM on Thursdays 1/22, 2/5, 2/19, 3/5, 3/26 & 4/9.



Participants may choose one of two grading methods:

*Credit* – attend all course meetings, coursework, and complete Predeparture Forms/Safety Orientation.

*Non-credit/Audit* – attend two course meetings (1/22, 2/19) and complete Predeparture Forms/Safety Orientation.



### Course Enrollment Requirements: All participants must:

- Be 18 years old by March 7, 2026
- Have United States Passport valid through October 2026 (or have applied for one by December 15, 2025)
- Enroll in the 3-credit Spring 2026 course above. Course registration is with permission by the instructor. Instructions will be sent in late Fall 2025.

**Financial Assistance:** Scholarships for travel are available. Financial Aid may be used to assist with tuition and travel fees. Note: Scholarships and financial aid cannot be utilized unless course is taken for credit.

**Tour Information** – See next page!

**Contact your instructor below for any questions.**

**Aimee DuBois – Communication**

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# Tour Information

## Estimated Budget

- \$2090** Educational Tour Fee\* paid to Learn from Travel  
**\$1100** Estimated roundtrip airfare\*\* paid to Learn from Travel  
**\$556** Tuition – 3 credits (for all participants) paid to Normandale  
**\$250** Approximate Course Fees includes additional fees to cover travel insurance and Cuba visa (more info coming) paid to Normandale with tuition  
**\$3996** Total estimated budget for this course with the travel

\* Tour fee based on minimum of 20 participants. If tour does not reach minimum participants, final tour fee will be adjusted. May be paid via bank ACH transfer for no fees. Payments made via credit card incur additional fee. (3% Visa/Mastercard, 4%AMEX).  
\*\* Airfare estimate only – based on current rate. Final airfare rate will be known in late Fall 2026 semester and will be added to students' Learn From Travel tour fee invoice.

## What's included in the estimated budget?

- 3 course credits COMM 1131 Intercultural Communication
- Round-trip air transportation
- Ground transportation
- All activities and entrance fees as described in itinerary
- Two faculty leaders
- 24-hour LFT Tour Guide and emergency support
- Local Cuban guides
- Most meals, as noted in full detailed itinerary
- Accommodations in private guesthouses- double/triple occupancy
- Travel insurance covering on trip medical/dental, emergency evacuation
- Cuba tourist visa fee (Normandale will purchase this for you)

## Tour Highlights – Full itinerary available at [www.normandale.edu/travel](http://www.normandale.edu/travel)

- Day 1: Fly to Havana; Convertible tour; Cannon ceremony; Welcome dinner
- Day 2: Beach cleanup project and fun; Tour Old Havana
- Day 3: Visit Afro-Cuban neighborhood; Learn about Afro-Cuban religion, dancing, and music; Salsa dancing lesson; Community service project; Afro-Cuban art gallery
- Day 4: Afro-Cuban food and cooking workshop; Community Meal service project; Dinner and conversation with Cuban college students
- Day 5: Head to the tranquility of Western Cuba; Las Terrazas Eco Village for informative short hike & tour of historic coffee plantation; Take a dip in crystal clear waters of natural swimming pools with waterfalls; Arrive in Viñales
- Day 6: Viñales Valley National Park; Tour an organic tobacco farm by horse drawn carriage, see how cigars are rolled by hand; Hike to caves to enjoy the buena vista; Visit an organic farm to learn about honey, coffee, and rum production in the area. Enjoy free time to shop or relax in town or learn how to play traditional Cuban games; Dinner at an organic farm to table restaurant by sunset.
- Day 7: Back to Havana to enjoy lunch and free time in Old Havana city center; Farewell dinner with live music; Enjoy the evening at La Fábrica de Arte Cubano.
- Day 8: Prepare for departure, but first, a guided walking tour of the Vedado neighborhood and the along the malecon. Say 'hasta la próxima' to your Cuban family and friends.

## Enrollment Steps

### Step 1 Cuba Interest Form



<https://tinyurl.com/Cuba2026>

### Step 2 Enroll on Tour

An e-mail will be sent with instructions for how to register for the tour with Learn From Travel.

### Step 3 Pay the Deposit

Learn From Travel will email an invoice to pay a non-refundable deposit of \$300.00. This will secure your place on the tour and in the class.

### Step 4 Financial Aid/Scholarships

If you plan to use financial aid, make an appointment with the financial aid office. Take this document with you so the officer knows how to adjust your educational expenses budget for spring 2026.

Apply for an Academic Travel Scholarship!  
[www.normandale.edu/travel](http://www.normandale.edu/travel)

### Step 5 Stay in touch

Watch for emails from Learn from Travel with payment reminders and from your instructor with updates, information, and how to enroll in the course. Reach out with questions.

## Passport Requirement:

A U.S. Passport is required. If you don't have one good through the end of 2026, you need to apply IMMEDIATELY. Processing times can take months once your application is sent. If you need help, contact your campus instructor. Get instructions at <https://travel.state.gov/content/travel/en/passports/how-apply.html>

## Payments & Cancellations

\$300 non-refundable deposit due upon registration ♦ Additional \$500 due by Dec 7th ♦ Remaining balance due by Jan 6<sup>th</sup> 2026 OR make a payment plan with tour provider (if utilizing financial aid, applying for scholarship, or just need a little extra time)

Cancellation 61-90 days to departure, forfeiture of \$500 deposit and any non-refundable payments made by LFT for your program ♦ 31-60 days or less to departure forfeiture of 50% of program fee ♦ 30 days or less to departure 0 % refund

Recommend optional travel insurance with cancellation coverage can be purchased on your own within 10 days of tour registration.

## Alternate Location Plan

If travel to Cuba becomes restricted due to a change in US Government policy, Learn From Travel will develop a program on a similar topic in Panama for the same Program Fee or less. The itinerary for a program in Panama will be focused on Afro-Panamanian cultural heritage. If you have questions, please contact the instructor.