



## Intercultural Communication in Cuba

March 7-14, 2026

### Detailed Program Itinerary

*Normandale Community College*



### About Learn from Travel

Learn from Travel is a social enterprise. Our mission is to provide life-changing global learning experiences to students while making a positive economic impact on the host community. We specialize in custom faculty-led programs. We arrange engaging discussions with community leaders, artists, directors of nonprofit organizations, and other local experts from whom your students will gain invaluable insight. Our programs are often community-based and are always as culturally-immersive as possible. We offset our carbon footprint and aim to make minimal environmental impact. Thank you for considering Learn from Travel as your study abroad partner.

Learn from Travel | [www.learnfromtravel.com](http://www.learnfromtravel.com) | 305-981-6144 | [info@learnfromtravel.com](mailto:info@learnfromtravel.com)

Registered Florida Seller of Travel Ref. No. ST41117

## Detailed Program Itinerary

### Day 1 Sat      Mar-7      Meals Included: (Lunch, Dinner)

- Arrival to Havana
  - Lunch brought to airport
- Check into homestay
  - Homestays in Cuba are similar to a bed and breakfast experience in the United States. The hosts will not eat with the visitors but are more than happy to chat on most any topic.
- 3pm Welcome and orientation with snacks on safety and logistics
- 4pm Free time to settle in
- 6pm Ride through Havana on classic convertible cars through some of the most emblematic neighborhoods.
- 7pm Group dinner near the San Carlos fortress
- 8:30pm Enter the fortress for the Nine O'Clock Cannon
  - Students will be involved in this historical and traditional event that takes place every evening in the fortress of San Carlos de la Cabaña which was constructed in the 18th century and was used as a military complex to protect the city from potential invasions.

### Lodging location: Havana





*San Carlos de la Cabaña Fortress*

**Day 2 Sun      Mar-8      Meals included: (Breakfast, Lunch, Dinner)**

- Breakfast at lodging with time for reflection
- 8:00 am Early ride to Playas del Este for the day at the local beach with snacks
- 11:30 am Return to House
- 2:00 Lunch at El Cafe
- 3:30pm-5:30 pm Walking Tour Old Havana
- Students will go on a walking tour of Old Havana and its wonderful historic sites and public squares. The tour will include Afro-Cuban history aspects
- 7:30 pm Dinner at Casa Mía

**Lodging location: Havana**



Day 3 Mon      Mar-9      Meals included: (Breakfast, Lunch, Dinner)

- Breakfast at lodging with time for reflection
- 9:30am - Visit to Proyecto Akokan
  - Interactive Afro-Cuban cooking workshop during which students will learn about culturally-important ingredients and dishes, while learning to prepare them
  - Community meal - the product of the cooking workshop will be shared with some members of the Los Positos community, creating an opportunity for additional interaction and informal conversation
- Transport back to lodging
- 7:30pm - Dinner at lodging
- Meeting and conversation with Cuban peers in an a relaxed setting at the group lodging

Lodging location: Havana



*Painting project at Akokan in 2024*

Learn from Travel | [www.learnfromtravel.com](http://www.learnfromtravel.com) | 305-981-6144 | [info@learnfromtravel.com](mailto:info@learnfromtravel.com)

Registered Florida Seller of Travel Ref. No. ST41117



*Cleansing by the babalawo in Guanabacoa*

**Day 4 Tue**      **Mar-10**      **Meals included: (Breakfast, Lunch, Dinner)**

- Breakfast at lodging with time for reflection
- 10:00 am - Visit Centro de las Raíces, a cultural center operated by Beyond Roots, a unique, woman-owned social enterprise focused on Afro-Cuban cultural preservation
- 10:30am - Transfer to Guanabacoa (30 min)
- 11:00 Meeting with community leaders in Guanabacoa and community tour
- 12:30 Lunch at Babalawo (priest) house with Afro-Cuban religion discussion, dancing and music
- 2pm Salsa dance lesson
- 3pm Opportunity to make donations
- 5pm Presentation of art gallery Coral Falso of artist Tomas Nunez (Johnny)
- Adriana's presentation - founder of Beyond Roots
- 7pm Dinner at the art gallery in Guanabacoa
- 8:30 Return to house

**Lodging location: Havana**

Learn from Travel | [www.learnfromtravel.com](http://www.learnfromtravel.com) | 305-981-6144 | [info@learnfromtravel.com](mailto:info@learnfromtravel.com)

Registered Florida Seller of Travel Ref. No. ST41117

Day 5 Wed

Mar-11

Meals included: (Breakfast, Lunch, Dinner)

- 7:00 am - Early Breakfast
- 8:00 am - Departure for Las Terrazas
- 9:30am - Tour of coffee plantation and short hike in las Terrazas, an "eco-community" built by the Cuban government in a previously deforested area
- 11:00 am - Swimming and lunch in Los Baños de San Juan, a beautiful natural swimming hole
- 3:00 pm- Depart to Viñales
- 5:30 pm- Arrive to Viñales and check into homestay
- 7:00 pm- Dinner at El Campesino, a local's favorite serving large portions of traditional Cuban food

Lodging location: Viñales



*Lake in Las Terrazas*





*Viñales National Park*

**Day 6 Thu**      **Mar-12**      **Meals included: (Breakfast, Lunch, Dinner)**

- Breakfast at lodging with time for reflection
- 9:00 am - Visit to Viñales National Park
- Riding in horse drawn carriages from a bygone era, the group will visit an organic tobacco farm to learn from the farmer the entire process of cultivation of tobacco and see how cigars are rolled by hand.
  - Students will be able to ask questions of the farmers and try their hand at rolling cigars
  - Lunch in Viñales National Park with a beautiful view of the valley
- 2:30 pm - Free time in Viñales to shop for souvenirs and relax
- 7:00 pm - Dinner at Finca Paraíso, a farm to table restaurant with beautiful views, especially at sunset

**Lodging location: Viñales**

Day 7 Fri

Mar-13

Meals included: (Breakfast, Lunch, Dinner)

- Breakfast at lodging with time for reflection
- 8:00 am- Return to Havana (3 hrs)
- 12:00 pm - Independent lunch in Old Havana with recommendations from guide
- 2:00 pm - Free time in Old Havana
  - Opportunity to explore the area and a variety of historical sites (entrance fees not included).
- 7:00 pm - Farewell dinner at El Cocinero, a restaurant at the Cuban Art Factory, with live music
- 8:30pm - Art Cuban Factory
  - Students will have an immersive experience in a dynamic cultural space that blends various artistic expressions including visual arts, music, theater, dance, film, and literature

Lodging location: Havana



*Walking in Havana with Frank of Beyond Roots*

Learn from Travel | [www.learnfromtravel.com](http://www.learnfromtravel.com) | 305-981-6144 | [info@learnfromtravel.com](mailto:info@learnfromtravel.com)

Registered Florida Seller of Travel Ref. No. ST41117





*Young people on the seaside promenade, the malecon, in Havana.*

**Day 8 Sat**      **Mar-14**      **Meals: (B)**

- Breakfast at lodging with time for reflection
- Time permitting, guided walking tour of the Vedado neighborhood during which students will be able to purchase lunch independently with recommendations from the guide
  - Vedado was one of the more affluent parts of central Havana with many private mansions that were subdivided or converted to other purposes after the Revolution.
- Transfer to international airport
- Departure

#### **Accommodation and Amenities**

Havana and Viñales: Homestays

- Private or shared (with another student) room with a local family
- Meals are included, families can cater to dietary needs and all have had training and experience in hosting US students.

Learn from Travel | [www.learnfromtravel.com](http://www.learnfromtravel.com) | 305-981-6144 | [info@learnfromtravel.com](mailto:info@learnfromtravel.com)

Registered Florida Seller of Travel Ref. No. ST41117

## Cuba Travel Contingency

If travel to Cuba is restricted due to a change in US Government policy we will develop a program on a similar topic in Panama for the same Program Fee or less. The itinerary for a program in Panama focused on Afro-Panamanian cultural heritage is outlined below:

Day	Activities	Lodging
1	Evening arrival and travel to Portobelo	Portobelo
2	Attend Church service Historical Portobelo tour	Portobelo
3	Dance and Music Workshop with Congo group Beach and hike	Portobelo
4	Drumming workshop Free time (option to hike or kayak)	Portobelo
5	Workshop with mask maker Cooking workshop	Portobelo
6	Congo painting workshop Free time	Portobelo
7	Indigenous community visit Panama Canal Farewell dinner	Panama City
8	Departure	

