

CORAZÓN CUBA

LEARN SPANISH, CULTURE & VOLUNTEER

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PROGRAM 4

LEARN SPANISH & VOLUNTEER 2 WEEKS

A two week 'cultural immersion' program to help you enjoy and understand what's happening in Cuba right now! Our volunteer placements will help you connect with Cuban people, understand their culture and history, and turbo charge your Spanish language tuition.

As with all our programs, this program includes accommodation, breakfast & lunch throughout, plus Spanish language tuition, meaningful volunteer placements and other activities. Start and end date is usually a Sunday, though clients are welcome to arrive early or extend – we are open 365 days a year!


This is a two week program (14 nights) though can be combined with other programs to make longer duration and more varied experience.







* **Please note** – there is an upper age limit of 35 years, for this program (see Supplementary Notes below).



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PROGRAM DESCRIPTION

Upon arrival Havana International Airport you are picked up for a transfer to our Casa Particulares* in the atmospheric heart of Old Havana; shared single sex dorm rooms with other program participants (couples or friends booking together automatically upgraded to private room with en suite/private bathroom) OR upon payment of a single room supplement you have the option to stay in another nearby Casa with your own room and private en suite bathroom. Either way breakfast and lunch are served at our main Casa and this is the hub of program activities. This is also where Spanish lessons are taken as well as group discussions, planning meetings and impromptu social gatherings.

* **Casa Particulares** are government licenced 'private homestay' accommodation whereby Cubans are permitted to rent out one or two bedrooms in their home to paying guests. However, the licensing regime has recently been extended to include larger hostel style accommodation. Our hostel falls under this latter category and whether you stay here or at another Casa Particulare breakfast & lunch and Spanish lessons are taken at the main hostel and language school.

The program runs from Sunday to Sunday, and includes 14 nights as follows;

| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|---------------------------------|----------------|----------------|----------------|----------------|--------------------|---------------------------|
| 07:00-08:30 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Free | Free |
| 09:00-11:45 | Spanish Lesson | Spanish Lesson | Spanish Lesson | Spanish Lesson | Spanish Lesson | Brunch 09:00-11:00 | Brunch 09:00-11:00 |
| 12:00-13:00 | Lunch | Lunch | Lunch | Lunch | Lunch | Beach | Volunteer Paseo del Prado |
| 14:00-17:00 | Volunteer (Intro. Walking Tour) | Volunteer | Discover Cuba | Volunteer | Discover Cuba | | |

| Week 2 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|----------------|----------------|----------------|----------------|----------------|--------------------|--------------------|
| 07:00-08:30 | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Free | Free |
| 09:00-11:45 | Spanish Lesson | Spanish Lesson | Spanish Lesson | Spanish Lesson | Spanish Lesson | Brunch 09:00-11:00 | Brunch 09:00-11:00 |
| 12:00-13:00 | Lunch | Lunch | Lunch | Lunch | Lunch | Beach | Program end |
| 14:00-17:00 | Volunteer | Volunteer | Discover Cuba | Volunteer | Volunteer | | |


Welcome Camino


On your first day in Havana you are taken on a short walking tour – usually within 24 hours of your arrival – to familiarize you with your new surroundings, such as money change and internet services, and to give you a flavor of the opportunities to enjoy your free time in this exciting location.


Spanish Lessons


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Monday to Friday's intensive Spanish lessons take place shortly after breakfast. Your teacher is licensed and on day one you receive a short test to establish your level and objectives. Lessons take the format of 3 x 45 minute lessons each morning, with 15 minute breaks to refresh, making approximately 3 hours of Spanish lessons each day – 15 hours per week. Lessons are held from 09:00 sharp, Monday to Friday.

** The Discover content features additional Spanish language tuition, oral comprehension and dialogue (approx. 4 hours per week).*

Discover Cuba

Hop onto a Wah-Wah (fume belching local bendy bus) or Colectivo (classic car/communal taxi) and take to the streets to discover the real Habana. Understand how Habaneros live; the practical day to day issues Cubans face living in this complicated country at this exciting time and help us take away some answers to our own 'first world' problems!

We take you on an adventure to help you understand and enjoy the history of Cuba and Habana. Understand the source of her amazing wealth, the rich cultural mix, marvel at the faded patina of Habana's famous gorgeous neo classical architecture, the rumble of classic American cars, curious soviet era high rise buildings, ubiquitous live music on every street, dance, exotic religions etc etc the list is endless.


You will quickly feel at home, gain the knowledge and confidence to enjoy the city during your own time, with new found traveller and Cuban friends. You have been immersed into the Cuban culture - enjoy!







Volunteer Placement - Havana




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Our volunteering begins with a group 'orientation' walk around Habana Vieja & Centro, during which we visit our projects; to discuss the issues and bring everyone comfortably up to speed and feeling welcome. Work begins the next day and depending where our need is greatest will include a combination of the following projects.

- **Suspiro & Arco Iris Community Centre's**

We work with two children's community centers supporting activities for local kids aged 5-15 years. The kids include those from broken and troubled families and our focus – in addition to creating a fun filled environment – is to give its members better preparation for adulthood and parenthood. A variety of classes are given but focus always remains on social skills and confidence building. Activities include acting, dancing and singing classes and we often make presentations with our volunteers.

Our work as volunteers includes assisting with needed renovation and maintenance work to the facilities, assisting teachers in preparation and planning of activities, assisting teachers carry-out activities and classes with the kids, hosting and planning our own activities for the kids and donating needed resources.



- **Sports Complejo**

The sports complejo has been the main sports facility for all the schools in Habana Vieja for generations. It is very established but lacks basic facilities. Sports supported at this location include; baseball, volleyball, athletics, olympic wrestling, basketball and judo.

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We support sports in Cuba whenever possible, the benefits sports bring to society are well known to Cubans and we follow their lead. Our work as volunteers includes, renovation and maintenance of facilities, donating equipment, assisting in sports training and hosting sports events and matches.

▪ 'El Gimnasio' Boxing Gym

Following the work accomplished at the legendary 'Rafael Trejo Gimnasio' – including rewiring, painting and a huge amount of donativo – we are now working with another, younger, boxing gym that needs our help.

The facilities are quite poor and in a desperate situation; equipment is almost nonexistent. The coaches are passionate and therefore have a large following of kids, with ages ranging from 5-21 years old. Our work as volunteers includes renovation and maintenance of facilities, donating equipment, assisting in sports training and hosting events.



• Paseo Del Prado

Weekends are generally free but we also include activities to help you interact and enjoy your surroundings. On Saturdays, weather permitting, we take a trip to the beaches that lie 30 mins by 'collectivo' taxi or bus, immediately east of the city, known as Playas del Este.

Sunday afternoon from 12-3pm we take a short walk to the famous Paseo del Prado, where a collective of local artists gives free 'arts and crafts' classes to local kids. We bring supplies to donate as well as helping out, depending what's going on. It's all very casual and a great way to enjoy and learn about the diversity of local art, as well as mingling with the locals and helping out the kids.

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PRICES

Cost of 2 week program* USD 800 / EURO 725

* price includes accommodation, breakfast & lunch plus 30 intensive Spanish lessons, three Discover Cuba cultural excursions, volunteer placements & support described, and escorted trips to the beach.

Cost of extra night – accommodation, breakfast & lunch USD 35

Airport transfer – USD 35 each way

WHAT'S INCLUDED

During your two weeks in Havana each morning Monday to Friday from 09:00-11:45 you receive intensive Spanish language tuition comprising 3 x 45 minute lessons spaced with 15 minute breaks. Tuition is delivered by an accredited and licensed Cuban teacher. On the first morning there will be a short test to establish your level and requirements.

Three 'Discover Cuba' cultural excursions.

Volunteer placements and support per timetable and descriptions above.

A guided trip to the beach.

Accommodation in Casa Particulares throughout. Shared rooms (single sex). Meals – breakfast & lunch included.

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