STUDENT WELCOME PACK 2019
HAVANA- SANTIAGO DE CUBA- TRINIDAD

Book at worldwide lowest price at: https://www.languagecourse.net/school-studyteam-cuba-santiago-de-cuba.php
+44-330 124 03 17 - support-en@languagecourse.net
Havana, Trinidad and Santiago de Cuba
Learn and Enjoy the Cuban way!

HAVANA, TRINIDAD AND SANTIAGO DE CUBA

Classes are held at LOCAL HOMES, either in the teacher’s home, in the home of the host family or in the case of Trinidad in one of the cultural centres (which is usually the local library).

Students are informed about the location of their classes upon arrival.

During your stay in Cuba, the course co-ordinator will be your main point of contact if you have any questions. The course co-ordinator’s home will act as the ‘meeting point’ for students during their stay.

On arrival in Cuba, please go directly to the meeting point, where the course co-ordinator will meet you and give you the address of your host family. Your host family will usually meet you at the meeting point. If your host family is not able to meet you, you can take a taxi to your host family accommodation.

If you have arranged your own accommodation please go to the meeting point at 0830 on the first day of your course.

MEETING POINTS PER CITY:

<table>
<thead>
<tr>
<th>CITY</th>
<th>HAVANA</th>
<th>TRINIDAD</th>
<th>SANTIAGO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meeting point:</td>
<td>Avenida Universidad 456 entre J y K, Plaza de la Revolución, Vedado, Ciudad Habana</td>
<td>Camilo Cienfuegos # 76 entre Frank País (Carmen) y Pedro Zerquera (Agucate) Sancti Spiritus, Ciudad Trinidad</td>
<td>Calle 4ta #659 entre K y L Reparto Sueño Santiago de Cuba</td>
</tr>
<tr>
<td>Phone:</td>
<td>(0053) 7 833 68 50</td>
<td>(0053) 41 99 39 57</td>
<td>(0053) 226 46 362 (Fernando) (0053) 227 14 136 (Raquel)</td>
</tr>
<tr>
<td>Contact persons:</td>
<td>Sr. Onelio Rodríguez (Team Coordinator) and Sr. Jorge Leon</td>
<td>Sra. Irma Naranjo (Team Coordinator) and Sr. Carlos Martín</td>
<td>Sr. Fernando Bermúdez (Team Coordinator) and Sra. Raquel Valls</td>
</tr>
</tbody>
</table>

Book at worldwide lowest price at: https://www.languagecourse.net/school-studyteam-cuba-santiago-de-cuba.php3
+44-330 124 03 17 - support-en@languagecourse.net
HAVANA

OUR LOCATION: VEDADO

Lessons and accommodation are arranged in the Vedado area of Havana, a pleasant, residential neighbourhood considered to be the current Havana downtown, and the centre of business, commerce and nightlife.

Vedado contrasts Old Havana with its cosmopolitan and lively style. The district is very diverse, with a number of cultural centres, restaurants, theatres, parks, boulevards and night clubs that guarantee plenty of entertainment options for a comfortable stay during a language program and during holidays as well.

Most banks, airlines and travel agencies are located in Vedado, which together with the several hotels and shops available make the whole area the most convenient of the city. The distance to Old Havana is just 10 minutes by car or coco-taxi or 30 minutes on foot.

Some important landmarks in Vedado: Hotel Nacional, José Martí Stadium, the University of Havana, the National Theatre of Cuba, and the Colón Cemetery.

ARRIVING IN HAVANA

We recommend that students take a taxi directly to the meeting point. The airport is located around 25 km from the meeting point. The journey will take around 30 minutes by taxi and will cost approx. 30 CUC).

Students who have booked a transfer will be met at the airport on arrival and taken directly to their accommodation. The driver will be holding a card with your name on it. If you have any problems finding your driver on arrival, please call the course co-ordinator.

If you have not done so already, please ensure that you provide us with your arrival details at least 5 days before your arrival. It is important that we receive this information in advance to ensure that the course co-ordinator is at home to meet you on arrival.

To make your arrival go as smoothly as possible, we advise you to say at customs (if asked) that you are a tourist going on holiday and staying at a hotel (for example Hotel Habana Libre or Hotel Colina in Vedado, Havana). This might prevent you from answering many questions and waiting a long time. In general, when you arrive Cuba and say you are a tourist going on vacation and staying at a hotel, the officers do not pay much attention to you; but when any information is different they start asking lots of questions, making calls, etc. In the end, there will be no problem, your entry to Cuba will never be in question or risk, but this situation is easy to avoid, in order to save time on arrival.
TRINIDAD

OUR LOCATION: DOWNTOWN TRINIDAD

Lessons and accommodation are arranged in the Downtown area of Trinidad, a convenient location, within walking distance of the most beautiful and important attractions of the city.

Colonial buildings such as Iglesia Francisco and Palacio Brunet are accessible in just minutes. The city center is the departure point for excursions to Valle de los Ingenios or Playa Ancón.

ARRIVING IN TRINIDAD

Most students arrive into Havana and then take a bus to Trinidad.

**Arrival by bus:**
The journey from Havana will cost approx. 35CUC and takes around 5 hours. Please visit www.viazul.com where you will find detailed information about bus schedules and prices, but please note that they are subject to frequent change!

**Bus terminal in Havana:** Avenida 26 and Zoológico, Nuevo Vedado, Habana
**Bus terminal in Trinidad:** Viro Guirnat e/ Antonio Maceo y Gustavo Izquierdo # 224

On arrival into Trinidad, we advise students to take a taxi to our meeting point in the city. This will cost approximately 10 CUC.

If your arrival into Havana does not coincide with the next bus to Trinidad, please let us know and we can arrange an extra night of host family accommodation for you in Havana.
SANTIAGO DE CUBA

OUR LOCATION: REPARTO SUEÑO

Lessons and accommodation are arranged in the Reparto Sueño area of Santiago de Chile, a residential area located within walking distance of Céspedes Park, the heart of Santiago de Cuba.

Reparto Sueño is home to the city's largest hotel, Hotel Santiago, allowing tourists to access the most important amenities (mail, currency exchange, Internet, etc.) and enjoy a refreshing afternoon close to the swimming pool. Also, you can find the Heredia Theater, sports house and Ernesto Che Guevara Monument.

ARRIVING IN SANTIAGO DE CUBA

FROM HOLGUÍN AIRPORT
Outside the airport there are minibuses waiting to take tourists to Santiago de Cuba. You pay approx. 30CUC for the journey which takes approx. 3 hours. Please ask for the bus or minibus to Santiago when leaving the airport. The minibus will drop you at Hotel Santiago, in Santiago de Cuba, from where you can walk or take a taxi to the meeting point in Reparto Sueño.

If no minibuses are waiting, you can also take a taxi to Santiago de Cuba, which will cost around 100 CUC.

HAVANA AIRPORT
Arrival by plane: There are two airports in Havana. Please contact the information desk to ask from which airport your flight to Santiago will be leaving from. The airports are about 20 km from the city centre.

If your arrival into Havana does not coincide with the next bus or flight to Santiago de Cuba, please let us know and we can arrange an extra night of host family accommodation for you in Havana.

BY BUS FROM HAVANA
It is also possible to travel from Havana to Santiago by bus. The journey will cost approx.60CUC and takes around 16 hours. For details please visit www.viazul.com.

SANTIAGO DE CUBA AIRPORT
Official taxis are waiting outside the airport. The ride takes approx. 15 minutes. The price is around 10CUC. Students can take a taxi directly to our meeting point.

On arrival into Santiago de Cuba, please go directly to the meeting point.

Book at worldwide lowest price at: https://www.languagecourse.net/school-studyteam-cuba-santiago-de-cuba.php3
+44-330 124 03 17 - support-en@languagecourse.net
IMPORTANT INFORMATION ABOUT YOUR COURSE
Havana, Trinidad and Santiago de Cuba

THE LANGUAGE COURSE
The course timetable is determined by your level, which will be assessed on the first day. Classes are either held in the morning (starting at 08.30 hours) or in the afternoon.

On the first day, students are asked to meet at the meeting point at 08.30 hours.

Maximum class size: 3 students  
Lesson length: 50 minutes.

If there is only one student at any given level, students will receive 15 private lessons instead of 20 group lessons.

TEACHERS
All our teachers are native Spanish speakers with university degrees and years of experience teaching Spanish as a foreign language. Lessons follow a total immersion approach and will be taught on Spanish.

COURSE MATERIALS
Please note that materials in Cuba are simple. Grammar books are only available during class hours. We advise students to bring their own pen & paper as these can be difficult to buy in Cuba. We also advise students to bring their own grammar book and pocket dictionary.

DANCE LESSONS
Dance lessons are taught by qualified teachers of the Escuela Nacional de Arte (E.N.A.) and can include Salsa, mambo, rumba and son.

Students booking dance lessons will receive 5 dance lessons each week.

1 dance lesson = 60 minutes

LIVING WITH A HOST FAMILY
Home stay is a very broad concept. The family may consist of an older couple, a young couple with small children, a single mother with children, etc. In every country lifestyle habits can vary and in Cuba, it is not common for hosts to eat with guests in their home, so it is likely that your host family will stay in the kitchen while you eat.

If you wish to eat together with your host family, please indicate this clearly to your host family. Cubans usually eat between 18.30 and 20.00 o’clock.

Upon arrival at your host family, you will be asked to provide them with your passport and visa. These will be returned to you when your host family have recorded the details.

● Half board (breakfast and dinner) are included in the cost of your accommodation.
● All rooms are equipped with either air-conditioning or a fan.
● Towels and bed linen will be provided.
● Laundry is not included, although your host family may take care of laundry for a small charge. Please speak to your host directly about this.
● Cuban people are not allowed to stay with a host family and you must ask your host family before bringing guests home.
THE FIRST WEEK IN CUBA
To ensure you quickly feel at home in Cuba, several meetings are organised which will provide you with useful information regarding your stay:

DAY OF ARRIVAL
All students go to the meeting point, where they will be welcomed by the local team, who will call the family where you will be staying. Either the host family will come to the meeting point to meet you, or you will be given the address of your host family and will go directly to your host family. All families live in the same part of town and within walking distance from the meeting point.

MONDAY
On the first Monday all students are expected at the meeting point at 08.30 hours (the same address where you arrived the first day) to meet their teacher and take a written and oral placement test. The results of this will be used to determine your knowledge of the Spanish language, and place you in the appropriate class for your level. Classes start immediately after this placement test. Students who booked dance or music lessons will also be informed about the time of their first dance/music lesson.

WELCOME MEETING
At 20.30 hours all (new) students gather at the meeting point again, where they will receive general, but important information about practical issues such as:

- what & where in Havana/Trinidad/Santiago de Cuba
- where to change money into pesos convertible (CUC) and where to spend CUCs and moneda nacional (MN)
- information about taxis, buses, trains
- where to make international phone calls
- where to go for the use of Internet
- nightlife
- excursions

We recommend students to bring a pen, paper and a street map to make notes.

Please note that activities and excursions can only take place if the minimum number of participants is confirmed.

(EVERY*) THURSDAY
Again at 20.30 hours all students gather at the meeting point to make plans for the weekend. Students who want to make the same excursion can go together; making it less expensive to rent a taxi. Taxis are usually the best way to make an excursion. Please note that excursions can only take place if the minimum number of participants is confirmed.

*depends on the number of students present at that time
ACTIVITIES Havana, Trinidad and Santiago de Cuba

Students can ask our local team to help them organise one of the following activities/ excursions:

* **Dance**: Dance classes (individual and in groups) e.g. salsa, mambo, rumba, cha-cha-cha, son.
* **Guided city tour**
* **Music**: Music classes (only individual) e.g. percussion, guitar, trumpet.
* **Religion**: To witness Santería or consult with Santería priests. Santería is a fusion of Catholicism with the Lucumí religion of the African Yoruba tribes.
* **Excursions**: Visits to the most popular places for 1-day or weekend excursions. In general students travel in couples or mini group of 4 people to make transportation cheaper especially when they rent a car. Prices vary from 30-150CUC approx.
* **Swimming pool**: Havana: In Hotel Habana Libre 18CUC approx. cover or meal deducted. Trinidad: Hotels Costa Sur, Las Cuevas, Ancón, 10CUC approx. Santiago de Cuba: Hotel Melia Santiago12CUC approx cover or meal deducted.

Please note that activities and excursions can only take place if the minimum number of participants is confirmed

SAMPLE EXCURSIONS

<table>
<thead>
<tr>
<th>HAVANA</th>
<th>Euros</th>
</tr>
</thead>
<tbody>
<tr>
<td>Playas del Este</td>
<td>12 km long! The most popular beach is Santa Maria. It is 30min of distance to Vedado.</td>
</tr>
<tr>
<td>Valle de Viñales</td>
<td>One of Cuba’s greatest natural attractions. It is a lush valley, famed for its picturesque tobacco farms.</td>
</tr>
<tr>
<td>Varadero</td>
<td>Resort town in the province of Matanzas. One of the largest resort areas in the Caribbean. Also called Playa Azul.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TRINIDAD</th>
<th>Euros</th>
</tr>
</thead>
<tbody>
<tr>
<td>Playa Ancón</td>
<td>Closest beach, accessible by taxi or cocotaxi</td>
</tr>
<tr>
<td>Valle de los Ingenios</td>
<td>Also called Valley of the Sugar Mills. Three interconnected valleys about 12 km outside of Trinidad. This valley is a natural history museum and offer several excursion options</td>
</tr>
<tr>
<td>Cayo Blanco</td>
<td>Excursion by boat to Cayo Blanco, lunch (mostly mussels or lobster) and one drink are included in the price.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SANTIAGO DE CUBA</th>
<th>Euros</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basilica el Cobre</td>
<td>Cuba's only basilica (&quot;Cuban Lourdes&quot;)</td>
</tr>
<tr>
<td>Gran Piedra</td>
<td>Highest point (1214 m) near Santiago with spectacular views</td>
</tr>
<tr>
<td>Parque Baconao</td>
<td>Large park region, located about 20 km away from the city declared a World Heritage Biosphere Reserve by the UNESCO</td>
</tr>
</tbody>
</table>
TOURIST VISA

To enter Cuba every tourist needs a passport (that’s still valid for 6 months after arrival) and a tourist card that normally can be purchased together with the flight. This tourist visa is usually valid for 30 days. At the immigration office, one extension of 30 days can be made (approx. Euro 29). After a total of 60 days the student will have to leave Cuba for at least one day to enter again on a tourist visa.

AT CUSTOMS

To avoid any complications with customs on arrival (due to the lack of regulation on language courses), we advise students to not speak Spanish, but to say that you are a tourist going on holiday and staying at a hotel (for example Hotel Colina or Hotel Habana Libre in Vedado, Havana). In this way, you can avoid having to answer lots of questions and numerous phone calls.

**Please note that students enter Cuba as tourists and you should identify yourself as a tourist during your whole stay.

INSURANCE (MANDATORY)

All travellers (foreign visitors and Cubans living abroad), coming to the island should take out a medical insurance policy which covers medical expenses in Cuba.

The insurance policy should be taken out at the home country of departure. Travellers, who, exceptionally, do not have insurance at arrival, could take out a policy of insurance and assistance from Cuban insurance companies at the airport, port or marina. Travel insurance from Cuban insurance companies and most international insurance companies receive travel assistance services in Cuba from Asistur S.A, available 24 hours all year round.

Residents in the United States traveling to Cuba will have to take out their insurance policy at their home country of departure from Cuban insurance companies. The arrangement shall be made through agencies associated with Havantur-Celimar Company. US insurance companies do not provide coverage in the Cuban national territory.

CUBA

Country name: Republic of Cuba
Capital: Havana
Language: Spanish
Area: 110,922 km²
Population: 11,263,429 (2.1M Hav.)
Independence: 20 May 1902 (from Spain 10 December 1898; administered by the US from 1898 to 1902)
Ethnic groups: mulatto 51%, white 37%, black 11%, Chinese 1%
Religions: nominally 85% Roman Catholic prior to CASTRO assuming: Protestants, Jehovah's Witnesses, Jews, and Santeria are also represented.
Administrative divisions: 14 provinces (provincias, singular - provincia) and 1 special municipality* (municipio especial); Camaguey, Ciego de Avila, Cienfuegos, Ciudad de La Habana, Granma, Guantanamo, Holguin, Isla de la Juventud*, La Habana, Las Tunas, Matanzas, Pinar del Rio, Sancti Spiritus, Santiago de Cuba, Villa Clara.
COMMUNICATIONS

**Telephone, fax**
Most hotels offer these facilities. Also there are "centros de llamadas" where students can make calls abroad. In a lot of public telephone booths you can use prepaid phone cards.

**Internet $6CUC/hour approx.**
Havana: hotel “Colina” or hotel “Habana Libre”
Trinidad: internet-café in the old part of Trinidad, next to Plaza Mayor.
Santiago: Hotel Santiago & Hotel Casa Grande.

**Post Office**
To send a letter to Europe will take weeks! Havana: Oficios #102 Gran Teatro, Central Station
Trinidad: Antonio Maceo #418
Santiago: Aguilera #519

**Express Mail DHL**
Havana: Calle 20

**Main DHL office**
Havana: Calzada #818
Santiago: Esq Heredia y Hartmann

WATER

Tourists should always drink boiled water or mineral water (available for free in all host families).

**ELECTRICITY**

110 volt, so you should bring an adapter for your electrical appliances.

**WEATHER**

From November to April (wintertime, the dry season) temperature is around 25°C. In summertime (May to October) the air is very moist (80%) and you should count on some rainfall, mainly in the afternoon. Temperatures rise to 32-35°C.

<table>
<thead>
<tr>
<th>Month</th>
<th>Avg. High</th>
<th>Avg. Low</th>
<th>Avg. Precip</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>26.0°C</td>
<td>19.0°C</td>
<td>6.35 cm</td>
</tr>
<tr>
<td>February</td>
<td>26.0°C</td>
<td>19.0°C</td>
<td>6.86 cm</td>
</tr>
<tr>
<td>March</td>
<td>28.0°C</td>
<td>20.0°C</td>
<td>4.57 cm</td>
</tr>
<tr>
<td>April</td>
<td>29.0°C</td>
<td>21.0°C</td>
<td>5.33 cm</td>
</tr>
<tr>
<td>May</td>
<td>30.0°C</td>
<td>22.0°C</td>
<td>9.91 cm</td>
</tr>
<tr>
<td>June</td>
<td>31.0°C</td>
<td>23.0°C</td>
<td>18.29 cm</td>
</tr>
<tr>
<td>July</td>
<td>31.0°C</td>
<td>24.0°C</td>
<td>10.67 cm</td>
</tr>
<tr>
<td>August</td>
<td>32.0°C</td>
<td>24.0°C</td>
<td>9.91 cm</td>
</tr>
<tr>
<td>September</td>
<td>31.0°C</td>
<td>24.0°C</td>
<td>14.48 cm</td>
</tr>
<tr>
<td>October</td>
<td>29.0°C</td>
<td>23.0°C</td>
<td>18.03 cm</td>
</tr>
<tr>
<td>November</td>
<td>28.0°C</td>
<td>21.0°C</td>
<td>8.89 cm</td>
</tr>
<tr>
<td>December</td>
<td>27.0°C</td>
<td>20.0°C</td>
<td>5.84 cm</td>
</tr>
</tbody>
</table>
GENERAL DAILY EXPENSES

Average prices are:

<table>
<thead>
<tr>
<th>ITEM</th>
<th>COST</th>
</tr>
</thead>
<tbody>
<tr>
<td>Transport Ticket</td>
<td>CUC3</td>
</tr>
<tr>
<td>Drinks</td>
<td>CUC1-3</td>
</tr>
<tr>
<td>Lunch</td>
<td>CUC7</td>
</tr>
<tr>
<td>Average meal</td>
<td>CUC12</td>
</tr>
<tr>
<td>Luxury meal</td>
<td>CUC20</td>
</tr>
<tr>
<td>Hamburger/sandwich</td>
<td>CUC4</td>
</tr>
<tr>
<td>Cinema/Theater</td>
<td>CUC6</td>
</tr>
<tr>
<td>Disco ticket</td>
<td>CUCS-20</td>
</tr>
<tr>
<td>Museum ticket</td>
<td>CUC5</td>
</tr>
<tr>
<td>Ice cream</td>
<td>CUC2</td>
</tr>
<tr>
<td>Bank commission for cash withdrawal</td>
<td>CUC25</td>
</tr>
</tbody>
</table>

HOLIDAYS

1-2 January  
19 April  
1 May  
25 July  
10 October  
25 December  
31 December

Classes will not be provided on these days & classes will NOT be made up (except one-to-one)

MEDICAL

Tourists have their own medical facilities, provided by the Clínica Internacional. A doctor and a nurse are on permanent duty (ca.35 CUC per consultation). The clinic has a modestly stocked pharmacy, an ambulance, and beds in the event that one needs an overnight stay.

MONEY

Currency  
Pesos Convertibles and Cuban Pesos.

Euros can be changed into the so called “Peso Convertible” (CUC), which is the national currency of Cuba from November 2004 onwards.

USD are no longer accepted. However, it is allowed to import USD, which can be changed at the exchange offices. A local change rate of 10% needs to be paid. You will most probably not have to pay this commission if you buy the Peso Convertible with Euro’s, Canadian Dollars, British Pounds or Swiss Francs.

Banks: Opening times: 09.00 - 15.00 hours, Monday to Friday.

Credit cards: Credit cards are accepted unless issued by US-banks e.g. American Express is not accepted.
**TRANSPORTATION**

Taxi from the host family:
To the old center CUC5 - 6
To the nearest beach CUC17

Also there are bicycle-taxis, horse-drawn coaches, buses and trains. Car-hire is only possible through Cuban companies. Petrol stations (called Servi-Cupet) are open for 24 hours a day and can always supply petrol to tourists.

For information about buses, please look at the site www.viazul.com where you can find detailed information about bus schedules and prices, but please note they that they are subject to frequent change!

Viazul Havana: Casa Matriz; Avenida 26 y Zoológico, Nuevo Vedado, Habana
Viazul Sucursal de Santiago de Cuba: Avenida de Los Libertadores, Esq. Yarao

<table>
<thead>
<tr>
<th>HAVANA</th>
<th>TRINIDAD</th>
<th>SANTIAGO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morro</td>
<td>Plaza mayor</td>
<td>Historic Centre of the City</td>
</tr>
<tr>
<td>Callejón de Hamel</td>
<td>Iglesia de San Francisco</td>
<td>Cathedral Nuestra Señora de la Asunción</td>
</tr>
<tr>
<td>Capitólio Nacional</td>
<td>Palacio Brunet (Museo Romántico)</td>
<td>Down Town Santiago</td>
</tr>
<tr>
<td>Casa de Las Américas El Cristo</td>
<td>Museo Histórico Palacio Cantero</td>
<td>Diego Velazquez</td>
</tr>
<tr>
<td>de La Habana El</td>
<td>Piro Guinart Fábrica de Tabacos</td>
<td>House Bacardi Rum</td>
</tr>
<tr>
<td>Malecón</td>
<td>Plaza Santa Ana</td>
<td>factory Moncada</td>
</tr>
<tr>
<td>José Martí</td>
<td>Museo de Arqueología</td>
<td>Barracks Parque</td>
</tr>
<tr>
<td>Memorial Parque de 21 y K Playas</td>
<td>Beach: Ancon, María</td>
<td>Céspedes</td>
</tr>
<tr>
<td>del Este</td>
<td>Aguilar</td>
<td>El Morro Castle</td>
</tr>
<tr>
<td>Plaza de Armas</td>
<td>Waterfalls Salto del Caburní</td>
<td>Plaza de la revolución</td>
</tr>
</tbody>
</table>

**CULTURAL CENTRES**

| Casa de la música       | Casa de la música                                        | Casa de la música                            |
| Casa de la Trova        | Casa de la Trova                                         | Casa de la Trova                             |
| Casa de la amistad      | Bazaar Trinidad                                          | Casa de las Tradiciones                      |
|                         |                                                            | Casa del Caribe                              |