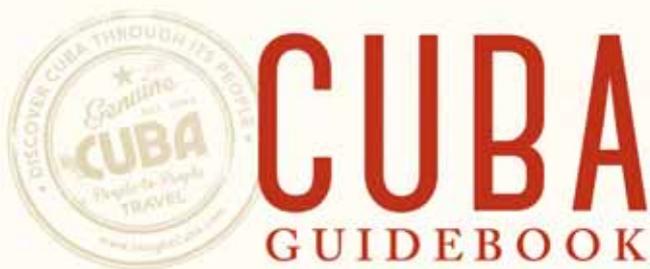




# CUBA

## GUIDEBOOK





**insightCUBA**  
Discover Cuba Through Its People

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*“Stepping into Cuba feels very much  
like stepping back in time.”*

**~Peter Greenberg**  
CBS Travel Editor

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Dear Guest,

Opening this guidebook marks the beginning of your journey to Cuba and, we hope a significant travel milestone in your life. For more than 50 years, traveling to Cuba has only been a dream for most Americans, and I am delighted that you have chosen insightCuba to accompany you.

Traveling touches a special place in each of us. It's the discovery of a new country and the exploration of a different culture, but it's also interactions with the local people that provide the memories we cherish forever.

With insightCuba, you'll experience the true spirit of Cuba, with unique access to people and places the average tourist rarely sees. I encourage you to feel at home in Cuba and embrace the gentle, friendly nature of everyone you meet.

Cuba holds a special place in my heart. Once you arrive, you will understand why.

Yours truly,

A handwritten signature in dark ink, appearing to read 'Tom Popper', with a stylized flourish at the end.

Tom Popper  
President



**DISCOVER**  
*The True Spirit of Cuba*

## Introduction

This guidebook will help you prepare for the travel experience ahead. Filled with timely, pertinent information, it's intended to answer any questions you may have, and help you plan and pack appropriately.



★ Music is an integral part of Cuban culture.

### About the insightCuba Travel Experience

A journey to Cuba is unlike any other. You'll experience full, culturally enriching days, visiting people and places that bring the island's magnetic qualities to light. InsightCuba takes travelers to unique places and provides the opportunity for intimate experiences. We encourage you to engage with the people you meet. Although initial encounters with people from other cultures can be intimidating, you'll find the Cuban people warm and gentle.

People-to-people travel means enjoying the opportunity to interact closely with residents. We're often asked whether any topics should be avoided when talking to Cubans. Typically, Cubans are well informed about current events and open to discussing the positives and negatives of their country, provided you are willing to do the same about yours.

*Notice: All information in this guidebook should be used for reference only. While accurate at the time of printing, please note that information in Cuba changes often.*



★ Contrasts in color and architecture abound.

### About insightCuba's Itineraries

Due to the nature of travel to Cuba, and the authentic and intimate destinations we visit, it's important to remember that itineraries and activities listed on our website and in our brochures should be considered examples and are always subject to change. Whatever the itinerary, you can travel with confidence, knowing your insightCuba experience will afford rewarding access to quintessential and educational Cuban experiences.

### About Free Time

Authorization to travel to Cuba for Americans is granted by the U.S. Department of the Treasury Office of Foreign Assets Control (OFAC). Under OFAC's legislation, legal travel requires participation in people-to-people activities. Participating in insightCuba's planned educational activities allows you to travel to Cuba legally.

Although some of our tours do not require guided participation, guests are provided a list of hand-picked people-to-people activities they may participate in on their own time. All guests are also encouraged to take advantage of any free time before and after each day's activities.



## About Cuba

From Cuba's colorful Spanish colonial architecture to its cultured art and music scenes and rolling, verdant countryside, the island's allures are bountiful. And its people are educated, welcoming, and willing to engage in lively, open discussions with visitors.

Since 2000, insightCuba has led the way, making legal travel to Cuba by U.S. citizens a reality. InsightCuba's immersive itineraries reveal the island's most fascinating people, treasures, and places: musicians, artists, schoolchildren, the pulse of timba beats, geographic wonders, or kaleidoscopic streetscapes. All the while, enriching exchanges with Cuban people afford a true taste of daily life.



★ Vivid Cuban colors displayed on a door in Havana.

### Did You Know?

The symbolism of the three colors in the Cuban flag is as follows: White for peace and honesty; red for hardiness, bravery, strength, and valor; blue for vigilance, truth and loyalty, perseverance, and justice.

## Population

With a diverse population spread throughout densely packed, large cities and rural countryside, Cuba is home to 11.2 million multi-ethnic residents. Its demographics can be traced to Amerindian influence and the longstanding presence of Spanish settlers, who brought African slaves to work at tobacco, coffee, and sugar plantations. Immigration during the 20th century has left its mark, too; Cuba has a small Asian population, as well as residents with Portuguese, British, Irish, Greek, Russian, and Dutch ancestry.

## Environment

Cuba is a world leader in sustainable ecological practices and has begun making the transition from agricultural imports to low-footprint, sustainable farming. It's also one of the first countries to ban the sale of incandescent lighting, having replaced bulbs with energy-saving compact fluorescents.



★ Pinar del Río's famous Mogotes amid Cuba's renowned tobacco.

Environmentally conscious travelers can revel in six rich UNESCO biosphere reserves, ranging from tropical dry, humid or deciduous forest to mangroves. The island features 3,570 miles of coastline. Its longest river, the Rio Cauto flows for 213 miles. Cuba is also home to the world's smallest bird, the *zunzuncito*, a bee hummingbird native to the island.



### Did You Know?

Cuba's national bird is the *trogon*, also called the *tocororo*, *tocoloro*, or *guatini*, whose feathers bear the white, red, and blue colors of the national flag.

## Education

According to the United Nations Educational, Scientific and Cultural Organizations Institute for Statistics, Cuba's literacy rate is 99.8 percent, the second highest in the world. Cuba's longstanding, highly regarded educational system is anchored by 47 universities and 23 medical schools. Education has been nationalized since the Cuban Revolution. As of 2010, according to the U.S. Central Intelligence Agency, 12.8% of Cuba's GDP is spent on education, which is subsidized for all Cuban people, regardless of income.

Cuba's educational system includes primary and secondary schooling. At the end of basic secondary education, students can choose between pre-university, technical, and professional education. They may then choose public universities or centers of higher education, including pedagogical or polytechnic institutes.



### FUN FACT:



According to some statistics, Cuba has more doctors per inhabitant than any other country in the world.



★ A red or blue scarf indicates a child's level in school.

## History

Cuba is a place of perseverance. Discovered by Christopher Columbus in 1492, it was colonized by Spain. The U.S. claimed Cuba during the Spanish-American War in 1898. However, in 1902, the island gained its independence.



★ Street art depicting Ernesto "Che" Guevara, a major figure in the Cuban Revolution.

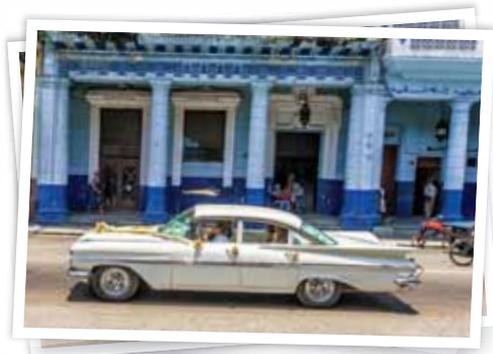
During the Cuban Revolution between 1953 and 1959, Fidel Castro replaced U.S.-backed dictator Fulgencio Batista. Castro declared Cuba a socialist state in 1961. He remained in power until he became ill in 2008 and relinquished governmental control to his brother, Raul. The Communist Party of Cuba is the country's governing political body. Following a Marxist-Leninist model, it is committed to socialism.

## Economy

Cuba's economy is anchored by state-run enterprises. Most production in Cuba is owned or run by the government, and state employment dominates the labor force. Recently, however, the Communist Party has begun to encourage self-employment and cooperatives.

The government sets prices and rations goods, including food. The *libreta de abastecimiento* ("supplies booklet") dictates which supplies each person may buy, and how often.

Cuba's main exports are sugar, nickel, seafood, citrus, tobacco products, and rum. Industrial production accounts for a significant percentage of Cuba's economy. The country boasts strong biotechnology and pharmaceutical industries. Cuba exports vaccines to combat various viral and bacterial pathogens, and is currently performing clinical trials on anti-cancer vaccines.



## Religion

Cuba's main religion is Catholicism, though it has been modified through various beliefs. Among the leading influences is Santería, a blend of Christian-West African Yoruba and Roman Catholic Christianity. Other religions include Palo Monte and Abakua, both rooted in African traditions. There are also thousands of Jehovah's Witnesses. Jewish Cubans have lived on the island for centuries. A Muslim minority, totaling about 0.1 percent of the population, lives on the Caribbean island.



★ Cuba has 3,570 miles of coastline that include rugged beaches.

## Weather

Swept by northeasterly trade winds, Cuba enjoys a tropical climate with year-round temperate weather. It experiences a drier season from November through April, and more rain between May and October. Temperatures average 69.8 °F in January and 80.6 °F during July. The official hurricane season runs from June through November. According to the National Oceanic and Atmospheric Association, Cuba experiences the lowest incidence of hurricanes and tropical storms in the Caribbean. It's also worth noting that Cuba has highly developed disaster preparedness and civil defense networks for evacuations. Please check the local Cuba forecast when packing for your trip.

### TRAVEL TIP

**Cuba is often hot and humid, so it's important to stay well-hydrated while visiting, especially for travelers who are unaccustomed to heat.**

## Geography

Cuba is technically an archipelago of islands in the northern Caribbean Sea, 90 miles south of Key West. More than 3,500 miles of coastline outline the main island. Its landscape varies from flat to rolling plains. It contains mountains, marshes and mangroves. The 6,476-foot Pico Turquino in the Sierra Maestra mountain range is the island's pinnacle. Cuba holds few inland waterways. The largest is the white-hued Laguna de Leche "Milk Lake" in the wetlands of Ciego de Ávila Province. Cuba is famous for white-sand beaches, including the Cayo Largo del Sur on the Canarreos archipelago.



### Did You Know?

The island is sometimes referred to by natives as *El Cocodrilo*, or the crocodile, because its shape resembles the animal.



★ The Spanish word for beach is *playa*.



★ Spanish Colonial architecture predominates Cuban cities.

## Cuba's Provinces

Cuba spans 44,200 square miles, making it just smaller than Pennsylvania. Its cities are housed within 15 provinces and one special municipality, Isla de la Juventud. The remaining provinces include Pinar del Río, Artemisa, La Habana, Mayabeque, Matanzas, Cienfuegos, Villa Clara, Sancti Spíritus, Ciego de Ávila, Camagüey, Las Tunas, Granma, Holguín, Santiago de Cuba, and Guantánamo. Many of Cuba's provinces share the same names as cities, so be aware of this when exploring the municipalities. Each Cuban province has a flavor—and historical significance—of its own.

## Food

Cuban cuisine is a fusion of Spanish, African, and Caribbean flavors, similar to the foods of neighboring Puerto Rico and the Dominican Republic. There's also some Chinese influence, especially in Havana. Black beans and rice – cooked together or separately – are dietary staples. The main course usually includes lightly sauced meat (commonly pork or chicken), along with starchy tubers, such as cassava, yucca, plantains, or potatoes. *Mojo*, a garlicky, citrusy sauce from Spain's Canary Islands, frequently accompanies the main dish. Although Cuban food lends itself to different influences, island cuisine itself can be bland and the quality varied.

### FUN FACT:



Flan is a popular dessert in Cuba. The caramel-flavored custard is sometimes accompanied by a strong cup of espresso-like coffee called *café cubano*.

## Events and Holidays

Planning a trip in conjunction with festivals and holidays in Cuba can immerse you further in Cuban culture. The island's best-known fiesta is July's Fire Festival, which is held in Santiago de Cuba. The lasting impact of the country's religious and Afro-Cuban roots is still evident in the dances, music, and costumes, though it also incorporates Communist Cuban traditions and elements of Spanish and French heritage.

Among the most notable Cuban holidays are New Year's Day (Triunfo de la Revolución), which also celebrates the fall of Batista; Labor Day (May 1); and Independence Day (October 10), which commemorates the date when prominent landowner Carlos Manuel de Céspedes freed and conscripted his slaves and initiated the war for independence from Spain.

### FUN FACT:



More than half a million Cubans gather in Revolution Square and surrounding streets for the May Day celebrations.

Another Cuban holiday of note is the Day of the National Rebellion (Día de la Rebeldía Nacional), when Castro led the insurrection that ousted Batista. Christmas (Navidad) was reintroduced as a holiday after Pope John Paul II's visit in 1998. Between December 16th and 25th, the island stages one of Cuba's oldest festivals, "Las Parrandas de Remedios." *Parrandas* are carnival-like street parties dating back to the 18th century.





### Popular Events and Holidays

Here are some of the most popular festivals and holidays:

#### HAVANA

**Festival de Habano**

Cigar Festival

Late February - Early March

**Primero de Mayo**

May Day or Labor Day

May 1

**Bienal de La Habana**

Havana Art Biennial

May/June

**Carnaval de Habana**

Carnival of Havana

August

**Festival Internacional**

**de Ballet de La Habana**

International Ballet Festival

October/November

**Festival Internacional**

**de la Música del Caribe**

International Caribbean

Music Festival

November

**Marabana Havana Marathon**

Havana Marathon

November

**Festival Internacional de Jazz**

Havana International Jazz Festival

December

#### SANTIAGO DE CUBA

**Festival del Fuego**

Fire Festival

July

**Carnaval de Santiago de Cuba**

Carnival of Santiago de Cuba

July

#### COUNTRYWIDE

**Festival Internacional**

**del Nuevo Cine Latinoamerica**

International Festival of New Latin

American Film

December

Visit [insightCuba.com](http://insightCuba.com) for a complete list of festivals

## Language

Cuba is a former colony of Spain, and Spanish is its primary spoken language. However, the dialect varies considerably, so native Spanish speakers may face challenges when communicating. Additional spoken languages include English and Haitian Creole, the latter common among those of Afro-Cuban descent.

InsightCuba's English-speaking guides are fluent communicators and will translate for travelers throughout their journey. Although knowledge of Spanish isn't required, learning some simple words and phrases can help maximize time spent interacting with the Cuban people. For your reference, we've included some commonly used words and phrases.

### Did You Know?

As in the U.S., it's customary in Cuba to shake hands upon meeting. A kiss on the cheek is usually reserved for friends and family.

#### ENGLISH

Hello

Good morning

Good afternoon

Good night

Yes

How interesting!

See you around!

How beautiful!

No

How are you?

I'm fine

Please

Thank you

May I \_\_\_?

It's a pleasure, OR nice to meet you!

Do you speak English?

What time is it?

Do you understand me?

Where is the \_\_\_?

Where do you live?

I live in...

#### SPANISH

Hola

Buenos días

Buenas tardes

Buenas noches

Sí

¡Qué interesante!

¡Hasta la vista!

¡Qué linda!

No

Cómo está?

Estoy bien or Todo bien

Por favor

Gracias

¿Puedo \_\_\_?

¡Mucho gusto!

¿Habla inglés?

¿Qué hora es?

¿Entiende?

¿Dónde esta el/la \_\_\_?

¿Dónde vive?

Vivo en...

How much is this?  
Where can I find...?

¿Cuanto cuesta esto?  
¿Dónde puedo encontrar...?

I need (something)  
Delicious/Tastes good!  
Girl/Boy  
Too expensive  
Cheaper

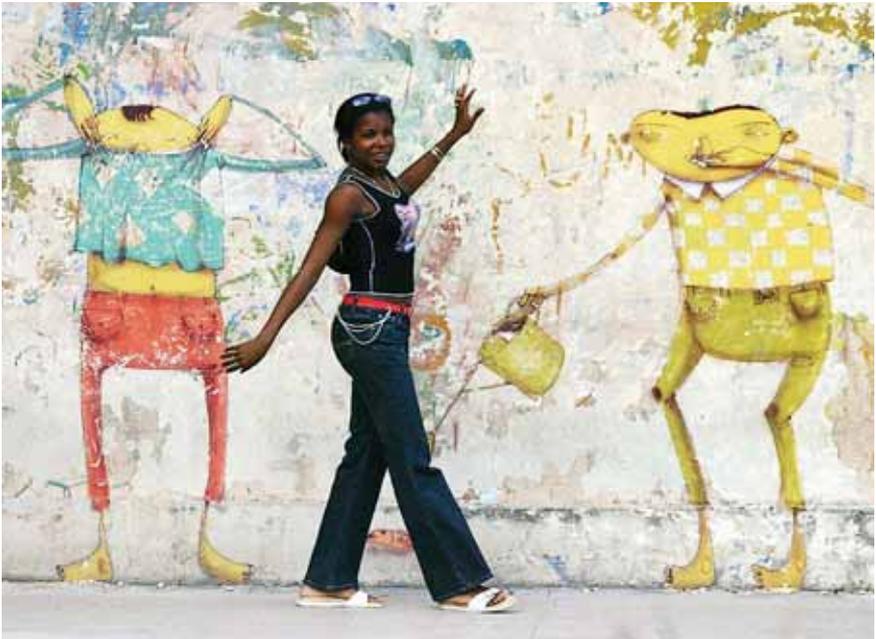
Yo necesito (\_\_\_)  
¡Qué rico!  
Niña/Niño  
Muy caro  
Mas barato

To the right  
To the left  
When?  
How?  
Where?

A la derecha  
A la izquierda  
¿Cuándo?  
¿Cómo?  
¿Dónde?

City block  
Do you like?  
Mother/Father  
Today  
Where is the bathroom?

Cuadra  
¿Te/le gusta...? (informal/formal)  
Madre/Padre  
Hoy  
¿Dónde está el baño?



★ A local Cuban woman poses next to some creative street art.

## Places We Go

### Neighborhoods in Havana

Along the winding cobblestone streets of **Havana Vieja**, travelers find colorful, ornate Spanish architecture set around colonial plazas and historic cathedrals and palaces. Couples walk the sweeping, ocean-side Malecón, and glimpse El Morro Castle across the bay. Meanwhile, rhythmic *son*, a traditionally Cuban style of music, can be heard from passing cars.

The more modern neighborhood of **Vedado** is intersected by Calle 23, or “La Rampa,” an east-west thoroughfare which serves as a hub for cultural and business activity. There, locals queue up for scoops at Coppelia ice cream emporium.



★ A private taxi cruises down Havana's Malecón at sunset.

In nearby **Centro Habana** balconies are hung with colorful clothes drying in the Caribbean sun. Children play kickball along wide avenues, and locals congregate in historic parks to discuss politics and baseball. This densely populated residential neighborhood also boasts the Museo de la Revolución—set within the former Presidential Palace—as well as Museo Nacional de Bellas Artes, which houses an impressive collection of historic and contemporary Cuban art. Centro Habana also holds Barrio Chino, the city's Chinatown.

Standing in contrast is the elegant residential district of **Miramar**, punctuated with distinctive foreign embassies and imposing mansions. Prior to the Revolution, it contained Cuba's most prestigious addresses. Today, it's an idyllic place for a shaded walk. Along the nearby waterfront are saltwater pools and resorts.

Five kilometers east of Old Havana the colonial town of **Guanabacoa** is known for its connection to Santería. It's the site of the first African cabildo, a social club and gathering place founded by slaves. A short ferry ride across the harbor from Old Havana is the fishing village of **Regla**, a former aborigine settlement. Here, the faithful honor *La Virgen de Regla*, the patron saint of Havana, protector of fishermen, and African goddess of the sea.

### FUN FACT:



In addition to being a religion often associated with Cuba, Santería is also the title of a popular song by musical group Sublime.

### Did You Know?

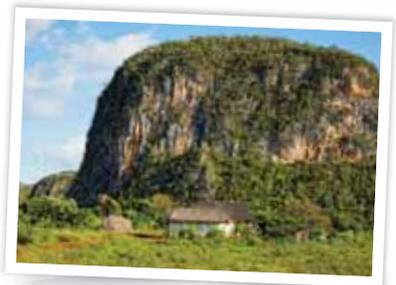
**Pinar del Río is the birthplace of Major League Baseball player Alexi Ramirez. Baseball is by far the most popular sport in Cuba, with its pro season starting in November.**

### Western Cuba

**Pinar del Río** is Cuba's westernmost province. It holds a UNESCO Heritage Site, two UNESCO Biosphere reserves, mountain ranges, and expansive, fragrant tobacco fields. Relaxed and picturesque, the sleepy, scenic region plays a significant

role in Cuba's cigar industry. It's also where you'll meet *guajiros* (farmers), who extol rural virtues through song. Its verdant agricultural village of **Viñales** is home to scenic Viñales National Park and the area's famous mogotes: steep limestone formations.

Fifty miles west of Havana stands postcard-worthy **Soroa** with its sugarcane fields, tropical forests, and quaint villages. Watch for "The Rainbow of Cuba," a resort tucked high in the mountains, surrounded by cascading flora and 700 species of orchid. Nearby is a 72-foot waterfall. The area is popular for stunning valley vistas and for hiking or horseback riding beneath a canopy of trees. Nearby, you'll find **Las Terrazas**, a thriving artist colony and model for ecotourism.



## Central Cuba

Sugarcane and coffee thrive in the well-heeled seaport of **Cienfuegos** on the island's southern coast. A cooling bay breeze sweeps the city, which features a collection of neoclassical buildings. Walking down to the Punta Gorda quarter, you'll find orange-tiled houses offset by sparkling turquoise water.



★ Cuba's diverse geography includes jungles.

### FUN FACT:

Literally translated in Spanish, **Cienfuegos** means *hundred fires*.

**Trinidad**, between the majestic, purple-hued Escambray Mountains to the north and translucent Caribbean Sea to the south, is a colonial head-turner with pastel-hued homes, rambling cobblestone streets, and impressive plazas. Don't let Trinidad's soporific daytime nature fool you: When the sun sets, quintessentially Cuban music parties run deep into the night.

Regarded for its literary life and Afro-Cuban folklore, **Matanzas** is called the "City of Bridges." There are 21 of them, and the center of town is nestled between two snaking rivers and a bay that opens into the Straits of Florida. Often overlooked by tourists, it's prized by in-the-know travelers who want a more authentic look at Cuban life. It's common to see men playing dominoes, neighbors bantering over a cold brew, and children playing jovially around town.

The seaside community of **Caibarién**, known as "Villa Blanca" or "White Town," will welcome you to its pristine beaches—where you'll quickly see how it got its nickname. Each December, Caibarién hosts one of Cuba's best-known parrandas (parades). Far from tourist hotels and attractions, Caibarién concentrates on cooking the best crab dishes on the island. Its citizens have been described as "ultra friendly" and its vibe as "real."

### Did You Know?

Cuba's best-preserved colonial city, Trinidad was named a UNESCO World Heritage site in 1988.

In **Cayo Santa Maria**, thatch umbrellas hover over white sand extending to azure waters where scores of tropical fish swim. Palm trees sway gently in warm breezes. Only in the past fifteen years has this small and lovely island cay even seen a hotel. (Not only is the land unspoiled, but also, these new hotels are magnificent.) Cayo Santa Maria, linked to the mainland by a long causeway, defines “paradise.”

Gateway to tiny unspoiled islands to its north, peaceful **Remedios** offers a respite from populous Cuban cities—unless you visit during Christmas week, when colorful *parrandas* fill the town's street with fireworks and elaborate floats. When Remedios parties, citizens drink rum, form snaking conga lines, and salsa dance until the morning sun rises.



**Santa Clara** plays a key role in Cuban history. Local hero Ernesto "Che" Guevara is buried here; a monument stands in his honor. In town, vendors sell colorful flowers and piping-hot sugared doughnuts. This is also the birthplace of Marta Abreu de Estévez, who helped the poor and donated generously to Cuban causes. Santa Clara's countryside brims with rolling hills, quaint villages, and a patchwork of tobacco fields. Visitors to its tobacco factory see cigars being rolled by hand.

As soon as you set foot on the powdery white-sand beaches of this once off-limits paradise, you'll understand why **Varadero** is one of the most desirable beach destinations in the Caribbean. You'll find the turquoise water of this coastal town in the Cuban sun so mesmerizing, you may never want to leave. Varadero covers Cuba's narrow Hicacos Peninsula, part of the eastern tip of the island. Nearby, you'll discover the Reserva Ecológica Varahicacos, a preserve with lush green trails and an ancient burial cave. Throughout its history, this enchanting Cuban beach has attracted those with an affinity for glamour. Gangster Al Capone was just one of its notable visitors.

### Eastern Cuba

**Bayamo**, north of the Sierra Maestra mountain range, is a chess player's dream. Each week, the town hosts a street party called *Fiesta de la Cubania*. As with virtually all Cuban festivals, dancing, music, and a pig roast are part of the tradition. This one, however, adds a unique touch: Chessboards atop makeshift tables line the street.

**Santiago de Cuba**, between the Caribbean Sea and the Sierra Maestra mountain range, is the birthplace of musical genres from salsa to *son*. Bongos are played on dusty street corners and music swells from all around. Horse-drawn carts are commonplace on the cobblestone streets, where vendors hawk drinks in banana-leaf cups. Santiago de Cuba is Afro-Cuban to the core. Not one of your five senses will go unused in Cuba's second-largest city.

Perched on the island's northeastern tip, **Baracoa** is Cuba's oldest Spanish settlement and its first capital. Today, it's an enchanting destination: a colonial town of cobblestone streets, cheerfully painted buildings, and weathered tiled roofs, set against a flat-topped mountain called *El Yunque*. When Christopher Columbus discovered Baracoa in 1492, he called it the most beautiful land he had ever set eyes on; a statue of the explorer, carved from a giant tree stump, is one of the town's most famous landmarks. Five centuries later, revolutionary Che Guevara opened the area's first major industrial complex, a chocolate factory still operating today. The region remains famous for its cacao; make sure to try some chocolate, which is often sold in round, flat cakes encased in palm bark.

Did **Camagüey's** maze-like streets develop over time—or was Cuba's third-largest city designed to thwart further pirate attacks? No one knows for sure, but each local you ask will probably offer a different theory. As in other parts of Cuba, you'll see several styles and centuries represented in the local architecture. No fewer than 15 churches grace this UNESCO World Heritage Site, where rainwater is stored in the clay pots that have come to symbolize Camagüey. Artistically impressive Ignacio Agramonte Square plays host to political rallies and speeches. Fidel Castro delivered a notable address here in 1989.

### FUN FACT:

 *Cucuruchos* are regional sweets made in Baracoa. A mix of coconut, sugar, and orange, pineapple, or guava, they're wrapped in a cone-shaped palm leaf.

From the top of **Holguín's** 16-foot Loma de la Cruz, visitors can gaze down at the community's many charming parks and galleries, baseball field, brewery, and small-town amusements. Columbus is believed to have landed here in 1492 and declared it "the most beautiful land eyes have ever seen." Playa Esmeralda enchants travelers with its gentle waves and the bright green water that gives the beach its name.

## Section II:

## Before Arriving in Cuba



### Flight Check-In

Due to the nature of flights to Cuba and U.S./Cuban airline regulations, airline companies require all passengers to check in no less than three hours in advance of flight departure.

### Cuban Visas and Travel Health Insurance

A Cuban visa, also known as a "tourist card" is required for all visitors. The Cuban visa is valid for a single entry and allows the holder to stay in Cuba for 30 days. When booking your flight with insightCuba, we will take care of obtaining your Cuban visa for entry into the country.\*

Additionally, we provide travel health and emergency medical insurance as part of your tour package.\*\*



#### Did You Know?

The first commercial flights to Cuba from the U.S. since 1961 began on August 31st, 2016.

\*Cost of your Cuban visa is separate from your tour fee.

\*\*Trip-cancellation coverage available for an additional fee.

### Special Visas

If you are traveling with insightCuba as a journalist, please note that you may need a special press visa to enter the island as a U.S. correspondent. Please contact insightCuba for more information.

### Cuban-American Travelers

If you are a Cuban American born in Cuba, you may need a special visa. Please call insightCuba for more information.

## Embassy of the United States and Consular Services in Havana

On July 20, 2015, after 54 years, the Embassy of the United States reopened in Havana. Any problem that would normally be resolved by a visit to your embassy or consulate while traveling abroad should be directed to the American services unit. Please find contact information on page 25.

### FUN FACT:

★ The Embassy of the United States is located on some of the most desirable real estate along Havana's oceanfront.



★ In Havana, Cuba's capitol building, or El Capitolio, completed in 1929, was modeled after the U.S. Capitol building in Washington, D.C.

### Did You Know?

Most hotels in Havana and Santiago de Cuba have a resident nurse or physician who is available for guests 24 hours a day.



★ Cathedral Square, Old Havana

### Passports

Your U.S. passport should be valid for at least six months after your planned return to the U.S. Please make note of the expiration date, and renew your passport if it is near expiration. As a general travel rule, it is a good idea to make two photocopies of your passport. Leave one at home and bring one with you. Store copies separate from your actual passport.

### Did You Know?

In 2014, more than 600,000 Americans traveled legally to Cuba, most of whom were Cuban-Americans visiting family. This is the largest number since travel restrictions were put into place in 1963.

### Lost or Stolen Passport

If your passport has been lost or stolen, please inform your insightCuba tour leader immediately and contact the Embassy of the United States' American Citizen Services Unit. If it is after hours, please report your lost or stolen passport the next working day. Keep in mind that replacement passports are issued after working hours only in extreme emergencies and applicants will be charged an additional **\$235 per hour**.

All consular or passport transactions are in cash only (CUC or USD). No credit cards or checks are accepted.

### TRAVEL TIP

Whether you're traveling to Cuba or any other country, it's advisable to scan a copy of your passport and email it to yourself and a trusted friend or family member.

Requirements for issuance include:

- One 2" x 2" photo\*
- Evidence of citizenship (birth/naturalization certificate, passport copy)
- Evidence of identity (government-issued photo ID, driver's license, etc.)
- Completed form DS-11 (Application for Passport)
- Completed form DS-64 (Statement Regarding Lost or Stolen Passport)
- \$135 in U.S. dollars or equivalent in Cuban convertible pesos (CUC)  
Please note: only cash is accepted. Checks or credit cards are not.

\*Photos may be obtained at the Edificio FOCSA at 17th and M and also at 23 and O, or at the Galerias Paseo in front of the Meliá Cohiba Hotel in Vedado. The cost is approximately \$3 for six photos.



## Embassy of the United States

American Citizen Services Unit

Calzada, between L and M

Vedado, Havana, Cuba

Phone: 011-53-7-839-4100 • Fax: 011-53-7-839-4247

[www.havana.usembassy.gov](http://www.havana.usembassy.gov)

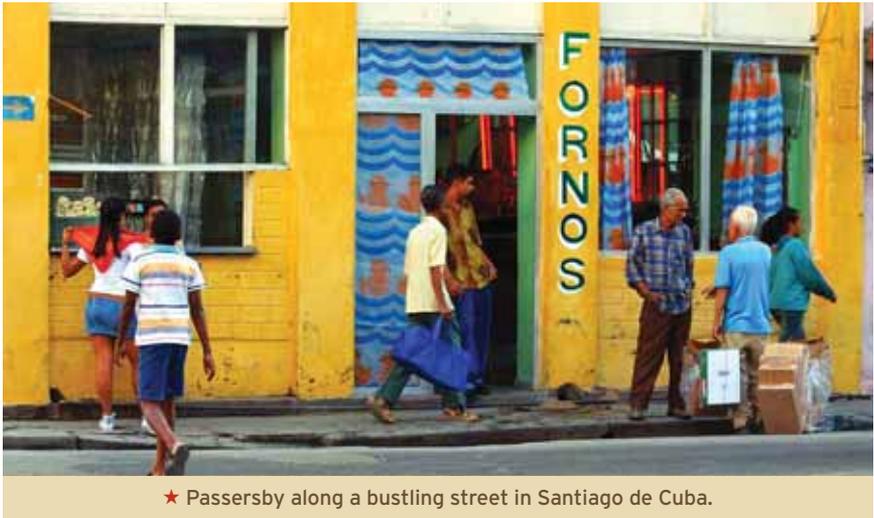
Hours: Monday-Thursday, 8 a.m. to 4:30 p.m.,

and Friday 8:00 a.m. to 3:30 p.m. (Closed on U.S. and Cuban federal holidays)

Emergency and after-hours phone: (53) (7) 839-4100; press 1

For the most up-to-date information, visit

[www.havana.usembassy.gov/lost/stolen\\_passport.html](http://www.havana.usembassy.gov/lost/stolen_passport.html)



★ Passersby along a bustling street in Santiago de Cuba.

## Currency

Cuba operates as a dual economy. Its hard currency is the Cuban convertible peso (CUC), which you will exchange and use in Cuba.

CUCs come in the following denominations: 1, 3, 5, 10, 20, 50, and 100. Please note that 1 CUC comes in both coin and paper money.

The monetary unit used only by Cubans is the Cuban peso, also called *moneda nacional* or CUP.



There is currently a tariff of approximately 13 percent for converting U.S. dollars to Cuban convertible pesos (CUCs) while in Cuba. This fee can vary from place to place and is subtracted from the exchange at the time of conversion. When exchanging other currencies, such as euros, pounds, or Canadian dollars, expect an exchange fee less than that placed on U.S. dollars.

In Cuba, exchange your money at the airport, a CADECA (official money exchange agency) exchange kiosk, bank, or your hotel. Do not exchange money on the street.

Please note that CUCs are not available for exchange outside of Cuba. You must exchange your currency for CUCs upon arrival in Cuba. Likewise, if you have excess CUCs upon departure, you must convert them before you leave Cuba. Please note that the 13 percent tariff also applies when converting CUCs back into U.S. dollars, so convert only as much money as you will need.



★ Locals hang out along the Malecón in Havana.

### ATM and Credit Cards

**At the time of printing, ATM, debit, and credit cards issued by U.S. banks cannot be used in Cuba.** Please keep this in mind as you prepare for your tour. Be sure to bring enough cash, as you will not be able to access your funds during your travels. For the most current information, please search our FAQ page at [insightcuba.com/faq](https://insightcuba.com/faq) or call an insightCuba travel specialist.

### Travelers Cheques

At this time, we do not advise guests to depend on Travelers Cheques while in Cuba, as they do not provide reliable access to funds.

## Luggage

We strongly advise guests to bring only one or two carry-on bags in order to avoid long wait periods at the airport in Cuba. In our experience, limited resources mean that it can take hours to retrieve checked bags from the airport in Havana. For tips on how to pack efficiently without having to check a bag, please see: <http://www.travelfreak.net/travel-carry-on-only>

For those who do decide to check bags, some airports provide luggage-wrapping services at a nominal fee. Wrapping services are typically found near your check-in area. Consider using them if you are concerned about theft.



## What to Bring

Seasons in Cuba correspond to the seasons in the United States. Weather is similar to Florida's. During the summer months (May through September), pack light clothes, as it will be very hot. During the rest of the year, it's advisable to bring a long-sleeved shirt or light sweater for the evenings.

Casual walking shoes or sneakers are recommended, as you'll be walking from place to place throughout your stay. Dress can be casual, but should be presentable.

You may also want to pack a nicer outfit for evening dining. Reasonable laundry and dry-cleaning services are often available at hotels in Havana and Santiago de Cuba. Some hotels feature pools, so bring a bathing suit if you want to go swimming.

### TRAVEL TIP

**Packing a few dryer sheets into your suitcase keeps clothes smelling fresh throughout your trip.**

## Sundries

In Cuba, goods aren't as readily available as most travelers are accustomed to. Finding specific items in a pinch can be a challenge. Bring the comforts you regularly enjoy and require in your daily life.

### Some items to consider bringing:

Walking shoes	Sun Hat	Sunblock
Shaving cream	Razor	Sunglasses
Insect repellent	Contact lens solution	Toothpaste
Cigarette lighters	Rain jacket	Dental floss
Bandages	Creams and ointments	Toothbrush
Reading materials	Toilet paper	Compact umbrella
Feminine hygiene products	Over-the-counter drugs	Hair dryer

As with most international destinations, we advise bringing prescription drugs in their individual, original, pharmacy-issued bottles. Please note that Cuban Customs regulations allow travelers to bring 22 pounds of medicine, hygienic goods, and toiletries.

## Donations

Donations are a thoughtful gesture when visiting the island; however, we advise you to bring only limited quantities of small gifts, such as candies, coloring books, or guitar strings, which can fit into your suitcase. Please inform your tour leader if you have donations. Distribution of items on the street is not advised. Occasionally, donations are collected at customs and re-distributed at the government's discretion. Should this happen, rest assured that the items will be given to those in need.

## Electronics

### Voltage

The most common electrical voltage in Cuba is 110 volts, although most hotels use 220. Most modern-day chargers operate on both voltages. Bring a multi-adaptor that will work with 110-and-220-volt outlets so your electrical devices are accessible.

### Laptops

Laptops must be removed from luggage and placed in bins when you go through security to enter Cuba. Security personnel may ask for your passport number when you bring in a laptop computer. This is standard procedure. Visitors may bring one laptop per person for their use.

## Cameras

Guests may bring digital cameras, small video cameras, and smart phones into Cuba; however, use of professional photography or videography equipment is subject to Cuban governmental regulations and requires special permission from the Cuban government. If you plan to bring camera equipment that exceeds what can reasonably be carried on your person, please call us for more information.

## Smart and Mobile Phones

As of August 2016, Sprint, Verizon, AT&T and T-Mobile have reported phone agreements in Cuba. We advise you to call your carrier for the most up-to-date information.



## Phone Rental in Cuba

Mobile phones are available for rent in Havana at the time of printing. However, please note that lines to acquire and load your Cuban mobile phone can be quite lengthy. If you are interested, please notify your insightCuba tour leader after you arrive in Cuba.

## Other Carriers

Although your mobile phone or PDA device may not have international mobile service or signal in Cuba, many guests, including our staff, bring phones, tablets, and other PDA devices to access their address or contact lists, and for email and text usage when connected to hotel WiFi. Other smart-phone functions, including camera, alarm clocks, music storage, flashlight and apps not requiring internet, will work.

You may purchase WiFi access by the hour or day at certain hotels. This will allow your smart phone—but not mobile phones—to access email and instant messaging applications. Access to WiFi is generally available only in hotels, is often slow, and can be expensive.

In summary, most guests appreciate that their trip to Cuba virtually requires them to unplug.

### Internet and WiFi

Many hotels in Havana and Santiago de Cuba have a business center with internet access, WiFi, or both. WiFi is available by the hour or day. Business centers charge by the hour for internet access. At the time of printing, WiFi hourly rates were around CUC \$6, however, some hotels may include WiFi free of charge. If the hotel requires that you pay for a full day of WiFi access, be prepared to pay roughly CUC \$25. Please note that internet and WiFi access in Cuba are much slower than in the U.S.



★ The bell tower of the former 18th-century Convent of Saint Francis of Assisi is a popular attraction in Trinidad.

### What Not to Bring to Cuba

There are few items travelers are prohibited from bringing into Cuba. This list includes Global Positioning Systems (GPS), animal products, pre-recorded videocassettes, explosives, and non-prescription narcotics.

Pornographic materials are illegal in Cuba. To avoid any in-country issues, please do not bring suggestive items of any kind.

### Did You Know?

In 2012 Cuba decided to revert back to Daylight Savings Time, part of a long history of starts and stops for this energy-saving measure. Regardless of Cuban policy, the naval base in Guantánamo, Cuba, adheres to time in Florida.

## Section III:

## While in Cuba

### Arriving in Cuba

Upon arriving in Cuba, you will pass through Cuban immigration. You will be asked to present your Cuban visa (tourist card), which will be stamped by an immigration official. At that time, half of your visa will be collected.

Please keep the remaining half in a safe place with your passport. If you lose your Cuban visa during your stay, you will need to buy another one at the airport, which could delay your

departure. After immigration, you will collect your luggage from the baggage carousel before you proceed to customs. However, due to the time it takes for luggage to be processed in Cuba after arrival, we do recommend that you try to pack light and carry on your bags.

#### TRAVEL TIP

When packing your suitcase, try rolling up your clothes as opposed to folding them. You will be amazed by how much room you save.



★ Colorful flags hang from the ceiling at José Martí International Airport in Havana.

## Safety

Cuba is among the safest countries to visit. There are strict sentences on crimes committed against tourists. However, petty crimes, such as pick-pocketing and purse-snatching, do sometimes occur. We advise against bringing expensive or irreplaceable jewelry to Cuba. Also, recognize that street hustlers offering unbelievably cheap rum and cigars are not to be trusted. As long as you take standard precautions to safeguard your possessions, you should feel at ease in Cuba. Violent crime is virtually unheard of. If, for any reason, help is needed, police remain a visible and friendly resource for travelers.



## Cultural and Safety Information for LGBT Guests

InsightCuba's philosophy is one of inclusion and shared humanity. We welcome people of all races, ethnicities, beliefs, abilities, gender identities, and sexual orientations. However, it is important for our tour guests to be aware of cultural norms and perceptions in the country they are visiting. Though Cuba is slowly becoming more tolerant, public displays of affection by same-sex couples should be kept to a minimum. As in most urban centers, Havana is the most open-minded part of the country. Any travelers who need support during their tour should not hesitate to speak with their tour leader or call our U.S. office.



★ InsightCuba guests interact with dancers at Callejón de Hamel in Havana.

## Health Precautions

InsightCuba cannot provide medical or health recommendations to our guests. If you have questions about immunizations and current travel health information, we recommend that you contact the Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov) or phone (404) 639-2888. Visitors to Cuba typically do not require special vaccinations.

During the summer months, Cuba gets very hot. Be sure to drink a lot of fluids, wear appropriate clothing, and regularly apply sunscreen with an SPF of 15 or higher.

It is advisable to drink only bottled water. Tap water in Cuba is generally safe for hygiene in hotels. Bottled water can be purchased throughout the country.





## Tipping

Tipping in Cuba is a uniquely rewarding endeavor. The customary tip is very important in supplementing the average Cuban's income, so we encourage our travelers to embrace the joy of giving, and feel good about leaving gratuities for the Cuban people who work to make your experience so memorable.

### Did You Know?

The Spanish word for tip is *propina*.

Gratuities for luggage handling, restaurant service, and programmed activities throughout the tour are handled by insightCuba. Customary end-of-tour gratuities for the Cuban guide, driver, and tour leader are left to the guest's discretion and should be based on the guest's satisfaction with the service received.

One reality of Cuba's dual-currency system is that only some items are subsidized by the government and can be purchased with the Cuban peso (CUP). Many things—particularly higher-quality goods such as foodstuffs, clothing, and household items—are bought with the Cuban convertible peso (CUC). Accessing CUCs, whether in tips, remittances from abroad, or even dealings in the black market, is part of most people's daily struggle, otherwise known as *La Lucha*. Cuban staff will share their tips with family, friends, and coworkers who don't have access to CUCs.

Please be mindful about excessive tipping, which can lead to unrealistic expectations about future visitors from the United States.

To assist you in tipping your Cuban guide and driver, we've created a simple guideline. Tipping is a personal matter and the guideline below is only a suggestion. You may tip more or less, depending on your preference and level of satisfaction:

Cuban Guide:	\$5-8 CUC per person per day
Cuban Bus Driver:	\$3-5 CUC per person per day
Bartenders:	\$1 CUC per drink
Housekeeping*:	\$1 CUC per day
Taxi Drivers:	10 percent of the fare
Musicians:	\$1 CUC
Bathroom Attendants:	Use your small coins—10 centavos, 25 centavos, etc.

\*We suggest tipping housekeepers daily, rather than at the end of your stay.

## Food

Meals are included during your tour, as stated on your itinerary. Breakfasts are typically served at the hotel, buffet style; lunches and dinners are served at local government-owned restaurants, at the hotel, and occasionally at *paladares*, family-owned restaurants. Because of the U.S. Embargo Against Cuba, which limits the importation of goods, meals can be repetitive and choices may seem limited. Rice and beans are frequently seen staples. Pork and poultry are also found on most menus.



### FUN FACT:



Rice and beans are often served with garlic, tomato paste, green peppers, onions, oregano, a bay leaf, and chicken stock, among other ingredients, in a dish called *moros y cristianos*.

**Paladares** are among the best ways to enjoy local Cuban cuisine. A *paladar* is a small, family-run restaurant, usually in a converted part of a home. Many *paladares* appear and operate like normal restaurants. Dining experiences at some *paladares* are included in your tour. On nights where you dine on your own, your tour leader can make the best recommendations.

### Street Food

It's not uncommon to see street vendors selling small, portable fare. While we don't recommend eating street fare, we ask that, if you do, you use the same discretion you would when traveling to any international destination. Check to make sure the item looks fresh. It's often best to buy from vendors who are busy with lots of customers. If you choose something that requires cooking, make sure it's thoroughly cooked at a high temperature.



★ Biking is a common form of transit in Cuba.



## Food Precautions

In Havana, most foods are safe to eat and require the same precautions you would exercise while traveling anywhere abroad. In the provinces, we recommend eating only fruits and vegetables that can be peeled and have not been sliced. Take extra care to make sure your food is thoroughly cooked. If it doesn't look or smell good, send it back and ask for something else.

## Water

We suggest that you drink only bottled water in Cuba. Generally, hotel water in Havana is fine for personal hygiene; however, if you have a sensitive stomach, you may feel more comfortable using bottled water. Outside of Havana and in the provinces, we do recommend using bottled water for brushing teeth.

Ice in mixed drinks in hotels in Havana is generally safe. Outside of the major cities, please use your discretion and feel free to ask if the water they use for ice is filtered and safe for visitors.

## Accommodations

Your visit to Cuba, above all, is about discovering the country, its culture, and its people, and less about your hotel accommodations.

We have carefully selected a variety of superior and standard hotels, as well as *casas particulares*. Both are safe and comfortable, centrally located, and provide good, reliable service. Hotels and *casas particulares* in the countryside vary and are more humble. Cuba is a developing country; issues may arise with cold and hot water or electricity, especially in the provinces. Hotels in Havana and Santiago de Cuba have generators, so loss of power should not be a problem.

Typically, rooms that feature queen-style beds consist of two twin beds, joined together to form a queen-size mattress. While hotels may be listed as 5-star, 4-star, or 3-star accommodations, standards differ considerably from U.S. or European guidelines. Laundry service and dry-cleaning are often available in major city hotels at a reasonable fee. Although most hotels supply toiletries and electric styling tools, we do recommend bringing your own.



★ Street vendors along the Malecón in Havana.

### Single Supplement

InsightCuba makes it possible for all guests to have their own rooms while in Cuba for an additional single-supplement fee. This is generally reserved at the time of registration. Please note that if you want a single room after registering for your tour, you must contact insightCuba at least 60 days prior to departure and we will try to accommodate your request. If you need a single room while in Cuba, the hotel will make every effort to honor your request. However, upon return to the United States, you will be billed the full single supplement fee from insightCuba.

Solo travelers wishing to pay the double occupancy rate may share a room with another guest. Please call us for more details.

### Shopping

Cuba is not a shopping destination. Mostly, you'll encounter state-run shops or hotel shops, where prices are fixed. Such locations sell basic necessities, along with items like beer, coffee, or rum.

On occasion, you will find open-air or craft markets. To find out the schedule and location of the markets, ask your Cuban guide, tour leader, or hotel concierge.

#### TRAVEL TIP

Opinions vary on whether negotiating prices for artwork is acceptable, but keep in mind that Cubans earn a fraction of what most travelers to their country do.



As of October 2016, the Obama administration's changes to the U.S. Embargo Against Cuba have loosened restrictions on what can and cannot be brought back to the U.S. Now, travelers may bring back cigars and alcohol without limitation.

Items such as books, films, artwork, posters, photographs, and music CDs may also be purchased and brought back to the U.S. in unlimited quantities.



★ Colorful Cuban artwork.

### Purchasing Local Art

You can buy “tourist art” on the streets of Havana. These pieces don't require exportation procedures. However, when purchasing local art from a gallery, remember to have the gallery authenticate the painting or sculpture. You should receive a receipt or export permit for Cuban customs, provided the artwork was purchased at an official sales outlet.

If the gallery can't provide an export permit or you didn't receive an official receipt, you can obtain documentation for the art from the *Registro Nacional de Bienes Culturales* (National Registry of Cultural Goods) and *Centro de Patrimonio Cultural* (Center of

Cultural Heritage) in Havana. Permits are also available at regional offices in provincial capitals. It generally takes two days to process art licenses, and artwork must be brought to the office in person. If the piece of art is too large, a photo will suffice. Either way, it's important to plan ahead.

### FUN FACT:



Cubans are often hams in front of the camera. While it's always appropriate to ask for permission before taking a photo, all that is often required in return is for them to take a quick look on your viewfinder so they can see what they look like.

## Phone Calls

Usually, international phone calls may be placed at hotels, either directly from your room or in private booths in the lobby. Expect to be charged roughly \$2.50 per minute. If you call from your room, please remember that the bill will be payable in cash at a similar rate. You may also purchase calling cards in hotels and many other places in Cuba. These will allow you to call the U.S. at a reduced rate.

## Mobile Phones and Mobile Phone Rentals

Please see the section under Smart and Mobile phones (Section II).



★ An open-air taxi near the Havana harbor.

## Taxis

Both state and privately-owned taxis are safe and reliable. As few taxis have meters, it's best to negotiate the fare with your driver in advance. Ask your Cuban guide, insightCuba tour leader, or hotel staff for an approximate fare. If you take a taxi from the airport to your hotel in Havana, the ride will cost approximately \$25 CUC and will take around 30 minutes.

Pedal and yellow coco taxis are fun, short-distance modes of transportation. Both can be found throughout Havana. Negotiate the fare with your driver before accepting a ride.



## Leaving from Cuba

When you arrive at the airport, check in and collect your boarding pass. While passing through Cuban immigration, you will show your passport to the immigration official. Immigration will return your passport and keep the other half of your Cuban visa.



★ The famous Malecón is an 5-mile boulevard that wraps around Havana and the ocean.

### Did You Know?

Coco taxis are small, open-air vehicles that get their name because they resemble coconuts.

## Section IV:

## Emergency Contact and Medical Information

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### Emergency Contact Information

In case of an emergency, please use the contact numbers listed below. A 24-hour emergency line is provided for travelers to Cuba. Call this number for assistance with any emergency. Note that although toll-free numbers work in Cuba, the call is not free. Prevailing per-minute rates apply.

Shortly before your departure, insightCuba will send you an updated emergency contact list with numbers for your hotels and in-country contacts. Carry this list with you when traveling to, around, and back from Cuba. We also recommend that you leave this information with someone at home.

24-hour Emergency Hotline:  
888-772-9336

### General insightCuba Contact Information

InsightCuba Headquarters—U.S.

From Cuba, dial country code 001 for the U.S., then 914-380-8303  
travel@insightCuba.com

Monday–Friday: 9 a.m. to 6 p.m. Eastern Time

### Illness and Medical Emergencies

Your health and well-being are the highest priority. If you get sick during your tour, please inform your Cuban guide or tour leader immediately. If your guide or tour leader is not with you at the onset of the illness, contact the hotel front desk or concierge and they will send a nurse or doctor to your room. Most hotels have a nurse or doctor on staff 24 hours a day or have ready access to their services.

### 911 in Cuba

The local equivalent of the “911” emergency line in Cuba is 106 for Police and 105 for Fire.

## Travel Medical and Evacuation Insurance

Since April 2010, the Cuban government has required all travelers to Cuba to have Cuban medical insurance under an approved plan. Therefore, flights to Cuba from the U.S. include basic medical insurance. Proof of this insurance is stamped on the back of your plane ticket to Cuba. This is automatically included when you purchase your airfare.

When you register on an insightCuba tour, you will receive a separate and enhanced Travel Medical and Evacuation Insurance policy.\* This policy is not supplemental to the one included in your flight ticket. It is a separate policy that provides you with superior coverage and care.

If you need non-emergency medical treatment while you are in Cuba, it is your responsibility to pay up to CUC \$100 directly to the health practitioner. Once you are home, you can file a claim to Health Special Risks for reimbursement.

## Trip Cancellation Insurance



InsightCuba has selected Allianz Global Assistance as our preferred trip cancellation coverage partner to provide you with the option of purchasing comprehensive trip cancellation coverage.. Allianz has helped over 13 million people last year plan for the unpredictable with financial protection and 24/7 support from their travel professionals around the world. Simply call an Allianz Global Assistance agent at 866-884-3556 to review the available plans. If you're not satisfied, Allianz Global Assistance will refund your insurance premium if you cancel your insurance within 10 days of purchase and have not filed a claim or departed on your trip.

When contacting Allianz please reference **ACCAM # F204677**.

### Many travel plans include benefits like:

- Trip Cancellation/Interruption
- Emergency Medical/Dental Coverage
- Emergency Medical Transportation
- Baggage Loss/Damage
- Travel Delay
- Travel Accident
- Rental Car Protection

*\*Travel and Medical Evacuation Insurance policy is included in the cost of all tour packages.*

## Section V:

## Recommended Reading

Traveling with insightCuba gives you a firsthand look at Cuban life. However, we recommend reading about the history, culture, and politics of Cuba before your trip. It will enhance your experience and help you adjust to the cultural differences between the U.S. and Cuba.

Frank, Mark. ***Cuban Revelations: Behind the Scenes in Havana***

University Press of Florida, 2013

*A behind-the-scenes look at Cuba through the eyes and words of an American journalist who has lived there for more than 20 years.*

Sainsbury, Brendan. ***Lonely Planet Cuba***

Lonely Planet, 2015

*A great resource with a bounty of practical information about Cuban culture, history, and destinations.*

Cooke, Julia. ***The Other Side of Paradise***

Seal Press, 2014

*Combining intimate storytelling with in-depth reporting, The Other Side of Paradise weaves together stories of the Cubans whom Cooke encounter, providing a vivid and unprecedented look into the daily lives and future prospects of young people in Cuba today.*

Sweig, Julia E. ***Cuba: What Everyone Needs to Know***

Oxford University Press, 2012

*Cuba: What Everyone Needs to Know is the best ready reference on Cuba's internal politics, its often fraught relationship with the United States and its shifting role within the global community.*

Steele, Dana and Sowa, Graham. ***Havana: 101 Ways to Rock Your World***

Daily Success, 2015

*After 52 years of tourism restrictions, Cuba has unexpectedly emerged as the new frontier in U.S. travel. 101 Ways... is a friendly and conversational blueprint on how to set your expectations and prepare yourself for both the discoveries and idiosyncrasies of Cuban society.*

Garcia, Cristina. ***Dreaming in Cuban***

Ballantine Books, 1993

*A novel chronicling three generations of Cuban women and the complexities between resident Cubans and those who immigrated to the U.S.*

Infante, Guillermo C. ***Three Trapped Tigers***

Dalkey Archive Press, 2004

*Based on the memories of a man torn from his country, Infante paints a colorful portrait of the characters in Havana's pre-Castro cabaret society.*

Miller, Tom. ***Trading with the Enemy: A Yankee Travels***

*Through Castro's Cuba*

Basic Books, 2008

*Tom Miller, who became a Cuban expat for a year during the country's "special period" looks at Cuban culture from a different perspective.*

Bran, Zoe. ***Enduring Cuba***

Lonely Planet, 2008

*Part travelogue, Bran's book seeks the truth about Cuban socialism through interviews, current events, and careful analysis..*

Alonso, Cynthia Carris. ***Passage to Cuba: An Up-Close Look at the World's Most Colorful Culture***

Skyhorse Publishing, 2016

*A stunning collection of photos that displays Cuba's vibrant history, and provides an intimate glimpse into the lives of the Cuban people.*

Feinberg, Richard E. ***Open for Business: Building the New Cuban Economy***

Brookings Institution Press, 2016

*Examine what is inspiring the Cuban economy to grow and take further steps towards a more dynamic model.*

For a more in-depth approach to the Spanish language, we also recommend the following books:

Kendris, Christopher. ***501 Spanish Verbs***

Barron's Educational Series, 2007

***Langenscheidt Spanish Pocket Dictionary***

Langenscheidt Publishers, 2006





# CUBA

SCALE OF MILES



Railroads

DRY TORTUGAS MARQUESAS KEYS  
G U L F  
O F

*The true spirit of Cuba*

insightCUBA