



Educational Travel Programming by
Food, Art, and Music Explorations
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Educational Travel Program

Stony Brook University School of Journalism

9 Days / 8 Nights

January 10th – 18th, 2020

Day 1 | Arrive in Cuba – Friday, January 10th

Meals Included: Dinner

Afternoon Arrive in Havana, Cuba.

Welcome to Cuba! Our first day features important Cuban heritage sites such as the Plaza de la Revolucion, where prominent historical figures such as Fidel Castro and Pope John Paul II spoke to crowds of millions. We will enjoy a dinner at one of Havana's best *paladares*, a privately-owned restaurant, before taking in the traditional *Cañonazo* ceremony signaling the closing of Havana Bay. We will end the night with optional daquiris at one of Hemingway's haunts, *El Floridita*.

Check into the Hotel Inglaterra

Evening Dinner at Paladar Las Terrazas

Paladar Las Terrazas is a stunning private restaurant located on the top floor overlooking Havana's famous *Paseo del Prado*. Well-known for its generous portions of high-end both seafood and land options, its classy Cuban cuisine will be a meal to remember as you take in the charming performance of their in-house band.

(Optional) Nightlife in Old Havana or the Malecon

Day 2 | Old Havana – Saturday, January 11th

Meals Included: Breakfast, Lunch, Dinner

Morning Enjoy breakfast provided by your lodging accommodation.

Start our morning with a walking tour of Old Havana.

Walk through the main streets and squares of the historic center of Old Havana, a UNESCO World Heritage Site. Filled with architectural jewels spanning five hundred years, *La Habana Vieja* enchants Cubans and visitors with one of the finest ensembles of urban edifices in the world. At a conservative estimate, Old Havana accumulates over 1000 buildings of historical significance, with myriad examples of architecture ranging from 16th-century Spanish Colonial to 17th Century Cuban Baroque to 19th Century Neoclassical to 20th Century Eclectic Modern, including Art Nouveau and Art Deco. Plaza de Armas, Plaza de San Francisco de Assisi, Plaza Vieja and Plaza de la Catedral, are of the greatest colonial architectural heritage of Havana. You will have the opportunity to talk with the local artisans and vendors to hear their stories and experience their craft.

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Day 2 (Continued)...

Learn about how the local economy functions with an intimate lecture in a local Cuban apartment. A local Cuban family will answer your questions about how the locals manage to get by in spite of crushing sanctions..

Afternoon Lunch on the *Paseo del Prado* at Paladar Mekede. This charming paladar offers an authentic Cuban menu within a setting featuring a unique flair, perfectly situated next to Havana's most famous art museum. You can't go wrong at Paladar Mekede, with a meal sure to make your day.

(Optional) Baseball game in Cojimar with local kids.

This is a wonderful opportunity to see the "Real Cuba" through the eyes of Cuban youth. Plug into their passion as they warmly invite us to share in our common pastime, baseball. Their hardy field, with its oceanfront backdrop, allows them to dream big while banding together to play the game they love. This is a wonderful opportunity to donate supplies to the young ballplayers to support their athletic pursuits.

Evening Dinner with President of Cuban Cantineros Association

Enjoy a private dinner in the home of José Rafa Malém, the President of the Cuban *Cantineros* Association. As the story goes in Cuba, every *Cantinero* is a bartender, but only a select few bartenders can become a *Cantinero*. Rafa, as he is known, will discuss this and more as you view his personal Rum Hall of Fame while he holds court discussing the history and process of creating Cuban Rum over a cherished cigar.

We will also discuss with Rafa the importance of supporting the bartenders working at the local paladares through introducing them to American business practices in order to help their small businesses thrive.

Day 3 | Old Havana – Sunday, January 12th

Meals Included: Breakfast, Lunch, Dinner

Morning Enjoy breakfast provided by your lodging accommodation.

Open morning to spend time developing stories.

Afternoon We will dine at *Paladar Mediterraneo* and engage with their local chef about how he utilizes the products purchased from the farm to create his spectacular cuisine. Lunch will also be accompanied by a guest journalist.

(Optional) Visit to the farm for stories. This farm is exclusively contracted and operated to produce the culinary items needed to run this private restaurant. We will engage with the farmers about their local practices, including the process of signing an agreement with a private restaurant.

Remainder of the afternoon is open, and you are free to explore.

Day 3 (Continued)...

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Evening Dinner at Nazdarovie – a new Cuban-Soviet inspired restaurant on the Malécon.

We will be greeted by Gregory Biniowsky, an attorney from Canada who moved to Cuba over 20 years ago. In 2014 Gregory and his business partners opened Nazdarovie as a personal 'oeuvre de coeur' & as a way to pay homage to the Soviet women who settled and established families in Cuba. They have created a space of nostalgia and memories for the thousands of Cubans who spent 'the best years of their youth' studying at universities in the USSR – a nostalgia which transcends politics and ideology.

Day 4 | Viñales – Monday, January 13th

Meals Included: Breakfast, Lunch

Morning Enjoy breakfast provided by your lodging accommodation.

Depart for Casa Finca Hector Luis Prieto.

Afternoon Finca Hector Luis Prieto is located in the Vuelta Abajo close to San Juan y Martinez village on the farm that produces the world's most sought-after cigars.

We'll experience the new rental cottage built into the side of a hill that overlooks a field of tobacco and the river running through the property. There are three beds, a spacious bathroom, a balcony, as well as a covered patio with two comfortable hammocks. The farm also has a well-staffed kitchen that serves traditional Cuban cuisine.

Lunch will be served on the farm.

Following lunch, we will head into Viñales where we will check into our casas and have the opportunity to explore the town.

Evening Dinner will be served at a Local Paladar. *(On your own)*

Day 5 | Old Havana & Vedado – Tuesday, January 14th

Meals Included: Breakfast, Lunch

Morning Enjoy breakfast provided by your lodging accommodation.

Depart to Viñales after breakfast.

Afternoon Arrive in Pinar del Rio for a stop at *Proyecto Grabadown* (Down Syndrome Community Center)
This morning will be a very special one as we stop at *Proyecto Grabadown*. The Grabadown Project was started 10 years ago by Jesús Carrete and his daughter Linianna, who was born with Down Syndrome. The project has evolved into a community center that allows families with special-needs children to receive the support they need while giving the children a space to express themselves through art, singing, and dancing. Be sure to support this worthy project with donations.

Lunch will be served at a local paladar.

Day 5 (Continued)...

Return to the Hotel Inglaterra

Evening Dinner on your own at Casa Abel. *(On your own)*

Casa Abel is a private restaurant in the heart of “Real Cuba.” Complete with its own cigar lounge and walk-in humidor, *Casa Abel* offers a luxurious opportunity to support Cuban entrepreneurs as they make you feel right at home over an authentic Cuban meal in a classy atmosphere.

Day 6 | Trinidad – Wednesday, January 15th

Meals Included: Breakfast, Lunch

Morning Enjoy breakfast provided by your lodging accommodation.

Hop on the bus and begin our drive to Trinidad.

Afternoon Lunch will be served at a Local Paladar.

Plaza Mayor Tour City Walk. The UNESCO World Heritage Site of Trinidad, Cuba, was built on the back of the 19th-century sugar and slave trade. Mingle with local residents and call on artists in their studio as we wind our way through the city.

Check-in at the Casas.

Evening Dinner will be served at Casa Villalba. *(On your own)*

Casa Villalba family paladar in an old building of the eighteenth century, located in a beautiful colonial setting, just 30 meters from the Plaza Mayor and opposite the Municipal Historical Museum. The paladar is distinguished by the hospitality and good service. In the restaurant you can listen and dance to live Cuban music.

Day 7 | Trinidad – Thursday, January 16th

Meals Included: Breakfast, Lunch

Morning Enjoy breakfast provided by your lodging accommodation.

Hop aboard one of Cuba’s 100 steam trains, including one that used to haul sugarcane through the Valle de Ingenios just outside of Trinidad. The ticket includes departure from the train station in Trinidad.

Tour by train through the Sugar Mills Valley, declared World Heritage since 1988 by UNESCO to enjoy beautiful landscapes full of with sugar cane plantations.

Afternoon Visit to the Manaca Iznaga site of the Iznaga family, one of the wealthiest in Trinidad during the colonial period.

Return to Trinidad for lunch at a Local Paladar.

Day 7 (Continued)...

Depart for Cienfuegos.

Evening Arrive in Cienfuegos and check into casas.
Enjoy dinner at a Local Paladar. *(On your own)*

Day 8 | Cienfuegos – Friday, January 17th

Meals Included: Breakfast, Lunch, Dinner

Morning Enjoy breakfast provided by your lodging accommodation.

Enjoy a **tour of Cienfuegos' city center**, where wide avenues lead to the historic center, a UNESCO World Heritage Site. Along the way, a local specialist discusses the significance of buildings such as Government Palace (City Hall), San Lorenzo School, the Bishopric, Ferrer Palace and the former lyceum. Tomas Terry is a National Monument, located in the historic urban center, opposite the Parque Martí.

Afternoon **Lunch at Paladar Villa Galarto.** Located right next to the town's main square the restaurant occupies a large ancient home dating back to the mid XVIII century, so regardless of the culinary marvels that have rendered it one of the city's main gastronomic highlights. It also possesses the appeal of allowing visitors enjoying a meal to have the opportunity of taking in the architectonic particularities that capture the feel of the town's bygone era.

Depart for Santa Clara.

Evening Arrive Santa Clara and check into the Casas.
Farewell dinner served at a Local Paladar.

Day 9 | Santa Clara (Departure Day) – Saturday, January 18th

Meals Included: Breakfast

Morning Enjoy breakfast provided by your lodging accommodation.

(If time allows) We will take a tour of Santa Clara,

Return Flight to Florida from Santa Clara then your connection back to New York.

Stony Brook University

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For Payment & Pricing:

Contact the Stony Brook University Study Abroad Office

Pricing *includes*:

FAME's Pre-Trip Welcome Packet & Cuba Travel Guide
13% Conversion Rate (USD to CUC)
Lodging Accommodations
Professional Bilingual Cuban Tour Guide
Private Ground Transportation for Scheduled Activities / Airport Transfers
Meals as Noted in the Itinerary (7 Lunches / 4 Dinners)
Admissions & Fees for Scheduled Activities
Bottled Water (2 Per Day)
Gratuities for Guides and Drivers

Pricing *does not include*:

Round Trip Airfare
U.S. Visa for Cuba (Option to purchase in advanced for \$90 individually)
Costs of a Valid U.S. Passport
Additional Baggage Fees
(Optional) Activities
Alcoholic Beverages
Snacks & Drinks Between Meals
Travel Insurance (*Highly Recommended*)