

STUDENT HANDBOOK



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1. Introduction

Required Forms

There are several key forms that you must complete and return to KIIS by March 10 (5 days prior to the published deadline). To locate the forms, click "Cuba" from the "Summer" dropdown at www.kiis.org and then click "Admitted Students" on the horizontal menu tab. (mail the forms to KIIS 10 days in advance to ensure the materials are received by March 15). The forms are also hyperlinked below:

- 1. Cuba travel affidavit (signed)
- 2. Program Contract (signed and notarized)
- 3. Student Agreement and Assumption of Risk (signed and notarized)
- 4. <u>Designation of Medical Surrogacy</u> (signed and notarized)
- 5. Medical History
- 6. WKU Admissions Form (non-WKU students only) Undergraduate / Graduate)

KIIS Mailing Address:

Ms. Haley McTaggart
Western Kentucky University—KIIS
Tate Page Hall 129
1906 College Heights Blvd.
Bowling Green, KY 42101-1031

Orientation Session

- <u>Saturday, April 12, 2014 from 12:30-5:00 pm (Central Time)</u> in Western Kentucky University's (WKU) Diddle Arena.
 - Diddle Arena is located in the middle of the campus in the "Athletics & Parking" red section of the <u>WKU</u> campus map in Bowling Green.
 - WKU-KIIS Event Orientation Parking Map: Recommended parking lots: Parking Structure 2 (PS2) or Parking Structure 1 (PS1).
 - Click here for driving directions to WKU.
- The orientation session is mandatory.
- If for any reason you cannot attend the orientation, a \$150 fee will be added to your KIIS program cost (to cover expenses for the program director to carry out an individual orientation).
- Your parents or other emergency contacts are welcome to join you at the orientation.
- Among the topics discussed at the orientation: host country culture and laws, academics, housing, health and safety, social and sexual mores, climate, unfamiliar or different terrain, money matters, communications, traffic, independent travel, and packing.

Payment Details

- March 15, 2014 = first \$2000 due. April 15, 2014 = total remaining balance.
- To pay by debit or credit card, please log on to your MyKIIS account or call the KIIS office at 270-745-4416. See
 <u>Payment Info</u> at kiis.org for more details (including check payments).
- IMPORTANT: If using any form of financial aid/scholarship, complete the KIIS Promissory Note (also available on "Forms" page at www.kiis.org) with your college/university Financial Aid Advisor. This form must be scanned and emailed to john.dizgun@wku.edu. You are responsible for paying any amount not listed on the promissory note.

Course Registration

To Earn KIIS Course Credit, KIIS students must complete the following two steps:

Step 1: Complete <u>online WKU Admissions application</u> (<u>non-WKU</u> Undergraduates only). (Deadline: March 15. It takes 20 minutes to complete online application)

Exception: (non-WKU) Graduate students must complete WKU paper application (mail to KIIS).

Step 2: All students must complete KIIS Course Registration Sheet

- On Monday, April 7, KIIS will email you the course registration sheet
- You must complete it and email it back to kiis@wku.edu by Monday, April 14.

Students are reminded to meet with the appropriate faculty, advisors, and other officials at their institution to discuss how Western Kentucky University courses will be counted by their institution.

Grades

KIIS course credit is issued through Western Kentucky University (WKU). Approximately four weeks after the completion of your KIIS program, you may log on to MyKIIS to view your course grades. Approximately 8 weeks after the completion of your KIIS program, the WKU Registrar will transfer your KIIS study abroad course credit to your home institution. No action is required on your part.

KIIS Attendance Policy

While abroad on a KIIS program, you are expected to be punctual and attend all classes, meetings, and required excursions. Absences from classes, meetings, excursions, and other required group activities will result in a lowering of the student's final grade, as will excessive tardiness. Multiple unexcused absences could result in disciplinary action, including expulsion from the program. Any absence from an academic class session must be excused for medical reasons.

Each individual faculty member has leeway in implementing the KIIS attendance policy inside the classroom, in cooperation with the program director. For more information about specific policies related to class attendance, see your course syllabi.

Health Insurance

Through CMI Insurance (http://www.cmi-insurance.com), KIIS provides students with comprehensive medical insurance (\$500,000 max; \$0 deductible) and emergency medical evacuation while abroad on a KIIS program. Independent travel before or after the program dates is not covered under the policy.

Through CMI, KIIS provides students with Security Evacuation protection designed to provide emergency evacuation services in the event of threats of political, security, and natural disaster. Your Program Director will distribute your CMI medical card upon arrival abroad. A copy of the KIIS CMI medical insurance policy can be found on the KIIS website.

All Cuba travelers will also be covered under a second Cuban health insurance policy, which is required by the Cuban government of all foreign visitors. The policy provides excellent coverage of treatment related to injury and non-pre-existing illness, as well as medicine and emergency in- and out-patient procedures. The cost of the policy is included. You can read more about the Cuban policy here: http://www.asistur.cu.

CUBA NATIONWIDE EMERGENCY ASSISTANCE: ASISTUR

Prado #208 entre Trocadero y Colón (#208 Prado Avenue between Trocadero & Colón Streets) Old Havana | Phone: (53)(7) 866-4499

Fax: (53)(7) 866-8087

EMERGENCY LINES: (53)(7) 866-8527, 866-8339, 866-8920

ASISTUR is your health insurance provider while in Cuba. Call for English language consultation in or outside Havana. ASISTUR can assist with lost luggage, legal services, coordination of medical services, emergency medical transportation, and more. You must have your policy information to use ASISTUR's services.

Emergencies

KIIS provides full logistical support to students in the event of an emergency.

EMERGENCY CONTACT INFO.

Dr. Ric Morris (KIIS Cuba Program Director)

U.S. cell #: (615) 207-8511

Global cell #: (011)(44)(773) 483-1053 Cuba cell #: (011)(53)(5) 396-0465

email: rmorris@mtsu.edu

Dr. Chris Bierwirth (KIIS Executive Director)

U.S. cell #: (270) 331-6805

Dr. John Dizgun (KIIS Assistant Director)

U.S. cell #: (270) 227-2288

KIIS Office @ WKU, Bowling Green

(270) 745-4416

HAVANA HOSPITAL:

Clínica Central Cira García

Calle 20 #4101 esq. Avenida 41

(#4101, 20th Street at corner of 41st Ave)

Playa, Havana

Phone: (011)(53)(7) 204-2811 Fax: (011)(53)(7) 204-2640

CIENFUEGOS HOSPITAL:

Clínica Internacional de Cienfuegos

Calle 37 #22 entre 2 y 4

(#22, 37th Street between 2nd & 4th Avenues)

Punta Gorda, Cienfuegos Phone: (011)(53)(432) 45-1622

Recommended Vaccinations

The U.S. Centers for Disease Control do not **require** any vaccinations for travel to Cuba. They do, however, **recommend** the following vaccinations 4-6 weeks prior to travel:

- Hepatitis A and B;
- Typhoid;
- Up-to-date DPT (diphtheria-pertussis-measles)
- Up-to-date MMR (measles-mumps-rubella)

Vaccinations can be arranged at your family doctor's office or through your university Health Services office. For more information about recommended vaccinations, visit the following country-specific link at the CDC website: http://wwwnc.cdc.gov/travel/destinations/traveler/none/cuba.

Get Ready Physically

Good physical health is essential for this program. You can expect to do a lot of walking in the heat. Elevators don't always work, so be prepared to use the stairs. Plan to carry your own luggagage, unassisted, including up and down stairs. Building interiors in Cuba tend to be warm in the summer, even if the A/C is working. Here are some tips to help you be ready physically for the program:

- Get in shape. Speed-walk, dance some salsa, use the stairs, jog, ride your bike, trim up.
- Eat yogurt regularly before and during the program. Yogurt contains probiotic "good" bacteria that will help your intestine resist any "bad" bacteria you might pick up from unclean food.
- In consultation with a physician, take probiotics as a supplement (in tablet or capsule form). They are available over the counter at your pharmacy. Be sure to buy a variety that does NOT require refrigeration. Take them every day starting a few weeks before the trip, and continue taking them during the trip. Always consult your family doctor before taking any new or unfamiliar medicine, even over-the-counter.

Trip Cancelation & Interruption

- In the event that KIIS cancels a program and returns the student to the United States for any reason, the amount of the program fee will be refunded to the student minus already expended funds.
- Through CMI, KIIS provides Trip Cancellation due to terrorism. The benefit pays up to US\$5000 of protection
 to recover non-refundable expenses already paid due to loss if the scheduled trip must be cancelled (within 45
 days of departure) due to terrorist activities.
- Through CMI, KIIS also provides Trip Interruption Benefit to return the KIIS participant to the U.S. (and back to their KIIS program if desired) in the event a family member (parents, children, siblings, or grandparents) passes away or becomes gravely ill.
- KIIS does not provide other forms of trip cancellation insurance, for example if you should need to cancel your
 participation in the program prior to departure or leave the program prematurely while abroad. Should you
 wish to purchase trip cancelation insurance, consider Travel Insured International or
 http://www.insuremytrip.com.

2. Program faculty

Dr. Ric Morris	Dr. G. Rod Erfani	Dr. Kajsa C. Larson
Professor of Spanish & Program Director	Professor of Economics	Assistant Professor of Spanish
Middle Tennessee State University	Transylvania University	Northern Kentucky University
Email: rmorris@mtsu.edu	Email: gerfani@transy.edu	Email: larsonk2@nku.edu
US office: (615) 898-2284	US office: (859) 233-8196	US office: (859) 572-6368
US cell: (615) 207-8511	US cell: (859) 552-7770	US cell: (651) 783-2925

3. Flight information

- Travel to Cuba is from Louisville via Cancún, Mexico. Cancún is currently the cheapest port of entry into Cuba from the U.S.
- Roundtrip group travel between Cancún and Cuba is mandatory. This portion of the airfare is included in your KIIS program cost.
- Roundtrip group travel between the U.S. and Cancún is recommended. If you wish to arrange your own travel between the U.S. and Cancun (known as Option 1 on the KIIS student application), please first contact Dr. Ric Morris at rmorris@mtsu.edu (615-898-2284) at least 2 months prior to travel for special instructions.

Group Flights

IF YOU ARE BOOKED ON THE GROUP FLIGHTS U.S-CANCÚN,
MEET NEAR THE DELTA AIRLINES TICKET COUNTER AT LOUISVILLE INTERNATIONAL AIRPORT
BY 7:00am EDT ON FRIDAY, JUNE 27
PLEASE DON'T BE LATE.

LOUISVILLE IS ON EASTERN TIME (ONE HOUR LATER THAN NASHVILLE AND BOWLING GREEN).

- The cost of the group flight was charged to your KIIS student account around April 1.
- There is no baggage fee on Delta Airlines for U.S.-Cancún baggage up to 50 lbs. Starting at 51 lbs, an overweight charge of US\$75 will apply each way. Above 75 lbs, the fee rises to US\$200 each way.
- Dr. Ric Morris and other program faculty will accompany the group flight. If you have questions on the day of travel or before, please call Dr. Morris on his U.S. cell phone at (615) 207-8511 or Dr. Chris Bierwirth (KIIS) at (270) 331-6805 (cell) or (270) 745-6860 (office).

Outbound trip (June 27-28)

Friday, June 27

• Meet near Delta Airlines ticket counter at Louisville airport by 7:00am EDT.

From/To	Time	Airline	Flight#		
Louisville	10:20am	Dolto Airlines	1522		
Atlanta	11:44am	Delta Airlines	1522		
	Layover in Atlanta: 3 hours 51 mins				
Atlanta 3:35pm		Dolta Airlines	F27		
Cancún, Mexico 5:26pm		Delta Airlines	537		
Overnight in Cancún – Travel continues next day					

Saturday, June 28

From/To	Time	Airline	Flight#
Cancún, Mexico	7:05pm	Cubana de Aviación	153
Havana, Cuba	9:25pm	Cubana de Aviación	153

Return trip (July 19-20)

Saturday, July 19

From/To	Time	Airline	Flight#		
Havana, Cuba	5:45pm	Cubana de Aviación	152		
Cancún, Mexico	6:05pm	Cubaria de Aviación	152		
Overnight in Cancún – Travel continues next day					

Sunday, July 20

From/To	Time	Airline	Flight#	
Cancún, Mexico	8:10am	Delta Airlines	530	
Atlanta	11:40am	Deita Alfillies		
	Layover in Atlanta: 3 hours 15 mins			
Atlanta	2:55pm	Delta Airlines	2184	
Louisville	4:20pm	Deita Allilles	2104	

4. Tentative Trip Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					June 27 Louisville—- Cancún, Mexico (overnight in Cancún)	28 Cancún–Havana
29 Havana • City tour • Service project (SPA 306)	30 Havana • City tour (cont'd)	July 1 Havana Museum of the Revolution Classes	2 Havana— Cienfuegos • City tour of Cienfuegos	3 Cienfuegos	4 Overnight excursion: Santa Clara • City tour of Santa Clara	5 Santa Clara • Free time in Santa Clara • Evening: Return to Cienfuegos
6 Cienfuegos FREE DAY • Service project (SPA 306)	7 Cienfuegos • Classes	8 Cienfuegos • Classes	9 Day excursion: Playa Girón (Bay of Pigs) • Tour/museum • Free time on beach	10 Cienfuegos • Classes	11 Day excursion: Trinidad • Tour the old city • Free time	12 Cienfuegos— Havana • Free afternoon/ evening in Havana
Havana FREE DAY Service project (SPA 306) Beach trip	14 Havana • <u>Classes</u> • Visit Museum of the Literacy Campaign	15 Havana • <u>Classes</u> • Visit arts and crafts market in Old Havana	16 Havana • Classes	17 Havana • Classes	18 Havana • Classes	19 Havana–Cancún (overnight in Cancún)
20 Cancún— Louisville						

5. Destination cities

Havana (La Habana) - 11 nights

Our trip begins in Havana, the capital city of Cuba (pop. 2 million). In Havana, beautiful colonial Spanish architecture competes with Soviet-era apartment blocks and post-Soviet hotel highrises. The city is famous for its *malecón*, or seawall, which runs a good 10 miles along the city's northern rim and is one of the city's most popular gathering places. Whether you are looking at old books at the antique market on Plaza de Armas or taking in the ocean view from the lawn of the historic Hotel Nacional, or walking in Hemingway's footsteps at his lovingly tended hilltop home, Havana whispers continously of the past.

Cienfuegos - 9 nights

Cienfuegos lies on the southern coast of Cuba, capital of Cienfuegos Province. It is located about 160 miles from Havana and has a population of 150,000. The city is dubbed La Perla del Sur (Pearl of the South). It has a beautiful bayfront esplanade, rich Spanish colonial architecture, a lively downtown with shops, restaurants, music halls, parks, and a Botanical Garden. Its most famous sites are the photogenic fortress Nuestra Señora de los Ángeles de Jagua, the Catedral de la Purísima Concepción, and the resplendent Nicho waterfall. Cienfuegos is the home of Beny Moré (1919-1963), fabled as the most famous Cuban big-band singer of all time.

Santa Clara - 1 night

The capital of the Cuban province of Villa Clara, Santa Clara is located in the central region of the country. With a population of about 220,000 it is the fifth largest Cuban city. Santa Clara is associated with a well-known historical figure: Ernesto "Ché" Guevara, who waged the final battle of the revolution that toppled the Fulgencio Batista government in 1958. The city is home to a mausoleum which houses the remains of Che Guevara and sixteen of his fellow combatants killed in 1967 during the Bolivia campaign, as well as a reconstruction of Guevara's famous

derailment of a military train during the Battle of Santa Clara. At the center of Santa Clara is the spacious Parque Vidal, bordered by two historic hotels, the Teatro de La Caridad (a national monument), and the Plaza del Mercado Central.

6. Money

The following costs are included (have been paid for your before the start of travel):

- Roundtrip airfare U.S.-Mexico (not included if traveling separately)
- Roundtrip airfare Mexico-Cuba
- Cuban tourist visa
- Breakfast every day in Cuba
- 1 continental-style breakfast in Cancún (outbound trip)
- 10 group meals (about one every other day)
- All lodging and ground transportation to and from airports in Mexico and Cuba
- All admission fees to scheduled group activities
- All transportation to scheduled group activities
- On-site guidance by an English-speaking coordinator
- Course tuition in 1 or 2 KIIS courses
- Comprehensive health insurance

The following items are **not** included and therefore must be paid for by you at the time of purchase:

- 1 breakfast in Cancún
- Lunches and dinners in Cancún
- About 30 meals in Cuba
- Bottled water
- Laundry service
- Internet and phone access
- Tips
- Baggage fees, if any
- Mexico departure tax
- Cuba departure tax
- Souvenirs
- Snacks
- Personal transportation
- Personal admission fees
- Safety buffer

Money in Mexico

The currency in Mexico is the Mexican peso, which exchanges roughly at the rate of 13 pesos to US\$1. Most Mexican ATMs dispense Mexican pesos, not U.S. dollars, so it helps to be quick at math in "deciphering" the denominations when it asks you how much cash you want.

You may also wish to use your regular debit card or a credit card while in Mexico. If so, contact your bank ahead of time to let them know your dates of travel. Otherwise, your card may be declined as a security precaution. Whether you use cash or plastic in Mexico, be careful with your money there!

- The symbol for the Mexican peso is \$ (yes, the exact same symbol as the U.S. dollar);
- Again, most Mexican ATMs dispense pesos. Don't let the \$ symbol confuse you!

- In some areas of Cancún, prices are shown in U.S. dollars (for the tourists), but in other places they are shown in Mexican pesos. In downtown Cancún, the prices you encounter will be in Mexican pesos;
- When in doubt, ask the seller: "¿Los precios son en dólares o en pesos?"

Money in Cuba

U.S.-ISSUED CREDIT CARDS, DEBIT CARDS, AND TRAVELERS CHECKS ARE NOT ACCEPTED IN CUBA. U.S. VISITORS CANNOT GET CASH AT CUBAN ATMS. THIS MEANS THAT YOU MUST BRING SUFFICIENT CASH TO COVER <u>ALL</u> YOUR EXPENSES IN CUBA.

Soon after we arrive in Cuba, we will visit a bank and exchange some of our cash for Cuban pesos, also called 'CUC.' This currency can only be exchanged in Cuba.

How much cash should you bring with you? First, budget all the required expenses, and include a US\$100 "safety buffer." This is money that you must have access to during the last 24 hours of the trip. You may not go home broke! Here's a possible scenario. The items in *red italics* should be budgeted precisely as shown. Items in black may be budgeted as you see fit.

	Cost each	Cost for trip
REQUIRED ITEMS:		
30 meals in Cuba	US\$ 8.00 (each)	US\$ 240.00
Bottled water	5.00 (per day)	120.00
8 meals en route/in Mexico	7.00 (each)	56.00
Mexico departure tax		50.00
Cuba departure tax		30.00
Safety buffer		100.00
INCIDENTAL ITEMS:		-
Laundry service	25.00 (1 medium load)	25.00
Internet	2 hrs @ US\$10/hr	20.00
Tips	5.00 (per day)	100.00
Souvenirs		100.00
Miscellaneous		50.00
	TOTAL CASH NEEDED FOR TRIE	891.00

MOST STUDENTS CARRY US\$800-900 <u>TOTAL</u> TO COVER REQUIRED EXPENSES, INCIDENTALS, SOUVENIRS, AND THE SAFETY BUFFER.

Bring your cash in Canadian dollars (CA\$). This will allow you to avoid a 10% exchange tax that applies only to U.S. dollar exchanges in Cuba. Order CA\$ through your local bank at least 3 weeks before travel, keeping in mind that there will be a fee for the exchange. When you order the currency, request new bills. This is important. Exchange offices in Cuba will not accept torn, heavily worn, or heavily creased bills.

CARRY ALL YOUR CASH IN <u>CANADIAN</u> DOLLARS TO CUBA TO AVOID A 10% U.S. DOLLAR EXCHANGE TAX. IMPORTANT: REQUEST NEW BILLS.

Handle your cash securely:

• Use a secure purse or money belt, or a secure zippered pocket on your carry-on bag.

- After arrival in Cuba, store most of your cash in the lockbox provided in your hotel room. If your hotel room doesn't have a lockbox, team up with students whose room does have a lockbox. As an alternative, store your cash inside your suitcase, with the suitcase zipped and (if possible), locked.
- When sightseeing or walking around, take only the amount of cash you think you will need.
- Ladies, choose your purse carefully. Use one with zippers, not clasps, and a sturdy strap you can wear comfortably across your body (diagonally), not draped over your shoulder.

7. Hotels & Lodging

Our hotels in Mexico and Cuba are comfortable but a bit rustic by U.S. standards. Lodging is two to a room. Rooms will have a private bathroom. Other conveniences aren't guaranteed. In our hotels, rooms are all different sizes, have different views (or none at all), and have all different levels of comfort and functionality. At each hotel, your room assignment is the luck of the draw. As a result, you may notice any or all of the following inconveniences:

- Dysfunctional or noisy A/C;
- Ceiling fan, lamps, electrical outlets that don't work;
- Not enough electrical outlets in the room, or inconveniently placed for your use;
- No hot water in shower, no toilet seat; sink or shower leak water onto the floor;
- A few bugs
- Bright lights outside window, street noise
- Windows don't open, or have cracks, or don't keep out heat/noise/bugs
- Hotel noise (music or other guests)
- Cramped space
- Uncomfortable bed or pillows
- Threadbare or stained sheets or pillowcases
- TV and/or TV remote don't work
- Inadequate or no lighting in room, on stairs or in hallways, or on exterior hotel grounds

If you feel that some aspect of your room or its furnishings makes it unlivable, please see the program director. Keep in mind that moving to a different room might not solve the problem... it might just present a new one! Enjoying Mexico and Cuba begins with accepting some discomfort and inconvenience and taking it in stride as part of the overall experience.



- Observe all KIIS program rules of conduct, whether in public or behind closed doors.
- Respect your roommate's privacy. Avoid turning on lights, having guests in the room, and talking loudly if your roommate is asleep or wanting quiet.
- Respect other hotel guests by keeping noise down in the rooms, in hallways, and in public areas of the hotel. No socializing in hallways. Absolutely no shouting or rowdy behavior/horseplay.
- Use earphones when listening to music.
- Consumption of alcohol must be done in public areas. Drinking alcohol in your room or in secluded areas of the hotel is not permitted. You may not keep alcohol in your room.
- Observe U.S.-style smoking etiquette. Don't smoke in your hotel room, bathroom, hallways, lobby, restaurant, or other indoor areas. When smoking, distance yourself respectfully from non-smokers.
- Observe a curfew 11 p.m. to 7 a.m. weeknights, and 12 midnight to 7 a.m. Friday and Saturday nights. Other curfews (such as on travel days) may be announced.
- During curfew hours, you must be either 1) in your assigned room or 2) in a public area of the hotel, such as the lobby or patio, where you can be located quickly if someone needs to find you.
- Acquaint yourself with the hotel and its emergency exits as well as any emergency exit procedures. Know

- where other program participants, and program faculty, are rooming.
- Notify the program director or program faculty before leaving the hotel premises.
- Do not invite guests from outside the KIIS Cuba program into your hotel room.
- Do not host parties in your hotel room.
- The hardest worker in the hotel is the maid. Leave her a tip: US\$1 (or more) per person per day.
- If your room has a lockbox for valuables, use it. Lockboxes aren't guaranteed in any room. You are solely responsible for theft.

DURING CURFEW HOURS, YOU MUST BE EITHER:

1) IN YOUR ASSIGNED ROOM; OR 2) IN A PUBLIC AREA OF THE HOTEL, SUCH AS THE LOBBY OR PATIO, WHERE YOU CAN BE LOCATED QUICKLY IF SOMEONE NEEDS TO FIND YOU.

Laundry

- There are no public laundromats in Cuba. The housekeeping staff at the hotel provides laundry service. Ask to see the laundry rates.
- Most students do laundry once around the middle of the trip, timing it so they have just enough clean clothes to last through the end of the trip.
- Allow two (2) days for your laundry to come back.
- Provide your own detergent in a small container or baggie.
- When you're ready to do laundry, place your dirty laundry in a breathable bag (or just a pillowcase from home) on the foot of your bed with a handwritten note in Spanish: ROPA PARA LAVAR. Include your full name and room number. Leave a load's worth of powdered detergent beside the note. The maid will wash and dry your laundry, and return it to you the next day or the day after, probably ironed and folded, with a bill. Pay the maid directly—leave your cash payment plus a reasonable tip at the foot of your bed the next morning, along with the bill. Expect to pay US\$20-40 per load.
- Laundry in Cuba is typically line-dried and sometimes comes back damp, especially if the weather is rainy. Have some clothespins and hangers on hand so you can hang stuff up in your room to help it finish drying.

8. Food & Drink

Water

Drink only bottled water in Mexico and Cuba. This includes to brush your teeth. It is OK to use tapwater to wash your hands (just use soap) and to shower. Bottled water is readily available in both countries (the locals drink it too). In Cuba, a small bottle of water costs anywhere from about US\$0.70 at a convenience store to US\$1 or more at a hotel to US\$2 in a tourist area. It can be purchased almost anywhere, and hotel restaurants can sell you bottles to take with you. Just add them to your bill. When buying water, you can choose between *agua mineral* (fizzy) and *agua natural* (no fizz). At breakfast, buy one or two extra bottles for use during the day, and at dinner, by a bottle for the evening and night. Most restaurants practice good sanitation and make their beverages and ice cubes from purified water.

Food

The staples of most Cuban meals are chicken (pollo), beef (bistec), pork (cerdo), or fish (pescado) accompanied with rice (arroz), black beans (frijoles), and/or fried plantains (tostones). Occasionally bread (pan), cooked vegetables (legumbres), or salad (ensalada) are also on offer. Plan to see these foods served all sorts of different ways.

Breakfast is included every day except in Mexico, where you must pay for breakfast out of pocket.

In Cuba, breakfast may incude any or all of the following: strong coffee (*café*) or tea (*té*) with milk (*leche*) and/or sugar (*azúcar*), juice (usually pineapple (*piña*), guava (*guayaba*), or mango); bread (*pan*) and sweet rolls (*pan dulce*); cold cuts (*carne*); sliced cheese (*queso*); sausage (*salchicha*); hard-boiled or cooked eggs (*huevos*); bacon;

cereal with milk; and fresh fruit. The server will probably need your room number.

Besides breakfasts, ten (10) other meals are included. These will be lunches or dinners, and will be announced on a daily basis. These are group meals and will typically include an entrée (such as chicken, beef, pork, or fish) with one or two small sides, bread, beverage (water (agua), soda-pop (refresco), beer (cerveza), or cocktail (cóctel)), coffee (café); and dessert (postre). The dessert may involve a choice between two items, such as vanilla custard (flan) or ice cream (helado).

The remaining meals in Cuba (and all your meals in Mexico) must be paid for out of pocket. It is possible to eat good food that is cheap and bad food that is expensive, so look around. You will find that the best and cheapest meals are at restaurants away from touristy areas. See the program director for recommendations.

Some things to remember:

- In Cuba the portions may be generous or they may be small. You never know until the food arrives.
- Food may arrive cold. Drinks may be served lukewarm.
- Meal service in Mexico and Cuba tends to be much more leisurely than in the U.S.
- Servers in Mexico and Cuba do not give you nonstop attention as they do in the U.S. The only times your server might come to the table are when they take your order and when they bring your food.
- The server will probably not bring the bill until you ask for it. One way is to ask for the bill when the food arrives: "La cuenta, por favor," and then pay the server right away. Another way is by hand signal. From your seat, catch the server's eye and make writing motions with one hand across the palm of your other hand. The server will nod and bring your bill.
- Tip about 10% for your meal. Leave the tip on the table, as you would in the U.S.

Coffee

If you are a coffee aficionado, get ready for some delicious and very strong coffee. Coffee is served any of three ways: café (small espresso cup), café cortado (espresso cup with a shlook of whole milk), and café con leche (blended half-coffee-half-milk served in a larger cup). In Cuba, there is no such thing as decaf, and the condiments are usually limited to whole milk and white cane sugar. If you prefer decaf or alternative creamer or sweeteners, consider bringing a small supply of these with you from home. Restaurants can provide you with hot water to make your own coffee.

Vegetarian?

Vegetarian students have no problem on Cuba trips. If you eat fish, you will find that fish is available at most restaurants and makes a good staple. If you don't eat fish, with some advance notice our site coordinator can help you arrange meals that suit your diet. Most restaurants are able to provide vegetarian meals based on the available menu without difficulty.

9. Conduct

The KIIS Student Conduct Contract

- All students will be expected to conduct themselves in a manner which takes into consideration the comfort
 and well-being of the group. Disrespectful behavior in public which can reflect negatively on the group is
 unacceptable and will not be tolerated.
- Students must be willing to comply with requests and directions from KIIS staff and faculty.
- Students must be aware that they are subject to the laws of the host country and that KIIS provides no legal assistance in the event of arrest or other legal action in the host country (See special program rules regarding the Cuba embargo on p. 24).
- Students should learn and respect the customs of the host country, many of which are discussed in the
 information packet and the orientation sessions (See special program rules regarding clothing on p. 20).

- Program participants are expected to be punctual and to attend all classes and mandatory excursions; remain
 with the program and in program accommodations for the full academic term; and enroll in at least one
 course for academic credit. Unexcused absences from classes and/or excursions will result in a lowering of the
 student's final grade, as will excessive tardiness. Chronic unexcused absences could result in expulsion from
 the program.
- Cheating, plagiarism, or doing work which will receive academic credit for another person are all
 unacceptable. This includes the use of unauthorized books, notebooks, or other sources in order to secure or
 give help during an examination; the unauthorized copying of examinations, assignments, reports, or term
 papers; or the presentation of unacknowledged material as if it were the student's own work. Disciplinary
 action may be taken beyond the academic discipline administered by the faculty member who teaches the
 course in which the cheating took place.
- The possession, whether open or concealed, of any deadly weapon is strictly prohibited.
- Sexual misconduct is prohibited. Sexual misconduct is defined as any interaction where there is an absence of full consent by one party involved. Obnoxious behavior which may lead to sexual misconduct should be reported to a KIIS representative immediately.
- Harassment in any form is prohibited. Harassment is defined as intimidation, inappropriate comments or suggestions, or coercion. Behavior involving harassment should be reported to a KIIS representative immediately.
- Consumption of alcoholic beverages is not permitted in KIIS facilities. Use of any controlled substance
 including, but not limited to, amphetamines, barbiturates, hallucinogens, narcotics, marijuana, cocaine,
 anabolic steroids or other intoxicants and drug paraphernalia is strictly prohibited, and will not be tolerated
 (See Alcohol Policy p. 13).
- Students must carry the KIIS ID card at all times.
- Students are not permitted to operate any motorized vehicle while in a KIIS program abroad.
- When traveling apart from the program, students must always inform the Program director of where they
 plan to go and when they plan to return. In addition, students should tell at least one other person where they
 plan to go if leaving the program site. Traveling alone is strongly discouraged (See special program rules under
 "Exploring and Seeing the Sights," p. 21).
- Non-program visitors may not stay in program facilities with students.

Conduct that Could Lead to Expulsion from the Program

KIIS Cuba faculty and support staff aim to promote an atmosphere conducive not just to learning but also to cultural exposure and awareness; group and individual safety; and self-respect and respect for others. Naturally, not all behaviors are consistent with this experience. The following behaviors are harmful enough to the mission of the program to warrant severe consequences, including possible expulsion from the program (this means all your program arrangements are terminated and you are required to leave the country immediately at your own cost):

- Use and/or possession of drugs or other illegal substances;
- Inappropriate use of prescription medications, such as sharing, or refusal to use your prescription medications as directed;
- Abusive, drunk and disorderly, violent, or excessively noisy conduct;
- Engaging in activities which impair or interfere with the KIIS mission;
- Sexual misconduct;
- Harassment;
- Acts of vandalism;
- Possession of a weapon;
- Cheating, plagiarism and/or violations of academic policies as defined herein;
- Lack of sensitivity or respect for the rules of program accommodations;
- Operating a motorized vehicle (car or boat) during the program;
- An unwillingness to abide by other specific rules of the program as deemed necessary by the director.



This program abides by the WKU alcohol policy, which states:

- If you are under 21, it is against the student code of conduct for you to drink.
- It is against the student code of conduct for anyone to buy alcohol for someone under 21.
- It is against the student code of conduct for anyone to be drunk in public (...).
- It is a violation of the student code of conduct for your drunken behavior to disturb someone else's ability to sleep, study, or live peacefully.
- It is a violation of the student code of conduct for you to hurt or endanger yourself or someone else through drinking.

The alcohol policy shall extend to the KIIS Cuba program from the moment the group meets on departure day until the moment the group disbands at baggage claim at the conclusion of the program. It applies anyplace you might go during the program, whether with the group as a whole, in smaller groups, or by yourself.

ADDITIONAL INSTRUCTIONS FOR STUDENTS <u>OVER</u> AGE 21:

- Please drink alcohol only 1) where it is actually served or sold; OR 2) in a public area of the hotel, in plain sight.
 - o Never drink in hotel rooms or secluded areas of the hotel or hotel grounds.
 - Never drink on the group excursion bus.
 - Never drink on the street or "walking around."
 - o AND PLEASE NOTE: You may not store or keep alcohol in your hotel room, in any quantity.
- No hangout/chain-drinking anyplace, anytime.
- No daytime drinking during the week.
- No drinking games.

Tips for Drinking Responsibly

- Eat before and while you drink.
- Go slow with liquor, especially rum. Cuban rum is sweeter and richer than any you may have tasted before, and a little of it goes a surprisingly long way.
- Decide in advance what your limit is and stick to it.
- Don't drink on a schedule don't make it a habit.
- If you order a mixed drink, watch it being poured so you know how much alcohol is in the glass;
- Pace yourself. Don't drink more than one drink (one beer, one glass of wine, or one cocktail) per hour.
- Don't accept drinks from strangers.
- Don't mix alcohol types.
- Don't do shots.
- Be careful mixing alcohol with medications such as antidepressants and certain allergy medications. Drinking alcohol when your medication record indicates against it puts you and others at risk, and won't be tolerated.
- Stay hydrated, preferably with water.

Disciplinary Action

You face disciplinary action, including possible dismissal from the program after the first offense, for breaking any written rule or verbal instruction issued by the program director, the site director, program faculty, hotel or restaurant staff, or other authorities, such as the police. Insubordination sets a negative tone for the program and also reflects poorly on KIIS, the program faculty, and everyone involved in organizing our visit. Insubordination will not be tolerated.

In most cases, disciplinary action will follow a three-strike system:

- **Strike One**: Verbal warning. You will be informed of what behavior you need to change, and how you need to change it. You may expect to temporarily or permanently forfeit privileges.
- Strike Two: Written warning faxed to KIIS office. You may expect to temporarily or permanently forfeit privileges. You will be notified that unless your behavior changes, you will be expelled from the program.
- Strike Three: A verbal announcement will be made to you privately that you are dismissed from the program and are being sent home. A written report will be faxed to KIIS. You must make immediate arrangements to return to the U.S., including any additional transporation and lodging costs, and you are not entitled to participate in any further program activities. You will receive an 'F' for all course work and will not be entitled to recover any part of the trip expense. The judicial affairs office of your home university will be notified. This is a serious offense... on a par with being expelled from your home university.

10. Traveling to Cuba

Passport

All students must have a valid passport to travel. You must have your passport in hand by March 10 (that's 5 days before the actual signup deadline) or you will be denied participation in this program. There will be no grace period for providing your passport information, which includes a clear, full-size photocopy of the passport's photo/personal data page. Email scan only, please.

MARCH 10 IS THE ABSOLUTE DEADLINE
FOR PROVIDING KIIS WITH YOUR <u>PASSPORT INFORMATION</u>.
THERE WILL BE NO GRACE PERIOD.
IF YOU HAVE BEEN ACCEPTED TO THE PROGRAM BUT FAIL TO PROVIDE YOUR INFORMATION BY THIS DATE, YOU MAY BE REMOVED FROM THE ROSTER WITHOUT REFUND.

Your passport must have at least 6 months' validity beyond the dates of the program, thus validity through January 20, 2015. If your passport expires before January 20, 215, you must apply for a new one, and the new one must be received before you make your final balance payment on April 10.

While traveling, your passport is the most important document in your possession. Treat it like a treasure. When you pack it, choose a secure place for it and keep it in the same place every time. Getting your passport replaced in either Mexico or Cuba would be an ordeal. So at every moment while traveling, you should know exactly where your passport is, whether in your carry-on bag, in your hotel room, etc. Do not carry your passport around with you except on travel days. It is safer in the lockbox in your hotel room (if there is one), or secured inside your suitcase. Keep a photocopy of the data page of your passport in some other secure location. Your driver's license is the only ID that can be used ton replace your passport abroad if it is lost.

Ready for Departure?

- Airline tickets will be distributed on the day of travel.
- Don't pack at the last minute. With the weight restriction of 50 lbs, it will require time and strategy.
- Coordinate bulky items with your roommate. This includes things like hair dryers, curling irons, shampoo, conditioner, shaving cream, first aid supplies, sunscreen, bug spray, and medicines. There is no need for both of you to carry all these things.
- Weigh your packed suitcase before leaving for the airport. If it weighs 51-70 lbs, you will need to pay a US\$75 overweight fee each way (US\$150 total).
- Meet the group by the Delta Airlines check-in lines at Louisville Airport by 7:00 a.m. EDT on the day of departure. That's roughly 3 hours hours before scheduled departure. Don't be late.
- Confirm your ride to the airport, especially the time you will need to leave home or be picked up. Allow extra time for traffic, parking, and getting into the terminal.
- Set two alarm clocks on the day of travel.

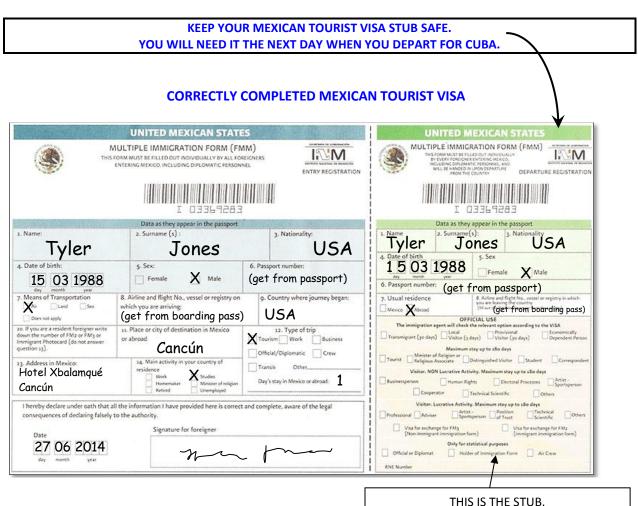
Pack your carry-on bag strategically. Include all your prescription medicines and any valuables, as well as
anything you could not live without for 24 hours. Also consider bringing reading material, iPod and
headphones, cell phone, Kindle, small travel pillow, sunglasses, and snacks. Remember you can't bring drinks
through airport security, but you can buy them on the other side. You will also need an ink pen to fill out
arrival documents on the plane into Cancún.

PACKING CHECKLIST STARTS ON PAGE 33!

Mexican Tourist Visa & Customs Declaration (see samples on next 2 pages)

Upon arrival in Cancún we will clear Mexican Immigration & Customs. Before you get off the plane in Cancún, please note the following:

- Flight attendants will distribute Immigration and Customs documents for Mexico on the inbound flight to
 Cancún. These documents should be completed in pen before you deplane in Cancún. You will need an ink
 pen, your airline and flight number, your passport number, and the name of the hotel in Cancún to complete
 the documents.
- The Mexican tourist visa (required at Immigration Control) has two identical portions, perforated down the middle. You must complete both portions, and sign and date where indicated.
- In the Immigration line the agent will stamp both portions, keep one, and return the smaller stub to you.
- The Mexican Customs form should also be completed in ink before you deplane in Cancún. This form is collected at Customs, after you retrieve your luggage at baggage claim.



IT WILL BE RETURNED TO YOU.
YOU WILL NEED IT AGAIN.

PROPERLY COMPLETED MEXICAN CUSTOMS DECLARATION

WELCOME TO MEXICO Revision de Administration Tributaria WELCOME TO MEXICO ADUANA MÉXICO
Customs Declaration for travelers arriving from abroad Each arriving traveler or responsible family member must provide the following information.
Please read the instructions on the back of this form. 1
Family name (s): Jones First (Given): Tyler
USA
Nationality : Birth date: Day 115 Month 03 Year 1988
2
VISITORS: Number of days you will stay in Mexico:
RESIDENTS: Number of days you stayed abroad:
Number of family members traveling with you :
Number of pieces of luggage (suitcases, bundles, boxes) bringing uith you:
Missing or imported as cargo luggage (pieces) [see Motice 1 on the back of this form):
TRANSPORT Maritime Air X Land
Transport Identification Number (Get airline and flight # from boarding pass)
The transportation of currency or monetary instruments is legal, however, failure to declare the total amount may lead to the seizure of currency or monetary instruments, and may subject you to civil and/or criminal prosecution.
Are you carrying coin, currency, checks, travellers checks or any other monetary instrument that together exceed the amount of 10,000 U.S. dollars or its domestic or foreign equivalent? No X Yes
If you responded "Yes", declare the total amount in U.S. dollars and fulfill the back of this form.
DECLARE IF YOU ARE BRINGING
Live animals; food products; plants; flowers or fruits; chemical, pharmaceutical or biological products of agricultural use; No XI Yes
Weapons and / or ammunition. No X Yes □
Professional equipment No X Yes Samples
Samples No X Yes Additional goods other than "Luggage and Exemptions", subject No X Yes
to duties NO Tes
applicable duties and taxes may subject you to civil penalties and/or criminal prosecution. I have read the information on the back of this form and have made a
truthful and accurate declaration.
Date: Signature
Lay LEIZ Mornin Co o Tear LE O 1 7

Arriving in Cancún

- Stay together.
- Pass through Immigration (passport control), baggage claim, and Customs. Baggage claim is a good place to look for a restroom, if you need one (while waiting for luggage).
- Don't leave your luggage unattended.
- Make sure you keep the Mexican tourist visa stub returned to you at Immigration. You will need it again at departure the next day.
- Exit the terminal. Waiting inside the terminal after exiting Customs is not permitted. Once you exit the terminal, you cannot re-enter.
- Wait for Dr. Morris to direct the group to our assigned vans. Don't wander off.
- The ride to the hotel is about 30 minutes.

What to Do in Cancún

We will be in Cancún just over 24 hours, evening to evening. After arrival, we will go straight to the hotel. After check-in at the hotel, we will have a quick group meeting at the hotel, exact time and location TBA. At the meeting we will talk about dinner options, places to go, and plans for the following morning. You are free to spend the evening in the downtown area in groups or 2 or more. The Hotel Zone (points further down Kukulcán Blvd than Playa Las Perlas) is off limits. Try to include a Spanish speaker in each group. Groups must remain together. Curfew: 12midnight-7am.

Places to go in downtown Cancún:

Playa Las Perlas

This beach is popular among locals and is about 2 miles from downtown. It is accessible by bus, less than US\$1 each way. There is also a very pleasant open-air restaurant. Please don't visit the beach after dark.

Parque de Las Palapas

The Central Park of Cancún, Parque de Las Palapas is busy day and night (it seems) with music, food stands, vendor stalls, and more. Pretty much the entire area around Parque Las Palapas is designed for pedestrians and there are many restaurants and shops. Likely to be fun and busy on a Friday night and Saturday during the day.

Avenida Tulúm

The "main drag" of downtown Cancún, with many shops and restaurants, and the Ki-Huic handicrafts market. Don't miss the Chedraui supermarket at the south end (corner of Cobá Avenue), which is like a Mexican Wal-Mart.

Mercado Ki-Huic

This open-air market near Tulúm and Cobá Avenues is a maze of stands and stalls selling all sorts of crafts, clothing, and souvenirs... generally higher quality (and lower price) than you are likely to find elsewhere in Cancún, or in Mexico, for that matter. Great place to buy gifts and souvenirs on the return trip (so you don't have to carry the stuff with you for 3 weeks). Open 6am-10pm.

Roots Jazz Café

On Tulipanes just off Parque de Las Palapas, a trendy atmospheric jazz bar, usually with a US\$3 cover. Popular among locals. Live music starts at 9pm.

Cancún to Havana

On Saturday afternoon (time TBA) we will return to Cancún Airport as a group to check in for our onward flight to Havana. Have your passport ready and don't wander off. The Cuban visa has been prepaid but has a replacement cost... so don't lose it! The visa has two indentical portions separated by a perforation (see below). When you

receive it, check it for accuracy and then place it with your passport in a safe pocket or in a purse. **Don't fold it or separate it**.

CUBAN TOURIST VISA

REPÚBLICA DE CUBA VISA - TARJETA DEL TURISTA	REPÚBLICA DE CUBA VISA - TARJETA DEL TURISTA		
J 186786 APELEOS LATTNAME NOME NOME PRISTNAME PRISTNAME	J 186786 APELLIDOS LAST NAME NOM NAME HOMBBE FIRST NAME POPENAME		
PRESON OF NACMENTO DATA	VORNAMEN FECHA DE NACIMIENTO DATE OF PRICTAL DATE OF PRICTAL DATE DE NACIMIENTO DATE OF PRICTAL DATE DE NACIMIENTO DIE / Day Mos / Month Annal / Wear VER AL DORSO SEE BACK VOIR ALI DOS SIEHERUCKBEITE CELEBRASSIORT RESEPASS		
GIUDADMIA GITZENSHIP MATCHALITE STANTSMIGEHORICKEIT	CIDZENSHIP ATTONALTÉ STANIBANGENORIGKEIT USÓ OFICIAL ENTRADA		

KEEP THE CUBAN TOURIST VISA IN A SAFE PLACE.

IF YOU LOSE IT, YOU WILL HAVE TO PAY FOR ANOTHER ONE.

YOU WILL NEED THE STUB WHEN YOU DEPART CUBA AT THE END OF THE TRIP.

Check-in for the flight to Havana may be slow and disorganized. Be patient, don't wander off, and keep an eye on your luggage. At check-in for the flight to Cuba you will need:

- Passport
- Mexican tourist visa stub (returned to you on arrival the day before)
- US\$50 departure tax in cash
- Cuban tourist visa

In 2013 it was permitted to lock your checked luggage on the flight to Havana. This is recommended. You will be given a seat assignment at check-in. Feel free to request the seat you want: *ventanilla* (window) or *pasillo* (aisle). I recommend a window seat for the amazing view upon landing in Havana... which will be at night.

After we have checked in and passed through security together, you are free to roam around the terminal, have dinner, etc. Let at least one program faculty know where you will be. Keep an eye on the time. Please return to the departure gate at least 45 minutes before scheduled departure. The duration of the flight is about 1 hour in the air.

Arrival in Havana

TAKE EVERY INTERACTION WITH CUBAN BORDER POLICE AND OFFICIALS SERIOUSLY.

DO NOT MAKE JOKES OR MAKE LIGHT OF PROCEDURES OR QUESTIONS.

ANSWER QUESTIONS FRANKLY AND CLEARLY.

FOLLOW INSTRUCTIONS IMMEDIATELY AND WITHOUT COMPLAINT OR COMMENT.

The entire arrival process from deplaning to exiting the terminal could take longer than 2 hours. Just expect it to be long. Inside the airport terminal and throughout Passport Control, baggage claim, and Customs, stay together. It will also help to keep a low profile. No photography in the terminal.

Immigration (passport control)

- Have your passport and your Cuban visa ready for inspection. Plainclothes security police routinely preinspect U.S. visitors. They may or may not speak English. If you are approached by a Cuban official at any
 point in the inspection process, please direct the official to Dr. Morris to answer questions on behalf of
 the group.
- o Passport inspection is a lengthy, careful process. You will have your picture taken.
- Be ready to answer basic questions, such as, What is the purpose of your visit? How long is your visit?
 What hotel will you be staying at? What is the reason for your visit? What cities will you be visiting? Be able to answer all these questions!

Baggage claim

- Claim your checked luggage and wait in the claim area for the rest of the group.
- Now is a good time to use the restroom, if you need to.
- If approached by an Immigration official, answer any questions as frankly as possible or direct the official to Dr. Morris.

Customs

- You will pass through a metal detector and will probably also be hand-frisked.
- All your luggage and carry-ons will be X-rayed and probably also sniffed by a dog. Your luggage may also be hand-searched.
- Expect to be asked questions about any electronic equipment in your possession, including cell phones, laptops, digital cameras, and movie cameras. Avoid an administrative hassle and don't bring freestanding GPS devices, satellite phones, or walkie-talkies into Cuba.

After Customs, exit into the main terminal but stay inside the building. There is a bank but you will get faster service and a better rate if you wait until regular business hours in Havana. Our Cuba site coordinator will be waiting for us at the airport. We will ride to our hotel in Havana in a comfortable private bus.

Arrival at the Hotel in Havana

- Upon arrival at the hotel in Havana (and at every hotel in Cuba), you will be assigned a room. Plan to keep the same roommate for the duration of the trip. If a roommate switch seems like a good idea, let Dr. Morris know before you make the switch, and be sure all four students are in agreement.
- Have your passport ready at check-in, and remain in the lobby until your room assignment has been made. Make sure Dr. Morris knows your room number before you go to your room.
- We will meet shortly in the lobby area for our first group dinner, exact time TBA.
- Curfew tonight begins following dinner. Please get some rest.

11. Day-to-Day in Cuba

A Typical Day

A typical weekday begins with an all-group breakfast meeting at **7:00am** in the hotel restaurant or wherever breakfast is being served. Plan to arrive and get your breakfast right at 7:00. The meeting will begin about 7:15. You don't have to eat breakfast at the meeting, but you do have to attend the meeting, and you do have to arrive on time. As a courtesy to other diners as well as the restaurant staff:

- Share tables with other KIIS program students. Don't sit down at an unoccupied table if there are empty seats at another KIIS table.
- As a group, try to occupy just one section or corner of the restaurant (don't spread out).

Announcements for the day will be given, along with any schedule changes. Plan to write things down. After the combined breakfast/meeting you are free until class or the first activity. On weekends the schedule will be more open. See the schedule (to be provided) and be attentive to announcements and updates, which can be made at any time.

Tentative Class Schedule

Block 1 8:15-9:45am	ECON 410-1 Comparative Economic Systems Dr. Erfani		SPAN 370/470 Spanish Conv/Adv Oral Spanish Dr. Larson
Break			
Block 2	ECON 410-2	SPAN 455/555	SPAN 306
10:00-11:30am	Issues in the Global Economy	Envisioning Modern Cuba	Service Learning
	Dr. Erfani	Dr. Morris	Dr. Larson

- Our classes will usually be held in areas of the hotel. Some areas may be more private, more comfortable, and more conducive to class activities than others. Larger classes will have priority in larger spaces.
- Class meeting locations are likely to change from one day to the next, and of course from hotel to hotel. Listen for instructions at the daily breakfast meeting.

Weather

The weather in Cuba is similar to south Florida in June and July: warm to hot, and probably also humid. Torrential rain is possible at any time. June is the rainiest month of the year. Public areas in Cuban buildings are seldom airconditioned, though individual offices and hotel rooms typically have wall A/C units.

Month: June	Havana	Nashville	Louisville
Average daytime high Average daytime low	90° F 72° F	86° F 65° F	85° F 66° F
Average monthly rainfall	7.00"	4.14"	3.79"

Clothing

Cubans take great pride in their personal appearance and seldom dress slovenly, even around the house. How you dress will, to a large extent, determine how you are treated in public.

Typical U.S. college student attire – shorts, T-shirt, sandals/sneakers, ball cap, etc. – will draw more attention to you on the street in the form of Cubans following you, asking you questions, and trying to sell you stuff. This can be fun for awhile, but it can quickly become annoying and even creepy. If you dress a bit more conservatively with a collared shirt or blouse, pants or skirt, and street shoes, you will draw less attention and probably find that you are treated with greater courtesy and attention in restaurants and shops.

In the evening, Cubans take a cool shower and dress up (not down). This is a good practice to follow.



The following clothing is APPROPRIATE ONLY AT THE POOL OR BEACH (OR POSSIBLY WHILE EXERCISING):

- Shirtless
- Flip-flops
- Athletic shorts, jogging shorts, or any shorts that resemble swimwear
- Bikini tops

The following clothing is **INAPPROPRIATE AT ANY TIME**:

- Short shorts, anything skimpy or revealing (use good taste)
- Clothing with political symbols, profanity, or U.S. flags
- Clothing that is or resembles military issue (camouflage, olive green, fatigues, etc.)
- Torn or ripped clothing, such as cutoff shorts or jeans with worn-out knees, torn belt loops, holes, etc.

Exploring & Seeing the Sights

- For individual and group safety, independent travel away from the city, alone or in groups, is not permitted.
- Always let the program director know when you leave the hotel or program site.
- Use a buddy system the entire first week. During the second and third weeks, this system may be revised. You are always safer with a buddy. See the program director if you wish to make an exception.
- Please get permission from the program director if you intend to meet up and socialize with Cubans away
 from the program site. This is for your safety. Cubans are welcome to visit you in public areas of the hotel
 (such as the lounge or patio), during free time.
- Do not operate any motor-driven vehicle (includes boats). Walk, use public transportation, or take a cab.
- Sightseeing and explorations during free time must be arranged so as not to conflict with class or other program activities.

Getting Around

If you want to get around quickly in Havana, the easiest way is by *cocotaxi* or *ciclotaxi*, both of which are fun and inexpensive, especially when 1-2 other people share a ride. Regular *taxis* are also available. Cabs are seldom metered. When hiring any kind of cab, always agree on the price up front and don't forget to tip about 1 CUC total upon arrival.



cocotaxi



ciclotaxi

Most Cubans ride public buses, which are crowded at all hours. Cubans always line up for the bus and are meticulous never to board the bus ahead of someone who arrived at the bus stop before them.



Lining up for the public bus ("haciendo cola") in Havana

Lines at bus stops are long but orderly. When arriving at the bus stop, a Cuban will always ask "¿Quién fue el último?" (Who was the last one?) and the last person to join the line will raise their hand. Then they make sure to let the previous person board the bus before they do. This way no one has to physically wait in line, as many prefer to wait in the shade, seated on the curb, etc. The line then re-forms the moment the bus arrives.

Taking pictures

Plan to bring plenty of camera batteries and make sure your memory card holds plenty of images/video. The pictures you take and those taken by others will be the best and most enduring way to remember, relive, and share your Cuba trip. Please **DO NOT** take pictures of the following people/things/places:

- Cuban soldiers, security guards, or any uniformed officials;
- Inside any area of José Martí airport, on ferries, in train stations, or in ports;
- Inside shops and stores;
- The U.S. Interests Section building.

Tourists are generally welcome to photograph and film the Cuban soldiers at the changing of the guard ceremony ay the Eternal Flame memorial in Havana, at the Museum of the Revolution. When in doubt about whether it is OK to take a picture of a person, just ask the person directly. Ask: ¿Puedo sacar una foto de usted?

Toilets

Cuba has almost no public toilets. The good news: anyone may use the restroom in a hotel or restaurant, not just paying customers. So if you need to use the restroom, just walk into a hotel or restaurant and ask for the *baño*. The nicer the hotel or restaurant, the nicer (usually) the *baño*. Cuban restrooms are almost always attended, and the attendant would like a tip as you leave. Leave it in the tip tray near the door and say a polite *Gracias* as you leave. For a quick visit, leave 25 centavos. For a longer visit, leave 1 CUC. Many restrooms don't supply toilet paper, or the paper they supply isn't really up to the task. Best always to carry a small supply with you.

Electrical current

Electrical outlets in Cuba are U.S.-appliance-compatible (110 volts) and require no adapter. Keep in mind that outlets are seldom provided in bathrooms and there may be only one or two outlets per room, sometimes in odd locations, such as high on the wall or under a table, and they may already be in use by a lamp or the A/C unit. Throughout Cuba, brief or extended power failures are common day or night.

Culture Shock

It is normal to experience culture shock after arriving in Cuba. Culture shock can feel like homesickness, but it's different because you don't want to be home so much as you want to get away from the new, unfamiliar environment. Here are the stages most people experience:

• Step 1: The Honeymoon Stage

When you first arrive in a new culture, you are euphoric and find the new culture exhilirating and intriguing. You feel excited about where you are. You don't yet feel disconnected from people and things back home.

• Step 2: The Distress Stage

The newness has worn off and all you see are the cultural differences. The language barrier looms. You feel confused and isolated when you realize how long it will be before you get to return to your "comfortable" life. You feel detached from your usual support systems (family, friends). This stage can be especially difficult in a place like Cuba.

Step 3: Adjustment Stage

It grows increasingly difficult to focus on the things you like about the culture, the language, the food, the customs. You are acutely aware of what the new culture "lacks." You may want to withdraw from social activity and behave with passive aggression or hostility toward those around you. Beware! Some program participants get stuck at this stage... and deeply regret it later.

• Step 4: Autonomy Stage

You are starting to acclimate to the new culture. You fine cultural differences easier to accept. Boosted by one or two positive experiences in the new culture, you feel more confident and better able to cope with

problems when they arise. You no longer feel isolated but instead can look at your surroundings and fully appreciate where you are.

Step 5: Independence Stage

You are yourself again! You have embraced the new culture and see things in a new, yet realistic, light. The unfamiliar has become routine, even enjoyable. You feel comfortable, confident, able to make decisions based on your own preferences and values. You no longer feel alone or isolated. You understand and appreciate both the differences and similarities of your own culture and the new culture. You feel at home. The sooner you get to this stage, the sooner you can really enjoy your experience in Cuba!

There are a few "triggers" that can make culture shock harder to cope with:

Feeling vulnerable or on display

Latin cultures are very open, because so much of their day-to-day life takes place in shared living spaces or in public, such as out on the street. Latinos are accustomed to living lives with far less privacy than we are. It is common to drop in on neighbors and stay for hours, to blast loud music without thinking twice about it, to walk up to strangers on the street and start talking, etc. Americans tend to be much more private, even "sealed away" from others in their cars, homes, etc., and can easily feel deprived of their privacy and personal space.

Feeling conspicuously different

It's hard for most Americans to hide the fact that they are foreign. Americans often have different physical features from Latinos and therefore "stand out" on the street. They speak a different language, they dress differently, they burn in the sun, they sweat profusely in the heat. All of these things can draw unwanted attention that makes you feel uncomfortable.

Environmental triggers

Uncomfortable indoor temperatures; more physical activity than usual; smaller or less satisfying meals; less access to modern conveniences like TV, telephone, email, Internet; less privacy; less access to "comfort foods;" uncomfortable bed; perceptions of dirtiness or dinginess; lots of very fast Spanish; new foods, people, and places.

Americans are often shocked by how dirty and/or dingy or worn out things are in poorer parts of Latin America, including Mexico and Cuba.

"It's so dirty!"

Latinos give great attention to cleanliness, especially personal cleanliness. However, the idea that something has to be shiny, sparkly, and new-looking in order to be clean is very American. Latinos wash the floors of their homes almost daily, but they are less concerned about environmental germs than we are. There is also a different ethic toward housepets (dogs and cats), who may be thin and dirty and look like strays, even though they really do belong to someone. If you feel the surroundings are unsanitary, just step up your own hygiene and try to take it in stride.

• "It's so run down!"

In the United States, we usually replace things long before they break or wear out. In Latin America, it is more common to replace something after it wears out—or just let it remain broken if it still sort of works. For example, leaky toilets, drippy faucets, cracked windowpanes, threadbare blankets, stained pillowcases, and loud A/C units may look awful and not live up to promise, but most of the time they still get the job done reasonably well. Take the rampant wear and tear in stride.

What to do if you experience culture shock:

- Be ready for it, then deal with it proactively in a way that makes your experience (and the experience of others) easier and more pleasant. Refuse to be a culture-shock grouch. Refuse to be a recluse.
- Create unique experiences rather than sticking to safe routines.
- Avoid making negative or critical judgments.
- Be a "half-full" rather than "half-empty" student. Think in terms of what the new culture has to offer, rather than what it lacks.
- Make time for familiar cost-free things that help you feel like yourself: journaling, jogging/exercising, reading, spiritual devotion, hobbies (sewing, drawing, photography, painting), etc. These can help you feel better when you're culture-shocked. Just keep them in perspective—they shouldn't be an escape from your surroundings.
- Be open about your culture shock with the program faculty. They have all traveled abroad and have dealt with their own culture shock many times in the past. They know what you're going through and can help you.

12. The Embargo, Souvenirs & You

Code of Federal Regulations (CFR) § 515.204 Importation of and dealings in certain merchandise

(a) Except as specifically authorized by the Secretary of the Treasury (or any person, agency, or instrumentality designated by him) by means of regulations, rulings, instructions, licenses, or otherwise, no person subject to the jurisdiction of the United States may purchase, transport, import, or otherwise deal in or engage in any transaction with respect to any merchandise outside the United States if such merchandise:

- (1) Is of Cuban origin; or
- (2) Is or has been located in or transported from or through Cuba; or
- (3) Is made or derived in whole or in part of any article which is the growth, produce or manufacture of Cuba.

All products made or sold in Cuba are embargoed under a U.S. law that has been in effect since the early 1960s. This means they cannot legally be brought into the U.S., by a person of any nationality, from any source, in any quantity, for any reason. There are some categories of items that are exempt from the embargo, meaning you can bring them back to the U.S. Exempt items include and are limited to:

- Publications (magazines, newspapers, books, and other printed material)
- Films (DVDs)
- Posters
- Sound recordings and CDs
- Photographs (digital or prints)
- Microfilms, microfiche, and CD-ROMs
- Video recordings
- Artwork (paintings, drawings, collages, decorative plaques, engravings, prints, lithographs, sculptures)

All other items, such as Cuban tobacco, Cuban alcohol, and Cuban coffee, may not be brought into the U.S. Any such items found in your luggage or on your person when you re-enter the U.S. at the end of the trip are subject to confiscation, and you may be required to pay a fine of up to US\$100,000.

Note that under your visiting status, it is legal for you to buy and enjoy embargoed products while in Cuba; you just can't bring these products into the United States.

13. Health & Hygiene

Staying Healthy

• Don't drink tapwater; drink only bottled water. This includes to brush your teeth.

- It is OK to use tapwater to wash your hands, wash your face, shower, etc. Just make sure you use plenty of soap.
- Wash your hands with soap and water at least 4 times a day, particularly before meals, before brushing teeth, before handling contact lenses, after using the restroom, and before getting in bed.
- Avoid purchasing food and drinks on the street, especially if served fresh/unpackaged.
- Limit your consumption of uncooked foods such as raw fruits and vegetables until you know how your body handles them.
- Drink plenty of water.
- Drink alcoholic beverages in moderation (if at all).
- Get plenty of sleep.
- Get enough to eat/don't overeat.

Plan for unexpected stomach discomfort by carrying antidiarrhea tablets or antacid tablets with you, and a small supply of toilet paper (restrooms don't always supply it). If you get very sick, notify the program director right away. Be wary of prolonged illness, particularly diarrhea and/or vomiting that last more than about a day (see "Traveler's Illness," below). In a hot environment these can lead quickly to dehydration (see "Dehydration," below). Dehydration can be even worse than traveler's illness!

If You Get Sick

If you feel sick, let the program director know. You can be excused from an activity to rest. If you have vomiting, diarrhea, headache, fever, or some other symptom that won't go away, let the director know and you can be taken to a clinic. Services and medicines at the clinic are free, but you must have your ASISTUR policy card with you to receive medicines or services.

EMERGENCY CONTACT INFORMATION IS ON PAGE 3.

The most common forms of illness on the Cuba program are:

- Traveler's illness. The symptoms include stomach cramps, nausea, diarrhea, and vomiting. Treat traveler's
 illness symptomatically with diarrhea medicine, antacids, fizzy water, and rest. Make sure you replenish lost
 fluids. Eat simple foods like boiled chicken, mashed potatoes, and bread, and avoid caffeine and sweet drinks
 until you feel better.
- Dehydration. Pacing your water intake and paying for every drop you drink means you might drink less water than you should. Add to this the occasional (dehydrating) alcoholic beverage and you might be a candidate for dehydration. When you're dehydrated you feel sick, dizzy, tired, and listless. To avoid dehydration, don't skimp on water. Don't substitute other beverages for water, either. Coffee, tea, carbonated drinks, and alcohol can all dehydrate you. If you think you have become dehydrated, it is good to have some Gatorade drink powder on hand to add to bottled water and sip while resting out of the heat.

AVOID EXCESSIVE SELF-MEDICATION AND SELF-TREATMENT WHENEVER
VOMITING AND/OR DIARRHEA ARE PRESENT.

IF EITHER SYMPTOM LASTS MORE THAN ABOUT A DAY,
PLEASE NOTIFY DR. MORRIS SO YOU CAN GET APPROPRIATE MEDICAL HELP.

14. Crime & Safety

First, Don't Be Stupid

While in Mexico or Cuba, you are subject to the laws of those countries. You are not "immune" from the laws, nor can anyone in those countries or in the U.S. intervene to hold back the brunt of the law if you are arrested. In Cuba, most things that aren't specifically permitted may actually be forbidden. These things may include standing

or loitering in certain areas, taking pictures, or even something as simple as walking on the grass. You never know, and when in doubt if something is permitted, you should ask. If an official asks you to stop what you're doing, stop doing it without comment and move on.

Crime, Safety & Alcohol (...& You)

All too frequently, crime committed against U.S. students studying abroad involves alcohol. You face a far greater risk of being a target for crime or mischief if you are drinking alcohol or have your guard down due to intoxication. In Cuba, things like drunken brawling, urinating in public, and making a spectacle while drunk may all result in arrest. If you are arrested in Cuba for committing a crime, you are guilty until proven innocent and will serve jail time without bail until your trial. Jail sentences run long in Cuba, and there is no parole. More than a few Americans are serving lengthy jail sentences in Cuba for crimes they committed while vacationing there. Needless to say, their Cuba vacations were ruined.

Crime Committed against You

Crime against students is rare but vigilance is essential. A crime could be committed against you by a Cuban, by someone in the KIIS group, or by another foreigner. This includes things like:

- Violent or forceful acts
- Unwanted sexual acts or unwanted sexual advances from either sex; sexual harassment
- Theft of money or other property, by force or by scam

Whatever the case, U.S. federal law requires that you report any crime committed against you to the program director.

If you find yourself in a potentially dangerous situation, try to avoid the situation by walking or running away. If necessary, shout to get others' attention. Shouting *¡Socorro!* (Help!) or *¡Policía!* (Police!) should get attention of anyone within earshot. If you are mugged, do not struggle. Give up whatever money or valuables are demanded. No heroics! Be sure always to report any crime, whether violent or not, to the program director so you can get all the help you need. NOTE: Pepper spray is not permitted in Cuba.

WAYS TO AVOID BEING THE VICTIM OF A CRIME

- Stay sober!
- Don't count your money in public.
- Don't study the guidebook or map on the street. Find someplace discreet.
- If you think someone is following you, cross the street or go into a shop or restaurant.
- If you can't shake off a persistent hustler, avert your eyes, cross the street, walk faster, enter a shop or restaurant.
- Carry your wallet in your front pocket.
- Don't drape your camera, backpack, or purse over the back of a chair or anywhere it is not in bodily contact with you.
- Carry your purse with the strap diagonally across your body, with all the pockets zipped shut.
- Explore and sightsee in groups. This is especially true for women.
- Don't set down purses, wallets, cameras, or other valuables, even for a moment.
- Don't wear fancy jewelry or watches.
- Don't carry more cash than you need.
- Don't stand out. Dressing like an American (ball cap, T-shirt, sandals, shorts, etc.) will draw attention to you. Try to blend in.
- Be vigilant when standing in lines or passing through crowds.
- Avoid poorly lit areas. If you have no choice, carry a small flashlight.

- Be alert of people offering help but who are actually trying to scam you in some way.
- Never accept a ride from a stranger, and be sure if you are taking a taxi that it is registered.

Accident and Injury

Students studying abroad sometimes experience a "high" in the new surroundings and take on physical challenges they would never consider at home in the U.S. An astounding number of accidents and injuries on study abroad trips are associated with voluntary stunts and high-profile activities. Please be advised:

- No stunts or dares. Things like scaling walls, jumping off bridges, and diving off waterfalls are as dangerous in Cuba as they are in the U.S. and are too risky.
- No operating motorized vehicles. This includes cars, carts/buggies, motorboats, and motorcycles.
- No swimming alone. This includes at hotel swimming pools.
- No swimming where locals don't appear to be swimming.

If you are seriously injured or if someone with you is injured, notify the program director immediately. Depending on severity and/or urgency of the situation, take action yourself. Get to a clinic, treat the wound, help the injured person to safety. Keep in mind that getting to a medical clinic may mean hailing a taxi or even flagging down a stranger and asking them for a ride.

Diplomatic Assistance

U.S. citizens traveling in Mexico and Cuba may seek help from U.S. diplomatic offices if they are victims of a crime, lose their passport, or need urgent help. These offices (next page) CAN help you replace a lost passport and in certain crisis situations, such as losing your money or suffering serious injury. They CANNOT help you get out of jail if you are arrested for a crime.

U.S. Consulate, Cancún (extension of U.S. Consulate, Mérida)

Blvd. Kukulcán Km 13 ZH, Torre La Europea, Suite #301

Phone: (52)(998) 883-0272 | E-Mail: cancunagency@gmail.com, meridacons@state.gov

Fax: (52)(998) 883-1373

Consular Agents: Rebecca Kubisiak, Leslie Vessels-Calderon

U.S. Citizens Services (a division of USINT), Havana

Calzada Street between L and M Streets, on the Malecón, in Vedado district

Phone: (53)(7) 839-4100 | After hours: (53)(7) 839-4100 and dial 1 for on-call officer

Fax: (53)(7) 839-4247 | Email: HavanaconsACS@state.gov

The U.S. diplomatic office in Cuba (USINT) is not an embassy. The U.S. does not maintain an embassy in Cuba. Unfortunately, USINT does not have good working relations with the Cuban authorities, so U.S. citizens should only contact USINT in a dire emergency, such as a lost passport, violent crime, or serious injury or illness requiring medical evacuation. Please don't contact USINT directly without first consulting the program director.

15. Quick Cuba Facts





(blue and white stripes, white star on red field)

Official name: República de Cuba (Republic of Cuba)

Official language: Spanish

Official form of government: Socialism (communism) (One political party is permitted: the Cuban Communist Party, which the Cuban Constitution upholds as "the superior guiding force of society and the state")

Population in 2004: 11 million

Urbanization: 75% of Cubans live in a city

Major cities with populations:

., c. c	
Havana (capital)	2,600,000
Santiago de Cuba	544,000
Camagüey	349,000
Holguín	312,000
Guantánamo	269,000

Ethnic diversity (2004 census):

white:	65%
mulatto (=black/white biracial):	23%
black:	10%
Asian:	1%
Taíno (native):	1%

Head of state/government (since 2008):

Raúl Castro Ruz, brother of Fidel Castro and former commander of the armed forces.



Communications (number of Cubans who...):

own personal computers: 3%

own a telephone: 5%

regularly use the Internet: 2% have email accounts: 4%

have a cell phone account: 8% (predicted: 21% by 2015)

How Cuba Ranks in the Americas

Adult Literacy %

source: UNESCO

Percentage of the adult population who can read.

(Higher=better)

Cuba	99.8	Venezuela	95.2	Peru	89.6
Canada	99.0	Paraguay	94.6	Dominican Republic	89.1
USA	99.0	Panama	93.4	Honduras	83.6
Uruguay	97.9	Mexico	92.8	El Salvador	82.0
Argentina	97.6	Colombia	92.7	Nicaragua	78.0
Chile	96.5	Ecuador	91.0	Belize	75.1
Costa Rica	95.9	Bolivia	90.7	Guatemala	73.2
Bahamas	95.8	Brazil	90.0	Haiti	62.1

Child Mortality

source: UN

Number of children per 1,000 live births who die before age 5 due to natural or unnatural causes.

(Lower=better)

Canada	5.9	Belize	20.0	Brazil	29.1
Cuba	6.5	Mexico	20.2	El Salvador	29.3
USA	7.8	Venezuela	21.8	Dominican Republic	33.1
Chile	8.8	Panama	23.8	Paraguay	38.3
Costa Rica	11.4	Ecuador	25.7	Guatemala	39.3
Argentina	15.5	Nicaragua	25.7	Honduras	41.6
Uruguay	16.2	Colombia	26.0	Bolivia	60.6
Bahamas	17.5	Peru	28.8	Haiti	71.5

Life Expectancy

source: UN

Average age in years of people when they die, men and women taken together, whether of natural or unnatural causes. (Higher=better)

(mgmer wetter)					
Canada	80.7	Brazil	72.4	Dominican Republic	72.2
Costa Rica	78.8	Panama	75.5	El Salvador	71.9
Chile	78.6	Argentina	75.3	Paraguay	71.8
Cuba	78.3	Ecuador	75.0	Peru	71.4
USA	78.3	Venezuela	73.7	Guatemala	70.3
Uruguay	76.4	Bahamas	73.5	Honduras	70.2
Mexico	76.2	Colombia	72.9	Bolivia	65.6
Belize	76.1	Nicaragua	72.9	Haiti	60.9

Gender Gap in 2013

source: World Economic Forum (WEF)

Rank in world. As measured by educational attainment, health and survival, economic participation, and political empowerment. (Lower=better)

Nicaragua	10	Colombia	35	Uruguay	77
Cuba	15	Panama	37	Peru	80
Canada	20	Bahamas	40	Honduras	82
USA	23	Jamaica	47	Paraguay	89
Ecuador	25	Venezuela	50	Chile	91
Bolivia	27	Brazil	62	El Salvador	96
Costa Rica	31	Mexico	68	Belize	107
Argentina	34	Dominican Republic	72	Guatemala	114

16. Cuban Customs



* SMOOCH! *

Hello & Goodbye

Like most Hispanics, Cubans greet each other enthusiastically and physically. In social settings, men shake hands firmly, preferably standing. Men and women usually kiss once on the cheek (see photo). Women meeting women kiss this way too. This is even done when you are meeting someone for the first time. Upon arriving at a party or social function, especially if you are a new face in the group, it is customary to greet everybody in this manner as you are introduced. The ritual repeats when you leave. When encountering a Cuban you know out on the street or even in the hallway at the hotel, you should always go out of your way to greet them and have a quick, friendly

word in either English or Spanish. ¡Hola! ¡Buenos días! ¡Buenas tardes! and ¿Qué tal? will get you far socially.

Conversation

Hispanics love conversation, and Cubans are no exception. When conversing with a Cuban, you may be surprised how quickly the conversation turns personal and how few taboo topics there are, even with a Cuban you have just met. Expect to be asked any number of personal questions about your family, love life, married life, children (or lack thereof), etc. For Cubans, talking about these things is a sign of interest in building rapport with you and establishing common ground. Talking about work, money, and possessions bores most Cubans, and fuels the widely-held stereotype that Americans are obsessed with material things.

Opinions

Cubans are quite opinionated on various topics, including things they know very little about, such as United States foreign policy, Obamacare, the War in Afghanistan, the U.S. electoral system, the U.S. president, etc. Accept it as a part of the experience.

Discussions on any topic in Cuba often take on a political tone. This is cultural: Cubans are steeped in Revolutionary identity. Often this expression of identity can take on an anti-American tone. If this happens, try not to take it personally or become defensive. Cubans feel anger toward the American government, but not against Americans. If you've had enough, just smile and politely change the subject.

Hustling

Hustling means trying to peddle goods or services, usually on the street. Cubans hustle tourists for income and for sport. For many, it is how they make enough money to live. Typically a hustler will address you as Amigo(a) or "Friend" and will be friendly, charming, and persistent. Most interactions are perfectly above-board and innocent, but be careful: the goal is get you to pay money for something. Occasionally there may be a scam involved. You never know... so you should always play it safe. Unfortunately, Americans tend to be favorite targets of the scammier hustles.

Products offered on the street, such as rum and cigars, are seldom of good quality. The best rum and cigars are still found only in state-run shops.

If after showing interest you really don't want what a hustler is offering, you may need to be firm to make them go away. One strategy is simply to say *No gracias* (*No thank you*) and move along. Show no further interest. Make sure your wallet or purse is secure. If necessary, cross the street or enter a shop or restaurant.

In addition to the obvious offers of cigars and rum or other merchandise, be wary of any of the following types of advances, which might still put you at risk:

- Assistance: "Are you lost?"
- **Drinks or food**: "I know where you can get a great dinner!"
- Companionship: "Conversation, amigo?"
- Services: "Let me show you around Havana!"

Prostitution is legal in Cuba, and it is a major industry. Prostitutes cater mostly to foreign tourists. In Cuba, prostitutes (male and female) tend to hang around tourist locations. They seldom fit the U.S. prostitute stereotype: they are usually well-dressed, well-groomed, and well-educated. A pickup may begin with a line that isn't even remotely sexual, such as any of the ones above. Any courtesy or favor shown to you by a Cuban of either sex may bring with it an expectation of payment. Please be cautious.

Men and women

In Cuba, husbands and wives have full equality under Cuban law in everything from child raising to household chores. However, there is still an element of Latin *machismo* that permeates the culture. *Machismo* refers to ways of thinking and doing things in which men have an avantage simply because they are men. Women in particular need to be aware of how Cuban *machismo* works, to avoid unwanted hassles and embarrassment. Men need to know a few things too.

Women...

- It is usually best to ignore men who call to you or speak to you on the street.
- You are safer in groups.
- Never accept drinks from someone you don't know well.
- No "solo" outings with Cuban admirers (or the like).

Men...

- Buying a Cuban woman a drink is a stronger expression of interest than it is in the U.S.
- Asking a Cuban woman to dance is a stronger expression of interest than it is in the U.S.
- No "solo" outings with Cuban admirers (or the like).

DO NOT BRING A GUEST (CUBAN OR ANY NON-PROGRAM MEMBER) OF EITHER SEX INTO YOUR HOTEL ROOM, DAY OR NIGHT, FOR ANY REASON.

Buying & Treating

Like most Hispanics, Cubans don't really have anything like "going Dutch." If you invite a Cuban or group of Cubans to go somewhere with you, you are the host by default and should expect to pay all costs for everyone in the group. A Cuban will never join you for an activity at your invitation and expect to go Dutch, so you shouldn't either. If you invite (taxi ride, snack, dinner, etc.), you must also pay. Cubans seldom have enough money to pay for these things, and they are accepting your generosity with the assumption that you have it covered. Make your intentions clear and avoid awkwardness. Use the expression *Yo te invito* (Be my guest).

17. Staying in Touch

Cell phones in Mexico

In Mexico, it is fairly easy to use your regular cell phone. Make sure you do the following:

- Contact your service provider (Verizon, AT&T, etc.) before the trip to update your phone's software and also
 ensure that international roaming to Mexico (Cancún) is enabled. Some phones require international
 activation.
- When you arrive in Mexico, follow the service provider's instructions for making sure your phone is set up for roaming there.

- Make sure your phone is set to "Voice only" while in Mexico. Data roaming charges (for texting, emailing, and Internet) are very high and could run you into the poorhouse quickly and unknowingly.
- If you find a WiFi hotspot, you can switch "Data" back on and use your phone to send and receive text messages, email, and access the Internet, for the cost of the WiFi connection, which may be free.
- Keep in mind that roaming service in Mexico almost never works as well as you hope it will. There is always an obscure roaming setting to overlook that can keep roaming from working. Please inform family and friends that they should not expect regular telephone contact with you while you are in Mexico.

Cell phones in Cuba

U.S. CELLULAR SERVICE PROVIDERS (VERIZON, AT&T, ETC.)
DO NOT PROVIDE ROAMING ACCESS IN CUBA.

IT IS NOT POSSIBLE TO USE YOUR CURRENT CELL PHONE IN CUBA AS A ROAMING PHONE WITHOUT PHYSICALLY MODIFYING ITS HARDWARE.

THIS CAN PERMANENTLY DAMAGE YOUR PHONE AND IS NOT RECOMMENDED.

Using your regular cell phone as a roaming phone in Cuba is a task for the tech-savvy only. It is very impractical and potentially costly. Please consider all the **other** connectivity options in this section before deciding that using your cell phone in Cuba is the best option for you.

First, you need to verify that your cell phone has all of the following technical/design features:

- Is "unlocked"
- Is a GSM phone (or dual CDMA/GSM phone)
- Has a SIM card slot
- Operates in the 900 MHz bandwidth ("quad" band)
 (If you don't know whether your phone has the above features, call your service provider and ask.)

If your phone meets all the above requirements, then follow this procedure:

- Buy a third-party SIM card from a telephone service provider that offers global roaming in Cuba. In the past, students have had success with the Mobal Global SIM (<u>www.mobal.com</u>). Buyer beware!
- Third-party SIM cards come with a dedicated phone number. Additional fees may apply.
- After you arrive in Cuba, swap out the current SIM card with the third-party SIM card and follow the provider's instructions to make and receive calls and texts.
- Expect usage rates to be quite high. The lowest per-minute rates for calls with a Mobal Global SIM are: \$1.75/minute incoming call from U.S.; \$2.95/minute call to U.S.; FREE incoming text messages; \$0.80 per text message to U.S. \$11.26/MB data. Usage is billed per the SIM provider's policy.

Public Internet

Most Cuban hotels have public Internet rooms where anyone (including non-hotel guests) may access the Internet from computer terminals. These are convenient, but never free. Web access is always prepaid to the site attendant, and runs about US\$5 per half-hour. You should expect connection/ loading speeds somewhere between dialup and DSL. Our hotels in Cuba probably won't have reliable Internet access, so you should make clear to family and friends that they are unlikely to receive regular email from you while you are in Cuba. Do not plan to have access to Internet/email more than once or twice per week.

WiFi

A few hotels in larger cities in Cuba offer WiFi access. It is never free. The good thing is you can buy WiFi access at a hotel even if you aren't a guest there, and then access the network from the hotel lobby. Buy your access code from the front desk. Expect to pay US\$15 or more for a 2-hour pass. WiFi is very convenient in Cuba (if you can

find it) because you can use your regular U.S. smartphone to connect to the WiFi network, and get access to email and Internet without any of the roaming access issues you would face otherwise. Your smartphone does not require any physical modification to use WiFi systems in Cuba. WiFi can be inconvenient because you might have to travel across town to gain access, and it can be painfully slow during peak usage times.

Public Telephones

It is possible to call the U.S. from Cuba from a public phone using a prepaid 'ETECSA' Cuban calling card. Ask the program director for details. Calling the U.S. from Cuba is expensive: about US\$5 per minute, with a connection fee. Please inform family and friends that you will not have easy access to a telephone in Cuba, and they should not expect to hear from you on a regular basis.

Operator-Assisted Calls

From a larger hotel (you need not be a hotel guest), you can ask to place an operator-assisted call. Just provide the phone number to the switchboard operator at the hotel desk and ask for instructions. Expect a fairly clean connection but a high connection fee and about US\$5 per minute, payable (in cash, of course) upon completion of the call.

Laptop?

Unless you're planning on using your laptop computer only for things like word-processing, you will find that your laptop is deadweight in Cuba. Our hotels do not offer Internet access ports or WiFi. Your laptop is vulnerable because it won't fit in the lockbox in your hotel room. It is recommended that you leave your laptop at home.

18. Packing

#1 RECOMMENDATION OF PAST KIIS STUDENTS:

DON'T OVERPACK.

PAST STUDENTS RECOMMEND 40-45 LBS MAX.

THE AIRLINE WILL CHARGE YOU AN OVERWEIGHT FEE STARTING AT 51 LBS.

- Pack your own luggage. Having a parent help you is fine, but do the actual packing and list-checking yourself.
- Pack one roller suitcase (checked bag) and a small backpack to use as a carry-on and for day trips. Avoid
 carrying a separate purse. You can also stow a collapsible bag or purse in your checked bag for day-to-day
 use.
- Be practical: Bring clothing that can be worn in multiple settings.
- Bring plenty of things you know you will need, such as batteries, as it may be difficult to replace certain items in Cuba.
- Avoid bringing delicate/fancy items you would be wary about washing.
- Leave valuables at home. Any valuables you bring should be carried with you in your carry-on bag and not in your checked luggage. This includes cell phone, camera, and memory cards.
- Leave your laptop computer at home.
- Any item that you can't do without for more than 24 hours (such as prescription drugs) should go in your carry-on bag. Carry prescription medicines in the original packaging that displays your name on the label.
- To save weight, coordinate bulky items like shaving cream, shampoo, conditioner, curling iron, hair dryer, etc., with your roommate.



	PACKING CHECKLIST
Ess	sentials:
	Passport US\$800-900 in cash Canadian dollars, safely secured in a money belt or sturdy closable purse Driver's license – Essential if you lose your passport abroad KIIS ID card
	Debit and/or credit cards – Call your bank ahead of time and let them know that you will be abroad This handbook
	Notebook/pens/pencils for class Course materials
	Alarm clock (battery-powered) – Your cell phone won't function as an alarm clock in Cuba Wristwatch with fresh battery – Your cell phone won't function as a clock in Cuba Camera, memory cards, spare batteries
	Cell phone/charger
	Toiletries, cosmetics & accessories – Cuban hotel bathrooms seldom have shelves, so a toiletry bag with a hook that can hang over a doorknob or shower rail is ideal. Sunglasses and/or hat
	Sunscreen
	Mosquito repellent – those containing Deet are best
	Hand sanitizer and/or wet wipes Coordinate with your roommate: A basic first-aid kit containing: antibiotic ointment (Neosporin), cortisone
	cream (Cortaid), Band-Aid variety pack, blister kit, drying powder (Gold Bond), Ibuprofen/Tylenol, Imodium
	tablets, Pepto-Bismol tablets, Tums tablets, allergy medicine, cold medicine, burn medication (aloe), insect
l _	bite cream, Gatorade beverage powder, and any other basic supplies you think you might need.
	Small baggie or container of laundry detergent, if you wish to have laundry service
	Pillowcase or breathable bag for dirty laundry Small flashlight with fresh batteries
	Eyeglasses, contact lenses, and supplies
	Prescription medicines – To avoid hassles entering Mexico and Cuba, bring these in their original containers with the pharmacist's label
	Powdered creamer for your coffee if you like something besides milk
	Splenda/Equal packets for your coffee if you like something besides sugar
	List of important contacts or numbers
	Photocopies of important documents (credit cards, passport)
	Contact information for your credit cards or bank, kept separately from your credit cards
Wor	men:
	4 from the following: jeans, casual skirts, shorts (no short shorts or cutoffs), or sundresses
	2 nicer skirts, pants, or sundresses
	2 nicer blouses to match nicer skirts, pants, or sundresses
	2 blouses
	3 T-shirts 2 pairs comfortable walking shoes (1 slightly dressier)
0	7-10 pairs of socks or hose
	7-10 pairs underwear
	Swimsuit
N 4 =	
Mer	n: 4 from the following: jeans (no rips), long trousers, canvas or denim shorts (please no cutoffs; athletic-style shorts are appropriate only for hotel/beach/pool)
	(cont'd next page)

<u>35</u>	KIIS Cuba Student Handbook
	2 nicer trousers
	2 collared shirts, preferably <i>guayabera</i> style, to match nicer trousers
	2 other collared shirts
	3 T-shirts
	2 pairs comfortable walking shoes (1 slightly dressier)
	7-10 pairs of socks
	7-10 pairs underwear
	Swimsuit
Re	commended Items – Bring as Weight and Space Permit:
	Sandals or flip-flops (flip-flops are only appropriate for beach and poolside)
	Sleepwear and/or light robe
	Bar of soap in closeable plastic soap dish
	Beach towel
	Washcloth
	Lightweight umbrella or poncho
	3-5 lightweight clothes hangers
	5 or so clothespins
	Eyeglasses repair kit

- Cuba guidebook
- Foldable map of Cuba and/or Havana
- iPod and charger
- Books/magazines and Kindle reader/charger

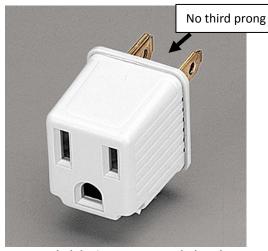
Spanish-English dictionary or phrase book

Snacks

- Kleenex packets
- Small stash of plastic grocery bags or Zip-Loc bags

Small sewing kit with safety pins, needles, thread, etc.

- Probiotic tablets, non-refrigeration variety – In consultation with your physician
- Sink stopper (flat/universal variety) – Cuban sinks seldom have a stopper
- 1 or 2 grounded-to-ungrounded adapters (see picture below). In Cuba, wall outlets usually lack a hole for the third (ground) prong, making it impossible to plug in grounded devices or appliances.
- 1 three-way outlet extenders (see picture below). This will make it so you can plug in more than one device at each outlet. Comes in very handy in rooms with only 1 or 2 outlets.



Grounded device to ungrounded outlet adapter



Three-way outlet extender

		• • •	
ecommend	bet	prescription	medicines

Ask for prescriptions for these medicines from your family doctor, for your own use. Then use them only in an emergency, as directed by your doctor.

- ☐ Lomotil, 20 pills. Anti-diarrhea.
- ☐ Cipro, 20 pills, 500 mg. Antibiotic.
- ☐ Zofran, 20 sublingual tabs, 40 mg. Anti-vomiting.

Recommended donations

Cubans welcome gifts of things they don't have easy access to. We will have opportunities to share these items as a group as a gesture of goodwill. As much as possible, try to stick to this list. Don't bring more than one of any item. Please do not bring medical supplies for donation at this time.

- Flashdrives
- Packs of writable DVDs or CDs
- ☐ Baseball gloves, baseballs, baseball caps
- ☐ Notebooks, packs of pens, paper, crayons, other school or art supplies
- Items of infant, toddler, or children's clothing
- Any item of your own clothing, including socks and underwear (in good condition) that you can wash and leave behind for a Cuban.

19. Recommended Reading & Viewing

Guide Books

Buy the most recent edition available to ensure accuracy. Avoid anything older than about 4 years. Prices shown are Amazon as of Feb 1, 2014.

- Insight Guide Cuba. 2011. 5th edition. \$21.15.
- Lonely Planet: Cuba. 2013. 7th edition. \$17.99.
- Moon Spotlight Guide: Cuba. Christopher Baker. 2009. \$12.56.
- Cuba: Culture Smart! Mandy MacDonald. 2006. \$8.96.
- Cuba: What Everyone Needs to Know. Julia Sweig. 2nd edition. 2013. \$13.56.

Movies

- Amistad (1997). Rated R. Steven Spielberg-directed exploration recounts the trial that followed the 1839 rebellion aboard the Spanish slave ship Amistad while in Cuban waters. Nominated for 4 Oscars. Watch on YouTube for \$2.99. Click.
- Thirteen Days (2000). Rated PG-13. The film is set during the two-week Cuban missile crisis in October of 1962, and it centers on how President John F. Kennedy, Attorney General Robert Kennedy, and others handled the explosive situation. Watch for free on YouTube. Click.
- **Memories of Underdevelopment** (1968). Unrated. This Cuban film tells the story of a politically disinterested but wealthy young man in the years following the Cuban Revolution of 1959. Spanish with English subtitles. Watch for free on YouTube. <u>Click</u>. [Spanish: Memorias del subdesarrollo]
- **Guantanamera** (1995). Unrated. Cuban road-trip comedy follows the funeral procession of a famus singer across Cuba, all the while poking fun at bureaucratic idiocy on all levels. Watch for free on YouTube. <u>Click</u>.
- *Up to a Certain Point* (1983). Unrated. Cold-war era Cuban film explores changing gender roles through the relationship between a female dock worker and a movie director. Spanish only. Watch for free on YouTube. Click. [Spanish: Hasta cierto punto]
- **Barrio Cuba** (2005). Unrated. Beautifully filmed and acted Cuban film touchingly examines the lives of working-class Cubans. Spanish only. Watch for free on YouTube. <u>Click</u>. (Also available on Netflix instant with English subtitles)
- **Viva Cuba** (2005). Unrated. When a Cuban child learns that his family will be leaving Cuba for the United States, she and her best friend set out across Cuba to try to tip the hand of fate in her own favor. Spanish only. Watch for free on YouTube: Click. Watch on Netflix Instant (with English subtitles): Click.

• The Teacher (1977). Unrated. Cuban film tells the story of a young man who volunteers to help rural folks learn to read during the Literacy Campaign of the early 1960s, but he ends up learning some important lessons from them. Spanish only. Watch for free on YouTube. Click. [Spanish: El brigadista]

Documentaries

- The Buena Vista Social Club (1999). An American musician brings together a team of Cuban big band greats for the first time in decades. Fantastic video tells the story of their reunion concert and their music. In English and Spanish with English subtitles. Watch for \$2.99 on YouTube. Click.
- The Man Who Saved the World (2012). PBS video reveals recently declassified information about the Cuban Missile Crisis of 1962... and how much closer the world came to nuclear annihilation than anyone ever imagined. In English. Watch for free on PBS video. Click.
- Looking for Fidel (2006). Oliver Stone's extraordinary interview-movie with Fidel Castro gives a glimpse into the mind of Cuba's modern revolutionary and life in Cuba today. In English. Watch for \$2.99 on YouTube. Click.