

R-EVOLUTION

Dialogues in the Diaspora

CUBA | 2020

GLOBAL CONVERSATIONS | TRANSFORMATIVE TRAVELS



A REVOLUTIONARY EXPERIENCE



As a family, we traveled to Cuba and had a life-changing experience. When we came back, we knew we

wanted to take people of African descent to meet other Africans of the Diaspora.

During Black History Month, join us in Cuba for global conversation where social justice and soulful self-care meet transformative travel!



MISSION

through courageous conversations around the globe, we bring the diaspora to the dialogue and the dialogue to the diaspora

VISION

to uplift and unite humanity, inspiring a world where cultural appropriation is replaced by cultural humility

WELCOME

we invite artists, intellectuals, activists, and visionaries of the African diaspora to join in global travels with local and cross-continental conversations on culture and identity

Dialogues in the Diaspora

Who We Are. Who R We?

- Unity
- Self-determination
- Collective Work and Responsibility
- Cooperative Economics
- Purpose
- Creativity
- Faith

CUBA 2020



CUBA 2020 REVOLUTIONARY EXPERIENCE

Santiago • Baracoa • Matanzas • Varadero Beach • Havana

Double occupancy \$2,449.00

Single occupancy \$2,649.00

Trip Deposit \$500 (non-refundable)

Departure

February 12, 2020

Return

February 20, 2020

TOUR DAYS

00 WED

DEPART SAN FRANCISCO
INTERNATIONAL AIRPORT (OR
YOUR DEPARTURE CITY).
(2/12/20)

01 THURS

ARRIVAL AT ANTONIO
MACEO AIRPORT SANTIAGO
DE CUBA. RELIGIOUS ART IN
THE ARCHDIOCESAN MUSEUM
OF SANTIAGO DE CUBA
OVERNIGHT SANTIAGO
(2/13/20)



02 FRI

WALKING TOUR CASA DEL CARIBE, TALK WITH KENIA DORTA. VISIT TO CALLE DE LA SANTERIA (PRODUCTS FOR SANTERIA RITUALS) OVERNIGHT SANTIAGO DE CUBA.
(2/14/20)

04 SUN

FLIGHT BARACOA TO MATANZAS. VISIT TO RITUAL SPACE AND PERFORMANCE. MEETING WITH ABAKUA SACRED SOCIETY. VISIT MUSEO DE LA TRADICIONES.

OVERNIGHT MATANZAS.
(2/16/20)

06 TUE

CLASSIC CAR TOUR OVERNIGHT HAVANA.
(2/18/20)

08 THURS

DEPART FOR JOSÉ MARTÍ HAVANA INTERNATIONAL AIRPORT FOR RETURN TO U.S.
(2/20/20)

03 SAT

TRAVEL SANTIAGO DE CUBA TO BARACOA WALKING TOUR. TALK WITH ART HISTORY PROF. ROSENDO. TRAVEL TO BARACOA OVERNIGHT BARACOA.
(2/15/20)

05 MON

TRAVEL MATANZAS TO VARADERO. VISIT CARLOTA'S MEMORIAL MONUMENT OVERNIGHT MATANZAS
(2/17/20)

07 WED

CASA DE AFRICA TALK WITH GLORIA ROLANDO TALK WITH ROBERTO ZURBANO OVERNIGHT HAVANA.
(2/19/20)



PAYMENT OPTIONS:

Credit Cards:

www.paypal.me/totalhealthinstitute

Checks/Money Orders made payable to:

The Total Health Institute

192 W. Hillsdale Blvd, San Mateo, CA 94403

*Installment Plans have \$200 added to total cost

Cuba 2020 / Dbl. Occ. Installments:	
Accommodations / Tours / Transportation / Breakfast	Amount
First Trip Deposit (non-refundable) Due now	\$500.00
Second Monthly Trip Deposit	\$500.00
Third Monthly Trip Deposit	\$500.00
Fourth Monthly Trip Deposit	\$500.00
Fifth Monthly Trip Deposit	\$500.00
Sixth Monthly Trip Deposit	\$149.00
Trip Base Cost	\$2,649.00

Cuba 2020 / Sgl. Occ. Installments:	
Accommodations / Tours / Transportation / Breakfast	Amount
First Trip Deposit (non-refundable) Due now	\$500.00
Second Monthly Trip Deposit	\$500.00
Third Monthly Trip Deposit	\$500.00
Fourth Monthly Trip Deposit	\$500.00
Fifth Monthly Trip Deposit	\$500.00
Sixth Monthly Trip Deposit	\$349.00
Trip Base Cost	\$2,849.00

Estimated Flight Cost: \$ 700.00

Estimated Trip Insurance: \$150.00 (based on age)

TRAVEL AGENTS

ElTyna McCree of A Travel Moment

Call: (510) 435-7050

atmtravel@att.net

Kiet H. Lam of Linden Travel

Call: (510) 763-7957

linden_travel@yahoo.com



No vaccinations are required to visit Cuba.

For travellers who have any health concerns, please consult your physician about any vaccines or medications to consider.

Travel Clinics in SF Bay Area

Passport Health

333 Hegenberger Rd., Suite 311

Oakland, CA 94621

Phone: 888-909-6551

Kaiser Permanente

3779 Piedmont Ave., Ground Floor

Oakland, CA 94611

Phone: 510-752-5512

AITC Immunization & Travel Clinic

101 Grove St, Suite 102

San Francisco, CA 94102

Phone: 415-554-2625



WHAT TO PACK FOR CUBA

The following is a typical list of what might be required while you are in Cuba. If you are not traveling in a private car, then be certain to pack light.

BAGS

- Soft hold-all bag for excursions
- Smaller travel/overnight bag or day pack for traveling
- Lightweight backpack if traveling via public transit

CLOTHING

Layers of light clothing is recommended because it is humid. Cuba is a tropical place.

- Smart-casual outfit - 1 set
- Outdoor summer clothing in natural fibers - 3 sets
- Lightweight cotton long pants - 2 pair: For cool evenings or to use as sunscreen.
- Comfortable walking shoes / sandals - 1 pair each
- Undershirt / singlet - Not to keep you warm, but to keep the sweat from showing so much.
- Underwear - 4 to 6 sets
- Swimwear: Only wear this at beach or poolside.
- Sarong or multi-purpose cotton wrap-around: Useful also as sunscreen or dust cover for cameras.
- Towel / face cloth / bandana / handkerchief
- Hat in neutral tones
- Sunglasses

TOILETRIES

- Toothbrush, toothpaste, soap, shampoo, conditioner, deodorant (not antiperspirant), shaver, brush & comb, moisturizing cream, decongestant, anti-fungal.
- Sunscreen lotion/sunblock, lip-aid and floss: These are particularly difficult to obtain in Ghana.
- Prescription drugs/small private medical kit (pain killers, plasters, antiseptic spray) / contraceptives / tampons / flushable toilet wipes and/or toilet paper
- Contact lenses / lens fluid / spare glasses
- Insect repellent

Informational Links for Afro-Cuban Experience

- <https://www.hostedhavana.com/resources/travel-links>
- <https://www.tourepUBLIC.com/blog/things-to-bring-to-cuba/>
- <http://www.afrocubaweb.com/african-americans-cuba.html>
- <http://afropop.org/articles/voices-in-vinyl-matanzas-a-story-in-afro-cuban-culture>
- <https://voicesofny.org/2019/05/a-cuban-artists-take-on-identity/>

CONTACT:

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