

Spring 2025 Travel Course Travel spring break March 8-15, 2025

A collaboration between Minnesota West and Normandale Community College

Cuba is shrouded in mystery, seemingly frozen in time, since few U.S. citizens have had an opportunity to see and experience it first-hand. Cuba is teeming with unique cultural traits that will provide a rich educational

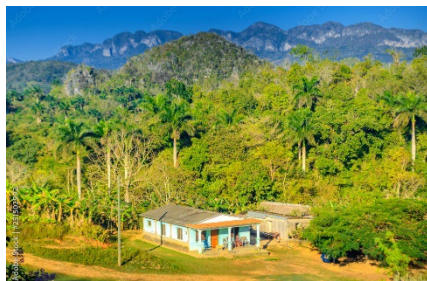


context to enhancing the Intercultural Communication course with experience in Cuba during spring break. The week-long educational tour in Cuba's capital, Havana, with a two-day trip to the Western Cuba countryside, will allow students ample opportunity to experience and practice intercultural communication while learning about Cuba's unique history and culture. Thematically we will focus on the importance of the African cultural influence on modern Cuban society. Join us on an educational adventure of a lifetime.

Course Information – CMST 1120 Intercultural Communication

Spring 2025 ♦ 3 credits ♦ Meets MnTC Transfer Goals 7 and 8

This course will be co-taught online by the instructors below through Minnesota West Community & Technical College. Required pre- and post-class meetings will be held on Zoom from 6-9 PM on 1/21, 2/4, 2/18, 3/4 & 3/25, 4/8. This course transfers to Normandale as COMM 1131.



Course Enrollment: All participants must enroll in and pay for the 3-credit course with permission by the instructors. Participants may choose one of two grading methods:

Credit – attend five zoom meetings, online coursework, and complete Predeparture Forms/Safety Orientation

Non-credit/Audit – attend two zoom meeting and complete Predeparture Forms/Safety Orientation

Financial Assistance: Scholarships for travel will be available. Financial Aid may be used to assist with tuition and travel fees. Participants 62+ years qualify for discounted tuition of \$20 per credit.

Tour Information – See next page!

Contact your campus instructor below for information on financial assistance and any other questions.

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Normandale Community College
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*Must be 18 or older at time of departure. PSEO students are not eligible to participate.
We invite alumni, community members, friends, family, and students from other colleges to join us!*

Tour Information

Estimated Budget

- \$3190** Educational Tour Fee*
- \$250** Estimated fees to cover travel insurance and Cuba visa (more info coming)
- \$670** Tuition and fees – 3 credits (for all participants)

\$4110 Total estimated budget for this course with travel

* Tour fee based on current airfare and minimum of 20 participants. If tour does not reach minimum participants or airfare significantly increases, final tour fee will be adjusted and participants will be notified.

*Tour fee may be paid via bank ACH transfer for 0 additional fees. A processing fee will be applied for payments made via credit card (3% Visa/Mastercard, 4%AMEX).

What's included in the estimated budget?

- 3 course credits CMST 1120/COMM 1131 Intercultural Communication
- Round-trip air transportation
- Ground transportation
- All activities and entrance fees as described in itinerary
- Two faculty leaders (one from each college)
- 24-hour LFT Tour Guide and emergency support
- Local Cuban guides
- Most meals, as noted in full detailed itinerary
- Accommodations in private guesthouses- double/triple occupancy
- Travel insurance
- Cuba tourist visa

Tour Highlights:

- Day 1: Fly to Havana; Welcome dinner; Convertible tour; Cannon ceremony
- Day 2: Beach time; Tour Old Havana; Visit Art Factory with Cuban students
- Day 3: Visit Afro-Cuban neighborhood; Learn about Santeria and participate in an optional cleansing ceremony; Witness the dance of the Orishas with ceremonial drumming; Community service project; Salsa dancing lesson
- Day 4: Afro-Cuban cooking class and Community Meal service project
- Day 5: Head to the tranquility of Western Cuba; Las Terrazas Eco Village for informative hike & tour of coffee plantation; Take a dip in crystal clear waters of natural swimming pools with waterfalls
- Day 6: Viñales Valley National Park; Tour an organic tobacco farm by horse drawn carriage, try rolling your own cigar; Visit organic farm; Hike to caves to enjoy the Buena vista; Enjoy free time to shop or relax in town or learn how to play traditional Cuban games; Dinner at an organic farm to table restaurant
- Day 7: Back to Havana to enjoy free time in Old Havana city center; Farewell dinner and private Afro-Cuban Jazz concert
- Day 8: Prepare for departure, but first, a guided walking tour of the Vedado neighborhood. Say 'hasta la próxima' to your Cuban family and friends.

Full detailed itinerary can be found by scanning the QR code above.

Enrollment Steps

Step 1 Join the Tour Waitlist

<https://www.learnfromtravel.com/mnwest-normandale-2025>



Cuba 2025

Step 2 Enroll on Tour

You will be notified when your have been approved to enroll. A non-refundable deposit of \$150.00 will secure your place on the tour.

Step 3 Complete Forms

Found at
www.normandale.edu/travel
Complete these forms and return to aimee.dubois@normandale.edu or C3155 upon enrolling in tour.

Step 4 Stay in touch

Watch for emails from Learn from Travel with payment reminders and from your instructors with updates, information, and course registration information. Reach out with questions.

Passport Requirement:

A U.S. Passport is required. If you don't have one good through the end of 2025, apply NOW. Processing times can take months once your application is sent. If you need help, contact your campus instructor. Get instructions at <https://travel.state.gov/content/travel/en/passports/how-apply.html>

Payments & Cancellations

\$150 due upon enrollment • A minimum of \$500 must be paid by 12/8/24 • Remaining balance of tour fee due on 1/8/25 • Payments of any amount may be made at any time.

Cancellation 91 or more days to departure, forfeiture of \$150 deposit • 61-90 days to departure, forfeiture of \$500 deposit • 60 days or less to departure forfeiture of full balance. Travel insurance with cancellation coverage can be purchased on your own if desired within 10 days of enrollment.

Financial Aid/Scholarships

If you plan to use financial aid, make an appointment with your campus financial aid office to discuss your aid qualifications. Take this document with you so the officer knows how to adjust your educational expenses budget for spring 2025.

Scholarships are available.
www.normandale.edu/travel