The Mambo City trip to Cuba and Jamaica

Join the fantastic Mambo City Caribbean Salsa experience, two weeks of dance, music and culture in neighbouring Cuba and Jamaica, two of the Caribbean's largest islands. Sharing a unique cultural vibrancy music and dance styles, a combined stay in Cuba and Jamaica permits true indulgence in the passionate world of dance.

Dates and Prices
8 May to 23 May - £2,249.00

Unique Features

**Mambo City:** This twin-centre Caribbean holiday of a lifetime is hosted by Robert and Jean White of Mambo City who bring their team of expert dancers and a unique brand of fun to ensure an unforgettable Salsa break in the sun.

**More classes:** A jam-packed fortnight with our most comprehensive Salsa syllabus yet, including extra classes and workshops as well as informal evening entertainment.

**Jamaica's top beach resort:** For the first 6 days of the holiday chill out in Ocho Rios, home to some of Jamaica's beautiful beaches. Soak up the rays and enjoy the fantastic facilities of your four star hotel by day and sample the local reggae by night.

**A team of professional Cuban dancers all supplied by us:** What makes our Cuban Salsa trips different to the rest of our Salsa programme is our team of Cuban dancers who we supply to come out with you at night to the dance venues in Havana. This means that there are more dance partners to go round and enables you to dance with not just Cubans but Cuban trained dancers!

Your Holiday

**Salsa in Cuba & Relaxation in Jamaica** - what more could you ask for? This holiday is designed to completely immerse you in both Jamaican and Cuban culture and dance, both of which are energetic, very real and spontaneous. Accompanied by Robert and Jean White of Mambo City and their expert team, this twin-centre holiday is an amazing opportunity to dance Salsa under the heat of the Caribbean sun.

To prepare for the energy of the Cuban dance scene the first six nights will be spent acclimatising to the heat of the Caribbean in Jamaica's Ocho Rios, relaxing on the beach and sampling the local nightlife. It's all about forgetting who you are, where you come from and living in the moment!

Ocho Rios (6 nights): A former fishing village nestled in a picture-postcard bay, Ocho Rios boasts some of Jamaica's best beaches and it is the perfect destination to relax by day and dance by night. The world famous Dunn's River Falls are a stone's throw from the hotel and for evening entertainment there is a lively club scene playing Reggae, Dancehall and Hip Hop at nearby Margaritaville. We include at least 4 hours of Salsa lessons, organised evening trips to local clubs, an optional excursion programme and plenty of time to relax, soak up the sun and Caribbean vibes.

Havana (9 nights): Enjoy at least 15 hours of Salsa classes with some of the most exciting Cuban Salsa teachers and dancers in Havana. We have a whole team dedicated to assist you in the classes in the morning, take you to the best dance sessions in the afternoon and accompany you at night dancing with you until late in intimate clubs, where the dancing is often energized by bands.

What's Included

- Return Flight from a London Airport (Regional add-ons available at a supplement).
- Thorough and entertaining syllabus in Cuban salsa and related dances (At least 15hrs).
- A full programme of evening entertainment in Jamaica.
- Optional excursions in Jamaica.
- The delightful company, every night, of a team of professional Cuban dancers, included in your holiday price.
- Wonderfully organised programme of salsa nights out in Havana.
- Expert hosting by Robert and Jean White of Mambo City.
- Meet & Greet upon arrival, airport and hotel transfers.
- Six nights All Inclusive in the 4* sunset Jamaica Grande Resort & Spa in Ocho Rios, five nights Bed & Breakfast in the 4* Hotel Comodoro and four nights Bed and Breakfast in the 4* Hotel Nacional in Havana.
- Private transfers to and from Havana's Salsa clubs in the evening for first 5 nights in Cuba.
- Welcome party and Orientation Pack on arrival.

What previous Customers Have Said about this Holiday

"I would like to say that the holiday was absolutely smashing - I especially enjoyed the Havana parts of the holiday - the hotel was wonderful, the dance troupe absolutely super (gold stars all around) and Ramon, our guide, exceeded all expectations being informative, friendly and looking out for us at busy social functions"

'We are not normally given to writing thank you letters, or using superlatives, but we have just returned from your Salsa dancing holiday in Cuba, and feel compelled to write and say that this was just an amazing experience, and one of the very best holidays ever!

'We were able to see so many different aspects of Cuba and Jamaica that as a sole tourist we would never have seen! Fantastic'.

'It was a brilliant experience, especially since we had the chance to go out with Cubans'
'Brilliant. Partied for 2 weeks.'

'Classes were excellent with professional dancers who were fun and friendly'

'I cannot think of a better introduction to local culture, music and dance!'

'An exhilarating blend of dance and experience of Caribbean life. Wonderful'

Is this holiday for me? This holiday is for anyone with a passion for fun, glorious weather, stunning beaches and amazing nightlife! All dance abilities are catered for, from complete beginners to advanced Salseros - if you like the idea of spending two weeks meeting new people, enjoying nightly social events, learning new skills and experiencing a new culture, all in the heat of the Caribbean, then this is the holiday for you!

Your Destination, includes sightseeing

Well known for its rum and cigars, Cuba is home to a different kind of charm, history and culture which you will experience with Club Dance Holidays.

**Havana**, is the first grand city built by Europeans in the New World and retains the grandeur and charm of a history that spans nearly 500 years. For a city that is forever adapting, it still houses many popular and historic buildings such as the famous Cathedral in Old Havana built in 1748, and the Palacio de los Capitanes Generales, the residence of the Spanish Captain General who ruled Cuba from 1791-1898. You can also visit the Castillo Real de la Fuerza, built between 1558-77, one of the oldest surviving colonial fortresses in the Americas and home to Giralda, the symbol of Cuba, also seen on the label of Havana Club rum.

Be sure to check out the Capitolio Nacional, a huge marble building modelled on the Capitol building in Washington and visit the Museo de la Revolucion, formerly the presidential palace. Wander along El Malecon, the famous waterfront of Havana. Pay a literary pilgrimage to the Hotel Ambos Mundos where Ernest Hemingway wrote the novel "For Whom the Bell Tolls".

When you're cultured out stroll along the Malecon and sample an ice cream from the famous Coppelia ice cream parlour, watch the strutting peacocks in the Hotel Nacional's garden, drink a mojito in La bodeguita and a daiquiri in La Floridita and take a cab ride in a 1950s Cadillac.

And, of course, dance salsa. Visit Havana's nightclubs to learn to dance like a Cuban, with uninhibited passion.

As Graham Greene said of Havana "Anything is possible".

**Jamaica** is the third largest island in the Caribbean, and the fourth largest country. The island of Jamaica has mountains inland surrounded by a narrow coastal plain. For this reason, most major cities are located on the coast. Chief towns include the capital **Kingston**, **Spanish Town**, **Mandeville**, **Montego Bay**, **Ocho Rios**, and **Port Antonio**.

The climate in Jamaica is tropical, with hot and humid weather, although inland regions have a more temperate climate. Some regions on the south coast, such as the Linguanea Plain and the Pedro Plains are relatively dry rain-shadow areas like rainforests. Though a small nation, Jamaica is rich in culture, and has a strong global presence.

The musical genres **reggae**, **skka**, **mento**, **rocksteady**, **dub**, and, more recently, **dancehall** and **regga** all originated in the island's vibrant popular urban recording industry. Internationally known reggae musician, the legendary **Bob Marley**, was born in Jamaica, and is very well respected there. The genre **jungle** emerged from London's Jamaican diaspora. The birth of **hip-hop** in New York also owed much to the city's Jamaican community.

Climate and weather

**Weather:** The climate in Jamaica is tropical, with hot and humid weather, although inland regions have a more temperate climate. Some regions of the south coast, such as the Linguanea Plain and the Pedro Plains are relatively dry rain-shadow areas like rainforest.

The Cuban climate is mild subtropical. East to west oriented it receives plenty of sunshine, warm temperatures and refreshing sea breezes. No wonder that Columbus thought that he had discovered the earthly paradise!

Don't forget that humidity in both destinations is relatively high..

Average Temperatures Cuba & Jamaica:
Nacional de Cuba - Hotel***** (Bed & Breakfast) (Included)

You will be staying at the five star Hotel Nacional de Cuba, renowned for its refined elegance and classic splendour, as Havana's best hotel. Since 1930 it has attracted a large number of personalities from the arts, sciences and politics including Winston Churchill, Frank Sinatra, Ava Gardner, Naomi Campbell, Errol Flynn, and Alexander Fleming. Built in the 1930s and combining Art Deco features with modernist influences, the Nacional's image still appears on much of Cuba's tourist promotion literature and evokes the glamour of a bygone era. A full refurbishment in 1992 remained sympathetic to the original architecture, preserving the hotel's 1930s splendour.

With its privileged location in Vedado, the centre of Havana, the Nacional stands on a promontory just a few metres from the sea and offers fabulous views of Havana Bay, the Malecón promenade and the city. There are two swimming pools, a choice of restaurants and beautiful gardens complete with strutting peacocks.

Twin, single and triple rooms are available and Executive Suites are on request.

Hotel Comodoro - Hotel**** (Bed & Breakfast) (Included)

Comodoro Bungalows are located in the Comodoro Hotel and Bungalow Complex, in the heart of Havana’s Miramar district. Just twenty minutes by car from Old Havana, the Comodoro Bungalows are an ideal base for discovering the wonders of Havana and the surrounding area.

There are two freeform pools and a choice of restaurants including the Comodoro Restaurant - A la carte restaurant located on the ground floor serving international cuisine, La Cascada, and International buffet restaurant, La Fonnaza Di Roma, a cafe restaurant serving Italian cuisine and the Comodoro Bar, a grill bar.

All rooms have air-conditioning, satellite TV, telephone, safe, hairdryer and mini-fridge.

Sunset Jamaica Grande Resort - Hotel*** (All Inclusive) (Included)

The all-inclusive 730-room Sunset Jamaica Grande Resort continues the celebration of its multil-million dollar rebuild and refurbishment. A beautiful white-sand beach – the longest in Ocho Rios – fringes the resort.

Five lavish pools wander through this beachside complex, featuring waterfalls, plunge pools, swim-up bars and a swaying rope bridge. Known for its wide range of “fun in the sun” daytime activities, guests can also enjoy an abundance of fun after the sun goes down.

The hotel offers a choice of restaurants, including buffet and a la carte, and eight bars. To counteract the All Inclusive indulgence there is a gym, tennis courts and spa.
All 730 rooms and suites have private balconies and are tastefully decorated with wooden furniture and cool tile floors. All include either a king size or two double beds; modern bathroom amenities; in-room safes; direct-dial telephones; hairdryer; colour satellite televisions and individually controlled air conditioning.

**Classes and Workshops**

**Classes and Teachers:** Over the course of your holiday you will receive over 15 hours of salsa tuition from Robert and Jean White and our team of professional dancers in Cuba, as well as at least 4 hours of informal Salsa sessions in Jamaica. Remember the criteria by which we select our teachers extends way beyond mere technical ability or even teaching ability. We look for teachers who are charismatic, and entertaining and who will teach you to dance with flair. And as these are much more than just teachers, because they will be accompanying you at night, we also select them for their personality and, quite frankly, physical attractiveness. There will be 15 hours of salsa classes in Havana in a dance space within the Hotel Comodoro. In Ocho Rios Robert and Jean will hold informal taster classes most mornings after breakfast.

**Dance Levels:** There will be at least two levels of Salsa tuition so that the classes will cater for all abilities, from beginner through to advanced. The dance teachers will be able to advise you on the first day of classes and suggest the level that is most appropriate to your ability and experience.

**Syllabus:** We have recently completely refreshed the Salsa syllabus we teach in order to make it more comprehensive. If this is your second trip to Cuba we are confident that you will find a lot of new material in this syllabus. If it’s your first time you will find this course entirely comprehensive. You will cover:

- Cuban music and how the rhythms are constructed
- Rumba
- Son
- Mambo
- Cha Cha cha - slow mambo tempo
- Reggaeton (popular music from Puerto Rico - a blend of salsa, meregue and reggae and currently very fashionable
- How Cuban salsa differs from LA / New York style which you may have encountered in the UK.
- Tembleque and Cuban body movement
- Rueda (Cuban Wheel)
- Cha Cha Cha

**Daily Itinerary**

**Daily Itinerary**

**Sample Itinerary**

This is a provisional itinerary aiming to give you an idea of what your holiday will look like. There will be some elements which will change: (OP) indicates an optional extra for which a charge will be made in advance.

**DAY 1**

Arrival and transfer to hotel.
Evening - Welcome Drink and snacks.

**DAY 2**

After breakfast, a short Salsa class followed by time to relax by the pool, on the beach or join us on an excursion to the world-famous Dunn’s River Falls (OP).
In the evening we accompany you to Ocho Rios’ best nightclubs for a real flavour of the Jamaican dance scene.

**DAY 3**

Morning Salsa session with Robert and Jean followed by time to enjoy the hotel facilities or join us on an excursion to the Blue Mountain (OP). Evening accompanied trip to one of Ocho Rios’ best nightclubs.

**DAY 4**

Informal morning Salsa session followed by time to relax by the pool or join us on an excursion to Bob Marley’s birthplace (OP). Evening accompanied trip to one of Ocho Rios’ best nightclubs.

**DAY 5**

A full day of relaxation, with time to enjoy the hotel facilities, relax on the beach or take a walk into Ocho Rios. Evening accompanied trip to one of Ocho Rios’ best nightclubs.

**DAY 6**

Morning Salsa session with Robert and Jean followed by time to enjoy the hotel or go shopping for souvenir’s in one of Ocho Rios’ excellent shopping centres. Evening accompanied trip to one of Ocho Rios’ best nightclubs.

**DAY 7**

Transfer to the airport for your flight to Havana. Transfer to the Hotel Comodoro for a five-night stay.
DAY 8
Morning - This is where your Cuban dance experience begins: Overview of the week and Cuban Dance Course: Salsa (two hrs) plus workshop in Mambo / Rumba (one hr).
Afternoon - Visit the Callejon de Hammel and see Cubans dancing Street Rumba, African Rhythms bands and Guaguanco dancers. (OP) Lunch in a picturesque Cuban restaurant in Old Havana followed by free time to explore the city.
Evening - Salsa-ing in the open air with Robert and Jean by Havana's famous fortress, overlooking the Malecon (promenade).

DAY 9
Morning - Cuban Dance Course: Salsa (two hrs) plus Templeke & Reggaeton workshop (one hr) - learn to move like a Cuban!
Afternoon and evening at La Casa de la Musica - Salsa your way through the afternoon and evening at this hot matinee salsa club.

DAY 10
Morning - Cuban Dance Course: Salsa (two hrs) plus workshop in Afro Cuban (one hr). The history and rhythms of Cuban Dance - including Rumba, with Alexis & Daylin Part 1.
Evening - Salsa-ing in another of the most famous and lively dance venues in Havana, accompanied by Robert and Jean.

DAY 11
Morning - Cuban Dance Course: Salsa (two hrs) plus workshop in Son. The history and rhythms of Cuban Dance - including Rumba, with Alexis & Daylin Part 2. (one hr).
Afternoon - Chill out and sleep off your hangover around the pool enjoying the salsa music and sun.
Evening - Salsa-ing with your teachers in a popular nightclub in Havana's upmarket Marina Hemingway neighbourhood.

DAY 12
Morning - Cuban Dance Course: Salsa (two hrs) plus workshop in Cha Cha Cha (one hr).
Afternoon - Transfer to the 5* Hotel Nacional for a four-night stay.
Evening - (OP) Dinner at a local restaurant serving fresh seafood. Later - Salsa-ing all night with your Salsa teachers and friends.

DAY 13
Morning - sightseeing at leisure or enjoy the hotel facilities. Afternoon - (OP) Visit the Rum Museum and the Tobacco Factory.
Evening - Salsa-ing with your teachers and friends in one of the most famous and lively dance venues in Havana.

DAY 14
At leisure: enjoy the fantastic facilities of the hotel, including a choice of two swimming pools and gardens or explore Old Havana on foot. Evening - back out on the town with your Cuban Salsa friends.

DAY 15
Morning - Time to chill out or sightsee in Old Havana.

Afternoon - At leisure: enjoy the fantastic facilities of the hotel, its swimming pool or the beach.
Evening - Salsa-ing with your host in Havana visiting your favourite haunts.

DAY 16
Morning - Time for souvenir shopping in the city's market before transferring to Havana airport for the return flight.

DAY 17
Arrive in the UK.

Nightlife
The Jamaican dance scene: The Jamaican dancehall scene encompasses a vibrant, globally influential and yet rarely documented culture that has been mixing music, fashion and lifestyle with aplomb since its inception. Each of Jamaica's musical form has inspired its own dances, but most notorious may be the moves that originated in the dancehalls. Many of the modern dances that go along with songs change as quickly as the popular songs themselves and are often dictated by the lyrics or current cultural phenomena.

An earlier and still popular form of Jamaican music is Ska. Ska, too, has its own dances, and these energetic routines are inspired by the upbeat musical style. With the musical progression into Rocksteady, the dances slowed down as the music did.
Clubs and venues in Ocho Ríos: The deluxe nightclub, restaurant and leisure complex Margaritaville is popular with visitors to the island and hosts regular party or "Bashment" nights with the latest Dancehall, Hip Hop and Reggae sounds. Amnesia is a more low-key nightspot popular with locals. Entrance to Margaritaville is around $ and Amnesia $ . You are expected to pay your own way into the nightclubs and the transport there and back unless it is included as part of an excursion. We may walk, take taxis or organise private coach transport to the best clubs.

Food and Meals
Jamaican food is generally flavoursome and spicy, with national dishes including Jerk Chicken, marinated in a mixture of chilli spices and Curry goat. Oxtails is another popular dish. Freshly caught fish is widely available and the most popular seafood dish is Ackee and Saltfish, dried salted cod served with the popular ackee fruit, a relation of the lychee. Jamaican food is carbohidrate

Your Teachers

The Teachers: Robert and Jean will teach classes in Jamaica whilst a team of Cuban instructors headed by Alexis González Valdés will teach in Havana. Alexis was born in Havana. He graduated from the Escuela Nacional de Arte in Havana specializing in Show dance. He has toured Europe performing with different Cuban dance troupes. He is an active member of UNEAC - the Cuban Association of Artists and Writers and performs with the Cuban Television Ballet. He has been teaching Cuban dance (salsa, son, cha cha cha, mambo, rumba, danzon and afrocuban) for 10 years. He is currently a director of the Havana dance troupe 'Salsalexis'. Alexis has been an active member of the Dance Holidays Cuban team over the last eight years. Alexis has an excellent teaching technique, which can be enjoyed by beginners through to advanced. He and his Cuban team (who have professional dance training) will introduce you to Cuban salsa and thus introduce you to life in Cuba - a life which pulsates with energy, wildness and sensuality. The classes will cover partner salsa, Rueda Cubana and individual body and Cuban styling technique. The classes are non-stop fun and laughter. This is a dance experience you will never forget!

Optional Extras

What are optional extras? In addition to your holiday we also offer you a variety of optional extras to make your holiday even richer and add some local colour. You can buy your optional extras at the welcome meeting at the beginning of your holiday. We will ask you to pay in cash and fill out a form. These are the optional extras that we anticipate running - actual details and prices will be confirmed on arrival. Some may require minimum numbers.

* Lunch in an Art Deco restaurant in Havana with live music and peacocks (approx 12GBP).
* Lunch on the last day at one of Cuba's top restaurants in sought after Residential area of Miramar in Havana (15GBP).
* Dinner at elegant restaurant in Havana with option to have lobster (approx 15GBP).
* Visit to the Rum museum and Tobacco Factory with guided tours around both (approx 16GBP includig trasnfers) in Havana.
* Tembleke Class with your Salsa Teachers. Learn how to move as the Cubans do! (approx. 8GBP)

The Cuban dance scene: Dance and music penetrates much of Cuba life. Cubans are surrounded in their daily life by an eclectic mix music of Son, Rumba, Afro Cuban, Danzon, Cha Cha Cha, Dancehall, Rap and Hip Hop. The dance scene is fantastic fun, playful and provocative. Partners dance close and the style is creative and fun. The latest dance craze is 'Tembleke' which is a rapid, sassy body movement involving the shoulders, chest, torso and hips danced solo at your partner.

Clubs and venues in Havana: On the inside information of our Cuban teaching team, we will take you to the most happening venues. These may include concerts of world famous Salsa bands (such as Los Van Van), Salsa-ing by the sea just across from the Malecon, a Salsa Matinee (hot Cuban salsa and lots of Rueda between 4.30pm and 10pm! - the cubans come here after work), traditional 'Casa de la Trovas' where you can dance on the balcony, smart clubs with drink-as-much-as-you-like bars, hot late night venues (from 2.30am onwards) where you will find the djs mixing Salsa with Hip Hop and rap. Most clubs cost between $6-20. You are expected to pay your own way into the nightclubs and the transport there and back unless it is included as part of an excursion. We may walk, take taxis or organise private coach transport (about $1) to the best clubs.

Food and Meals
Jamaican food is generally flavoursome and spicy, with national dishes including Jerk Chicken, marinated in a mixture of chilli spices and Curry goat. Oxtails is another popular dish. Freshly caught fish is widely available and the most popular seafood dish is Ackee and Saltfish, dried salted cod served with the popular ackee fruit, a relation of the lychee. Jamaican food is carbohidrate rich and meat dishes are usually served with rice and/or dumplings and fried plantain. Rum is the national drink and sugar cane is used in a variety of sweet treats, served along with an abundance of fresh fruit. Patties filled with meat are popular snacks. Vegetarianism is not a popular concept in Jamaica: however, local cuisine incorporates a wide variety of salad, and rice dishes and international food is widely available. Please remember that Cuba is a poor country. Sometimes the food is plain and simple, and there is a limited selection of dishes by European standards. This is just one of the unavoidable aspects of being in Cuba. Although Cuban food can sometimes be uninspiring we think that you will usually be pleasantly surprised at the quality of the food you get. We shall naturally do our best to ensure that the restaurants we take you to serve food of an acceptable quality. The quality of the food may vary but the food is generally cheap and wholesome, with lots of rice and beans, fried fish and plantains. A typical Cuban menu might include Frijoles (a kind of stew with beans and ham), rice and black beans (moros y cristianos), cucumbers and tomatoes, cassava or malanga (local root vegetables), roast pork, fried chicken, plantains, corn fritters, bread, fried fish, pizza, followed by coconut pudding or ice cream.

Vegetarians: Vegetarianism is not understood in Cuba, where meat is a rare treat. So please be patient with locals who do not understand your needs. Please be aware that vegetarian choices can sometimes be very limited. On the other hand the staple diet of Cubans includes a lot of beans, rice and plantains, all suitable for vegetarians.

Optional Extras

What are optional extras? In addition to your holiday we also offer you a variety of optional extras to make your holiday even richer and add some local colour. You can buy your optional extras at the welcome meeting at the beginning of your holiday. We will ask you to pay in cash and fill out a form. These are the optional extras that we anticipate running - actual details and prices will be confirmed on arrival. Some may require minimum numbers.

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* Dinner at elegant restaurant in Havana with option to have lobster (approx 15GBP).
* Visit to the Rum museum and Tobacco Factory with guided tours around both (approx 16GBP includig trasnfers) in Havana.
* Tembleke Class with your Salsa Teachers. Learn how to move as the Cubans do! (approx. 8GBP)
In Jamaica there are various daily trips from which to choose. These trips can be booked locally and include:

- **Dunn’s River Falls** USD 25 per person
- **Blue Mountain (bicycle) tour** USD 85 per person with bicycle, USD 70 without
- **Bob Marley Jeep Safari (Nine Miles)** USD 68 per person
- **Bob Marley Zion Bus (Nine Miles)** USD 71 per person
- **Tubing/White River rafting** USD 61 per person

The above prices are based on groups of 4 or more people.

### Single Room Supplements, Upgrades and Budget Options

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<tr>
<th>Option 1 - Included</th>
<th>Single Room Supplements, Upgrades and Budget Options</th>
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<tbody>
<tr>
<td><strong>Sunset Jamaica Grande Resort - Hotel</strong>** All Inclusive - (08/05/2010 to 14/05/2010 - 6 nights)**</td>
<td>Twin Room (Per Room) Included</td>
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<td>Twin Room (Single occupancy) (Per Room) 210.00 GBP</td>
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<td><strong>Hotel Comodoro - Hotel</strong>** Bed &amp; Breakfast - (14/05/2010 to 19/05/2010 - 5 nights)**</td>
<td>Single Room (Per Room) 115.00 GBP</td>
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<td>Twin Room (Per Room) Included</td>
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<td><strong>Nacional de Cuba - Hotel</strong>*** Bed &amp; Breakfast - (19/05/2010 to 23/05/2010 - 4 nights)**</td>
<td>Single Room (1 Person) 104.00 GBP</td>
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<td>Twin Room (Based on 2 sharing) Included</td>
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### Flights and Transfers

**Flights:** Almost all our published prices include return flights from selected UK airports. If you are travelling from outside the UK we can offer you a holiday price without a flight included. Please ring us to find out which UK departure flights are offered on each holiday. Our client care team are happy to price you a flight from any UK airport. Supplements may apply for certain regional UK airports or if you are buying close to the time of departure. If you buy well in advance you will be able to take advantage of our Early Bird Discounts and promotions which apply on many holidays.

**Transfers:** We offer airport transfers at our chosen arrival destination airports to meet flights from a variety of selected UK airports. In addition, if you are on a different flight which coincides with our arrival times at our chosen airport, we can also offer you a place on the transfer. Our client care team can advise you on selected flights for your chosen holiday. Sometimes you may have to wait a short while at the airport to connect with our transfer. If you are not coming from our selected UK airports or are flying to a different arrival airport, we can happily arrange a transfer for you at an extra cost - please ask us for details. You may wish to make your own way to your hotel. To do this we will give you easy to follow instructions.

### Making your own way to the hotel for ground only package

**Making your own way there:** For those whose flights don’t coincide with our Airport coach transfer, you can make your own way to the Hotel in Ocho Rios. We recommend a registered taxi which will cost around US$120 or a shuttle bus which runs a regular service between Montego Bay and Ocho Rios. Journey time: about one hour 30 minutes.

In Havana the distance between the José Martí International Airport and the city of La Habana (Havana) is approximately 20 km (12 miles). There are no public buses that pass by the airport en route to La Habana, so you must either take a personal taxi or tourist bus. The taxi charges approximately $30-40 dollars, and the tourist bus charges approximately $10-15 dollars. Journey time: about 30 minutes.

### What to Expect in terms of Organisation

**On Arrival:** You will receive a detailed itinerary and any other important information, including an overview of the local sights, recommended restaurants and other helpful tips.

**Club Dance Holidays Host:** Your holiday tour host is there to make your holiday as enjoyable as possible. Club Dance Holidays Tour Hosts are a cut above your typical Holiday Rep with a lightness of touch that enables you to get the best out of your holiday without being in the least bit interfering. We make sure you get the best out of the destination even though you are there for a relatively short time and we do this through our local knowledge and our knowledge of
Before Your Go

Books on Jamaica: We recommend the “Rough Guide to Jamaica” as well as Chris Salewicz's “Rude Boy – Once Upon a Time in Jamaica”, an insight into both the political turbulence and rich culture of the island and “Firefly”, documenting Noel Coward’s time in Jamaica.

Books on Cuba: Of the books we have read about Cuba or set in Cuba these are the ones we would recommend. “Enduring Cuba” by Zoe Bran - Recommended travel book written in 2002. Honest and inquisitive look into Cuban life. “Land of Miracles” by Stephen Smith - An excellent recent travel book written about Cuba, witty clever and informative. Strongly recommended. “Waking up in Cuba” by Steven Foehr – An honest, entertaining account of what you can expect to find in Cuba. Especially informative about the music and cultural history. “Cuba” - The Lonely Planet Guide - by David Stanley, one of the most detailed guide books on Cuba.

Cuba’s Economy: Cuba’s economy has been distorted by the American blockade and by the withdrawal of subsidies by the former Soviet Union. There are two economies running side by side in Cuba. One is in Cuban pesos and is for Cubans. The other is in CUC, Convertible Cuban Pesos and is for tourists. The dual economy is to cater for the difference between the average Cuban wage and the wage that a visiting tourist will earn back home. It’s worth bearing in mind that the average monthly wage of a Cuban is $12 - $15. In a nightclub a tourist might be asked to pay between $5 - $20. A Cuban will pay 30 pesos which is about 600 times less. The concept of a dual economy may seem strange to you but to Cubans it is as natural as your economy is to you. You can no longer use US Dollars or any other foreign currency in Cuba, and if you bring American dollars a tax of 10% will be applied to you at the exchange of them for Cuban Convertible Pesos (this tax will not be applied to other currencies). So our strong recommendation is to bring cash Euros, UK Pounds or Canadian Dollars and change them on arrival in Cuba to the CUC. Additionally you will be able to exchange back the remaining CUC at the end of your tour. The CUC has an exchange rate equivalent to the American dollar and for this reason its sign is a ‘$’. Whilst bringing your money in cash may seem a bit alarming, it is from our personal experience, the most practical way of buying. Cheques, credit cards that are related to US banks and American Express travellers cheques are not accepted. There a very few (if any) cashpoints. You can take cash out by showing your credit card and passport at a till within a bank but you will probably have to queue for a long time.

Jamaica’s Economy: The local currency is the Jamaican Dollar (JMD) and there is currently approximately $154JMD to the British Pound. US Dollars are widely accepted in the tourist resorts but usually attract a high conversion rate.

Tipping: Tourism is the most important industry in Cuba and those who are able to work with tourists, even as room cleaners or barmen, earn more money than doctors and other professionals. Tips therefore often constitute the main source of income for many of the Cubans who you will meet. We feel our tour hosts work hard to give you an exceptional holiday and sometimes you may find that they add some special touches which are beyond the call of duty. If you agree with us, you might wish to show your appreciation by way of a tip. You can do this by putting money in an envelope on your own or by getting together with other guests. All tipping is evidently entirely at your discretion. In Jamaica, tipping culture is also commonplace and widely appreciated as here too it supplements often low incomes.

Budgeting for your holiday: Here are some guidelines on prices, to help you do your own calculations. Please refer to the optional extra section of the fact sheet for the prices of the optional extras.

Cuba:
Three course meal with drinks: 15 Euros
Tipping per day: 2 Euros
Nightclub entrance: 5-20 Euros
Rum and coke in nightclub: 4 Euros
Beer in a bar/cafe: 2 euros
Coffee in a bar/cafe: 1.50 euros
Airport tax on leaving Cuba: 25 Euros

Jamaica:
Three course meal with drinks: 30 Euros
Tipping per day: 3 Euros
Nightclub entrance: 10-30 Euros
Rum and coke in nightclub: 6 Euros
Beer in a bar/cafe: 4 euros
Coffee in a bar/cafe: 2 euros

**Gifts for Cubans:** Cuba is without many of the essential things that we take for granted. Things that are particularly difficult to get hold in Cuba include toiletries (shampoo, moisturiser, razors, soap, toothpaste, etc), perfumes and aftershaves, pens and paper, books in English or Spanish, clothes, and shoes. In the past some visitors have taken small gifts to give to the Cubans they meet or have left some of their own things behind them when they travel back to the UK.

**Passports:** These must be valid for at least six months beyond the length of stay. Please check your passport now.

**Tourist Visa Card:** You require a Tourist Visa Card to enter Cuba. We as a tour operator can issue Tourist Visa Cards to our clients who come from Britain, Australia, Canada, USA, other EU countries and Japan. (If you live in another part of the world, please arrange your own visa to enter Cuba). Cuban Tourist Visa Cards are valid for one single trip of up to 30 days, although the stay can be extended in Cuba. The card must be bought in the country where the trip has been arranged (through us!). All passengers must hold tickets and other documentation required for their onward or return journey unless holding special annotation issued by a Cuban Consulate. You will be sent your Cuban Tourist Visa Card with your tickets a few days before you go. You will need to keep your Tourist Visa Card safe as you will need it to get in to Cuba and to get back out of the country. So look after it carefully during your trip.

**Health and Fitness:** There are no particular health requirements for a dance holiday. However you should be able to dance for at least two hours a day in order to be able to enjoy the dance classes. Please inform us if you have any medical conditions that we need to be aware of.

**Luggage Labels and Lost Luggage:** We strongly recommend that you secure your luggage before flying by all means possible – tape and locks. You should attach large and clear labels to your luggage with your name, flight number and destination. Do not put travellers cheques, jewellery or money in your suitcase. In the unlikely event that your luggage is lost during the journey you need to independently take the matter up directly with the airline at the relevant airport.

**Vaccinations:** We are informed by the respective Embassies that no special vaccinations are required for travel to Cuba or Jamaica. However, the following vaccinations are recommended by NHS Direct: tetanus, typhoid, hepatitis A, polio, diphtheria, BCG and hepatitis B. Please consult your own GP in respect of which vaccinations you should have.

**Insurance:** This is a condition of booking please refer to the information supplement for details.

**Travel Documents:** You receive these (which include a detailed Information Pack, your flight tickets and your Cuban Tourist Visa Card) when you have paid for your holiday in full and as soon as we have received your airline tickets. In some cases the airlines do not release the tickets until five days before the departure date. We also confirm the address and phone number of the hotel and the emergency contact numbers.

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**Essential equipment and clothing to bring**

**Useful Things to Bring:** It's worth remembering that due to the US embargo you will not find as much availability in the shops (especially chemists and clothes shops) so its a good idea to come well prepared:

- Shoes suitable for walking around the streets
- Broad brimmed sun hat/sunglasses
- High factor sun cream
- Insect repellent/anti-mosquito spray
- Antiseptic cream in case of bites
- Elastoplasts for sore feet
- Aspirin/Nurofen for hangovers!
- Immodium for stomach upsets
- Shampoo, soap, toothpaste and other toiletries (hard to obtain and expensive in Cuba)
- Condoms (local condoms are of low quality)
- Travel washing powder (although the hotel may provide a laundry service)
- Paper tissues/toilet paper
- Swimming costume essential/beach towel
- Money belt
- Money, plane ticket, full valid passport, visa
- This fact sheet

**What to wear for dancing:** It is probable that you may get through quite a few clothes in the classes and dancing at night (you can get quite hot!) so bring a variety of outfits. In the clubs, the local dress code is quite casual and 'streety' as opposed to elegant and smart. Cuban women tend to wear jeans/tight trousers or mini skirts with sassy little tops whilst men tend to wear trousers with tshirts. Trainers are allowed at most venues. Shorts are not permitted. A useful tip for women is in that some salsa clubs you have to leave your handbag in the cloakroom. Therefore its a good idea to bring a wrist/ankle purse or a purse that clips on to your trousers/skirt.

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**Jamaica**

**Reputation:** Jamaica is sometimes unfairly viewed as a destination rife with crime and gang culture. However, its popular tourist resorts are well protected and thousands of tourists enjoy trouble-free visits every year. The Foreign and Commonwealth Office advises common sense when travelling outside the main tourist areas:

- Only hire taxis authorised by the Jamaica Tourist Board usually operated by the Jamaica Union of Travellers Association
(JUTA) or taxis ordered from hotels for your sole use (i.e. unshared).

Avoid large crowds and public demonstrations. Do not carry large amounts of cash or wear eye-catching jewellery. Use hotel safety deposit boxes to store valuables, money and passports.

Unless you are fully acquainted with the route and are driving in daylight hours, you should not self-drive a car to or from Kingston International Airport. Instead, take an official “JUTA” taxi, or taxi recommended by your hotel or airport’s official taxi company for your journey to or from the airport.

Criminal activity is usually concentrated in inner city neighbourhoods, including West Kingston, Grant’s Pen, August Town, Harbour View, Spanish Town and certain parts of Montego Bay (not the resort areas)...

Most hotels and resorts are well guarded.

**The Cuba Factor:** Be aware that Cuba is a place where things do not always go according to plan. Sometimes the most carefully constructed plans just don’t happen. At other times new and exciting opportunities arise to, for instance, see a famous Cuban band playing live, or to experience some exciting aspect of life in Cuba that no one could have possibly predicted. Turn every problem into an opportunity and you will experience the best of Cuba.

**Making friends with the locals and people not on the holiday:** Cuba is a great place to make friends with the locals, and should you do so and would like them to come along to the activities organised by us, then just ask your Tour Host and except for the dance classes and provided you pay their way there should not be a problem. However, we discourage Non-Cubans who have not paid for the holiday from coming out with us more than once or from joining in activities arranged specially for the group. We would be grateful for your assistance and cooperation in this respect.

**Buying drinks and meals for Cubans:** Often Cubans will ask you to buy them a drink or food. They are often unable to afford to buy their own. At your own discretion you may wish to occasionally buy drinks and or a meal for the Cuban friends that you make. This is usually only a matter of a few dollars and is another feature of the peculiar circumstances that prevail in Cuba.

**Attention in public places:** Visitors from the West should be aware that they are likely to get a much higher level of physical attention in Cuba than they are used to back home. This applies to men as well as women! In nightclubs, Cubans dance close and often in a very sensual way. Sometimes they may try to push their luck. This is always done with a smile, is usually just playful and can be great fun. You should exercise common sense and, if you find that you are feeling hassled you should be firm and disengage from your partner with a polite and friendly smile. One of the team will normally be on hand to provide moral support, or escape, should you need it!

**Keeping your valuables safe:** Although crime rates in Cuba are very low, it is a poor country and you represent to them a rich foreign tourist whose pockets are stuffed with unimaginable wealth. So please be careful. Our advice is to leave expensive jewellery and unnecessary valuables at home. It is best not to put temptation in peoples’ way. Do not leave your luggage unattended at any time and ensure that there is some way of locking or padlocking your suitcase or travel bag on the occasions where the luggage needs to be left in the bus or in the reception of the hotel. It is not unheard of for unlocked bags to be tampered with. When travelling we suggest that you keep your passport, travellers cheques, dollars and other important valuables about your person, in secure money belts or pockets. Although your possessions should be reasonably safe in your hotel rooms please ensure that your traveller’s cheques, dollars and other important valuables are always locked in your suitcase or in your safe when you go out.