



**Metamovements Cultural Connections Travel Programs**

**April 14th - 20th, 2018**

*Given the nature of Cuba travel, this schedule is subject to change.*

	<b>Sat/ 14 April</b>	<b>Sun/ 15 April</b>	<b>Mon/ 16 April</b>	<b>Tues/ 17 April</b>
<b>Morning</b>		7:00-9:00 am - Open Breakfast Buffet @ Hotel 8:15-9:15 am - Cuban Contemporary Workshop (\$)  9:30-11:00 am - Program Briefing 11:00-11:50 am - QC 11:50 am - Meet in Lobby to depart	7:00-9:00 am - Open Breakfast Buffet @ Hotel 8:15-8:45 am - Introduction to Tai Chi (F)  9:00 am - Meet in Lobby to depart 9:30 am-12:00 pm - Dance & Music Exchange at an amazing program for people with Autism and Down syndrome	7:00-9:00 am - Open Breakfast Buffet @ Hotel 8:15-9:15 am - Cuban Contemporary Workshop (\$)  9:30 am - Midweek Check-In/ Exit Meeting  11:00 am - Group Photos and depart for East Havana Province (4-day travelers go to airport)
<b>Afternoon</b>	Travelers Arrive Transfer from Airport to Hotel  3:00 pm - Tour of your locale 3:30 pm - Orientation (Will be adjusted if flights are delayed)	12:30-5:00 pm - TOUR & EXCHANGE - We will divide into groups based on your selections. Tour will include University of Havana, Rumba Street Party, Show and much more!  Lunch (\$) will be in Havana during activity	12:30-1:00 pm - Lunch @ Hotel 1:00-3:00 pm - FT 3:00-5:00 pm - 2 Dance Workshops: Bachata and Cuban Styling & Body Movement 5:00-6:00 pm - FT 6:00-6:50 pm - QC	11:45 am-4:00 pm - Orishas in Nature Activity & Music Workshop Lunch (\$) will be in East Havana during activity  4:30 pm - MINI TOUR & EXCHANGE - We will divide into groups based on your selections.
<b>Evening</b>	7-7:45 pm - Dinner @ Hotel 7:45 Interactive Show & Rueda de Casino Workshop	7:00-10:00 pm - Open Dinner Buffet @ Hotel	6:50 pm - Meet in Lobby to depart if you plan to join us for the dinner and night time activity. 7:30 pm - Dinner in Old Havana with Live Music (\$)	7:00-10:00 pm - Open Dinner Buffet @ Hotel

**-----EVENING OPTIONS (\$)-----**

**Refer to the sign up sheets for the list of options available!**

	<b>Wed/ 18 April</b>	<b>Thurs/ 19 April</b>	<b>Fri/ 20 April</b>
<b>Morning</b>	7:00-9:00 am - Open Breakfast Buffet @ Hotel 8:15-9:15 am - Tai Chi Workshop (F)  9:50 am - Meet in Lobby to depart 10:30 am - TOUR & EXCHANGE - We will divide into groups based on your selections. Tour will include the beautiful architecture of Old Havana and a unique Community Revitalization Project, and much more!	7:00-9:00 am - Open Breakfast Buffet @ Hotel 8:15-9:15 am - Cuban Contemporary Workshop (\$)  9:30 am - Meet in Lobby to depart 10:00-11:30 am - Travel to Jaimanitas to experience an awe-inspiring Community Art Project	7:00-9:00 am - Open Breakfast Buffet @ Hotel 8:30 am - Meet in Lobby to depart for the Airport (Flights 11:20 am & 12:15 pm)
<b>Afternoon</b>	Lunch (\$) will be in Havana during activity  3:00 pm - Bus returns to Hotel 3:30-4:30 pm - FT 4:30-6:30 pm -2 Dance Workshops: Rumba and Hustle	12:00-12:30 pm - Lunch @ Hotel  12:30-2:30 pm - Exit Meeting 2:30-5:00 pm - FT Plus, if you were hoping to participate in a conversation on environmental sustainability, a language exchange, or another optional activity... this is the time we would schedule it  5:00 pm Meet in Lobby to depart	
<b>Evening</b>	7:00-10:00 pm - Open Dinner Buffet @ Hotel	5:30-8:00 pm - Dinner @ 1830 & Meet the Founders of Casino de Rueda	<b>LEGEND:</b> (\$)= Optional; Extra Cost (0) = Optional; No Cost FT = Free time (Enjoy private lessons, time by the pool, the ocean, or just relax) QC = Quick Change (Quick run up to your room to change or pick up supplies for the day)
	<b>-----EVENING OPTIONS (\$)-----</b>		
	<b>Refer to the sign up sheets for the list of options available!</b>		