



HAVANA

**An Exclusive, All-Inclusive
Culinary-Cultural Experience in
the world's most timeless city.**

July 18-22, 2024

CariBeatTravel.com



Havana, Cuba has long been heralded as the forbidden fruit of the West. Once upon a time it was the vacation destination for playboys, mafiosos, American sunseekers and party goers. Folks from all over the world flocked to the island to find refuge and make new homes, while others came for sun, music, gambling, and soaking up its colorful culture. With a tumultuous relationship with the United States in the second half of the 20th century, the country all but froze in time. It's geopolitical importance, extraordinary culture, warm spirit and the ingenuity of the Cuban people have all remained. It's a case study in communism, foreign policy, economic shortcomings, countries in transition and how a resolute population has endured so much, but continued to create, innovate and overcome.

CariBeat is proud to explore all of this with you. The history, culture, mystique, and polarizing relationship with the U.S., make it intellectually stimulating and a unique exploration site for small groups and forums..

Our visit to the island will include site visits, conversations and engagement with Cubans to get a sense of where the country is headed. We can analyze U.S.-Cuba relations and economic reform firsthand, and explore and indulge in the arts. We'll have a behind-the-scenes look at 21st century and delve deep into the culture and the people along the way.





Founded in 2008 and owned by Luis and Monique McSween, a husband and wife from Trinidad and Tobago, CariBeat LLC is the leading Caribbean lifestyle company in the USA. CariBeat's mission is to deliver Caribbean Warmth Happiness - which we describe as "Real Happy Vibes" - to every corner of the world.

CariBeat is headquartered in the Washington, DC Metro area and proudly delivers extraordinary, Caribbean-Style events, travel and culinary-cultural experiences, cuisine, mass media, décor, and apparel to the world. CariBeat is also the Exclusive Agent for the world's largest touring steel orchestra, BP Renegades Steel Orchestra and the authorized distributor for Chief Brand, Solo, Angostura, and several leading culinary products that are formulated and crafted in the Caribbean.

CariBeat takes pride in donating 10% of all revenue to the Open International and the Caribbean Disaster Relief and Recovery Alliance, which provides much-needed educational and medical supplies, as well as food and shelter to Caribbean people affected by tropical storms, hurricanes, and other natural disasters in the region.



We are Cuba aficionados. **Cuba Educational Travel** was established by Collin Laverty in 2012. Collin, today a leading expert on Cuba and U.S.-Cuba relations, began his career with the Center for Democracy in the Americas, bringing U.S. Congressional delegations to Cuba and advocating on Capitol Hill.

From CET's platform, we launched **Havana Strategies** in 2015, which offered business advisory services to companies such as Airbnb, Google, and Cummins who saw an opportunity to enter the Cuban market after President Obama initiated a process to normalize relations between the US and Cuba in 2014.

In 2017, we established **HabanaLive**, to cater to the specialized production and service requirements of MICE and high-end leisure clients.

Prior to the pandemic, CET brought 5000+ travelers per year to Cuba. We believe the best of Cuba lies in its warm, talented people—and we bring this to you, by providing access to the country's top artists, academics, tastemakers, and cultural icons. Our experiences span family trips, VIP travel, student groups, trade & policy delegations, retreats, and large-scale events for Fortune 500 companies.

Day 1, Thursday, July 18

Arrival to Havana, Cuba (pending flight info).

Meet your CET and CariBeat representatives at the exit of the airport terminal and transfer to accommodations.

Check-into your accommodations. We've selected a series of privately owned, boutique hotel properties that boast old world charm and topnotch service.

Sunset Jazz at Malecon 663. Set in a roof top with a unique view of the city and the famous Malecón, this rooftop offers a creative menu with a combination of Cuban recipes and cocktails with current trend fusion.

Welcome dinner at La Guarida. #418 Concordia's story begins in 1913 as the Camagüey mansion, a space known for its opulent parties and visitors. In 1994, it appeared in the groundbreaking and Oscar-nominated Cuban film *Fresa y chocolate* as the home of this movie's gay hero. In 1996, Enrique Nunez opened La Guarida, one of the early private eateries in Cuba's long state-controlled dining scene. Today, the winding staircase ushers you into this time-worn mansion that showcases Cuba's love affair between antiquity and modernity.

(D)





Day 2, Friday, July 19

Roundtable discussion with Cuban entrepreneurs at Estudio 50 art space. Get an overview of the private sector in Cuba and some of the challenges and opportunities start-ups face. The conversation will provide an interesting look into the Cuban economy and also give you a starting point for thinking about ways that your visit can help support Cuban entrepreneurs.

Percussion and dance time with Habana Compas Dance.

Liliet Rivera, protege of the renowned List Alfonso Dance Company, established Habana Compas Dance in 2004 to reclaim and preserve Cuba's dance heritage from Spain and Africa.

Midday **Light lunch at Estudio 50.** Enjoy sandwiches, empanadas, fruits and other delicious treats by one of Havana's paladares.

(Day continued next page)

Day 2, Friday, July 19 (cont'd)

Afternoon *Choose your activity:*

•**Boxing with champions.** Visit Rafael Trejo gym to meet with Cuban boxers and learn about their passion, struggles and inspirations. Opportunity to practice your fighting skills with Cuba's best.

•**Printmaking class with Cuban artist Moya.** Make your own art and bring it home!

•**Tour of La Finca Vigía,** formerly the home of Ernest Hemingway, it still houses his expansive collection of books and his boat El Pilar.

•**Attend salsa lessons** with a private instructor. Learn the moves of Cuba's most famous type of dance.

Get down with Cuban Music. Rooftop Jam Session in the Cerro neighborhood with percussionist Delgnis.

Dinner at Paladar Yarini, situated in the middle of Havana's new Art District, San Isidro. This bar restaurant is located on top of the **Galeria Taller Gorría,** an art gallery and socio-cultural project which has become a confluence space for the best of the national and international artistic avant-garde.

(B, L, D)





Day 3, Saturday, July 20

Morning *Choose your activity:*

- **Boxing with champions.**
- **Printmaking class.**
- **Tour of La Finca Vigía.**
- **Salsa-dancing.**

Lunch at your boutique hotel.

Behind-the-Scenes Art Tour. Visit the homes and studios of independent Cuban Artists.

Private performance by the female hip hop/jazz duo La Reyna y Real, the latest flame in Cuban underground music scene. The group's music focuses on breaking down stereotypes in Cuban society, including machismo, healthy relationships, gender relations and race. They will share info about their interesting musical journey and insight into the challenges and opportunities young Cubans face.

Enjoy dinner, art, music and dancing at Fabrica de Arte Cubano. The brainchild of Afro-Cuban musician X-Alfonso, this is one of Havana's finest cultural projects, an intellectual and artistic nexus that draws Cuban and international visitors. Explore the multi-media gallery spaces and catch a live performance. (meal not included – to be paid in cash on the ground)

(B, L)

Day 4, Sunday, July 21

Walking tour of Old Havana. Explore the historic center and learn about the history and architectural importance of Old Havana, a UNESCO World Heritage Site since 1982.

Visit Callejón de Hamel, a neighborhood that has been converted into a cultural center rich in Afro-Cuba religion, art and dance.

Afternoon Caribeat Lunch Party at Marea, a private restaurant in the outskirts of Havana with a stunning location by the sea, great food and atmosphere. *Bring your swimsuit and a towel if you want to take a swim!*

Cigar tasting with a local expert at Café Madrigal. He will explain the qualities and traits of fine Cuban cigars and how to properly light and smoke what is considered the finest tobacco in the world. **Café Madrigal**, owned and run by film director Rafael Rosales, is housed in a beautiful colonial mansion with the walls lined with captivating artwork.

Cocktails and Caribbean Fashion at La Lavandería. This multipurpose art space located in the Buena Vista neighborhood serves as workshop, studio, and gallery.

Farewell dinner at Paladar Atelier. This restaurant is equally known for its atmosphere and exquisite cuisine. The lighting and textures of the house, which was home to a pre-revolutionary senator, coupled with walls adorned in modern art, create a cozy, but modern setting.

(B, D)



Day 5, Monday, July 22

Say farewell (for now)

Check out of boutique lodging and head to Jose Marti International Airport. Suggested arrival 2.5 hours prior to departure.

CET staff will assist with all airport transfers.





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For more information or details, call 202.631.1556 or send an email to Travel@CariBeatDesigns.com

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