

General Information

Cuba is an archipelago of islands located in the Caribbean Sea. The main island of Cuba constitutes most of the nation's land area, that is 105,006 km, and is the seventeenth-largest island in the world by land area. Cuba's climate is mild subtropical. Average temperature throughout the year varies between 20 °C (68 °F) and 35 °C (95 °F), decreasing sometimes to 10 °C (50 °F). Peak seasons for travelers are Christmas, Easter, July and August. The ideal time to visit is January to May, when it is warm but not crowded and there's no threat of hurricanes (which can be a problem on the East coasts from June to August).

Currency Exchange

Students are recommended to bring euros, British pounds, Canadian dollars and Swiss francs. US dollars are also convertible, but exchanging them incurs a 10% penalty. Credit Cards (VISA) can only be used in hotels and very few restaurants, we only recommend using Credit Cards in ATMs or banks.

Mastercard only in ATM.

There are two types of currency in Cuba: the CuC and the CuP

CuC is the currency for tourists and foreigners, You can exchange Euros for CuC in hotels, airports and banks, we recommend CADECA. CuP is the national currency. It is used by Cubans for their daily purchases. 1 CuC = 24 CuP. Change only 10 CuCs into CuPs for "Colectivos" and small shopping.

Pocket money

If you are staying with a family which includes two meals per day, you should expect to spend 50 to 60 CuCs per week on buses, taxis, snacks and miscellaneous items. If you are staying in a hotel with breakfast included, you should expect to spend 50 to 70 CuC per week. Of course you can spend much more! We strongly recommend that you travel in Cuba, and our Secretary will be glad to help you with directions and reservations.

For 40 to 60 CuCs you can expect a weekend anywhere in Cuba including public bus fare, budget accommodation and local food.

Insurance

There are good doctors and hospitals in Cuba and they are not expensive. However, be sure you get Global Sanitary Insurance prior to your trip, as it is mandatory for all visitors.

Visas

All students need to apply for a Toursit Visa. The visa can be extended during the stay. You can apply to the Cuban consulate or directly to airlines.



La Habana

Sampere

Arrival to Havana

Estudio Sampere Cuba is located at La Víbora, a residential district in South Havana. It's easy to reach central Havana from the school; all accommodations are at a walking distance.

- Arrival to Jose Martí Airport.

We strongly recommend hiring a transfer service prior to arrival. Most flights from Europe arrive late evening or night. There is no train or public transportation between airport and the city. Only taxi is available.

- Arrival to Cuba.

After getting off the plane, you should head for the immigration counters with your passport and tourist visa. It is a long procedure which includes a security check (metal detection). Then proceed to pick up your luggage at the indicated baggage claim. After the baggage claim, there is another security control to check the baggage itself. At the door to the only exit from the baggage claim you will find a guide with a sign from Estudio Sampere logo or your name.

- Transfer to accommodation.

The guide will bring you directly to your accommodation on a private car. Jose Marti International Airport is located 40 minutes from Havana. If you can't find the guide, wait for 10/15 minutes by to the Money Exchange Bureau. If by that time, the guide is not there, take a taxi and go directly to the school.

The school offers 24-hour service and we will always welcome you.

Vista Alegre 264, entre Luz Caballero y Juan Bruno Zayas.

Tel.: (24/7): 00 537 640 4484.

School Information

Estudio Sampere is situated in a detached building in La Vibora, in South Havana. The school has six classrooms, a small garden, common room, library and video room. It has a friendly atmosphere, and the director and staff are Cubans who make up a professional and committed team.

On Monday at 8:15 am you are expected to arrive to school for breakfast with other students. At 9:00 am you will take a placement exam. At the school you will meet with Alberto Rodríguez, the Director, and the rest of the staff of Estudio Sampere Cuba. You can discuss any matter with them in the utmost confidence.

The school offers students invaluable assistance and also works as a "Toursit office" making airline reservations and advising students on the various possibilities for travel in Cuba and the Caribbean. All the teachers have studied at university and are certified in the Estudio Sampere teaching methodology. Apart from classes, teachers also accompany students on excursions and specially programmed activities.

Some important addresses and phone numbers:

Estudio Sampere La Habana:

Vista Alegre 264, entre Luz Caballero y Juan Bruno Zayas.

Alberto Rodríguez: Mobile phone: 00 535 281 3935.



Estudio Sampere

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www.sampere.com

Courses in Cuba

Intensive

The Intensive Course is a half-day general Spanish course of 20 lessons per week and 4 culture classes per week. It is run at every Sampere school and gives you some free time during the day.

The minimum age is 17. All six language levels are possible.

Intensive 25

The Intensive 25 Course suits students who need to improve their Spanish quickly in a short time. The Intensive 25 Course is a half-day general Spanish course of 25 lessons per week. It is run every day and gives you some free time.

The minimum age is 17. All six language levels are possible.

One-to-One

Individual tuition suits people who want to improve their Spanish quickly. One-to-One tuition is completely tailor-made and therefore possible for all language levels. Two-to-one courses also available. The course is based on the student's linguistic skills, his/her professional or social needs and personal expectations. Work material such as reports, brochures, contracts, etc., can be incorporated into the course. We are able to design a "tailor-made" course to fit your specific needs as a teacher, interpreter, public servant, engineer, or for exam preparation if the course is booked well in advance.

Travelling

The travelling course takes place each month. The starting date is the first Monday of the month. This two week program is organized during 1 week in Havana and 1 week travelling around the Centre and West Cuba.

It includes:

- 25 + 16 Spanish lessons.
- 1 week Super Intensive course in Havana and 1 week Intensive course during the trip.
- Accommodation is included on the program Host family or Residence in Havana, host families & hotels during the Travelling. Half board (Monday to Saturday).
- Transportation between the different cities is also provided and organized by the school.

Salsa

Salsa lessons takes place in the school. Student can choose between 4 lessons or 8 lessons per week. A professional dancer will teach you how to dance, after this course you will be ready for Havana's Dancing Nights.

Cursos Alojamiento

Accommodations

Hostfamilies:

The student will have a single room, at times with a private bathroom, the registration includes half board.

Most of the houses have a garden, and are situated 5 to 20 minutes walking from the school. Families are not allowed to provide students with lunch or breakfast. Half board is provided at the school.

Breakfast, usually served early, consists of fruit juice, a choice of chocolate, tea or coffee with milk, and bread with butter and jam.

Lunch is usually served at 13:00 and generally consists of three courses: soup (made with vegetables or potatoes or a typical soup of the region), a "main course" (usually meat, chicken or fish served with salad and almost always with rice, and dessert (fresh fruit or fruit in syrup, or cake or other specialties).

Supper is not included; we recommend discovering the different small restaurant around the school or in Havana. These private restaurants are called "Paladar".

It must be kept in mind that the family that receives a Sampere student is not a business professional and that the relationship should be a personal one.

Minimum stay of 1 week.

Residence

The residence is situated on the school building. Half board is included (Monday to Saturday). Three rooms with shared individual bathroom are available.

The residence also offers the possibility of dinner.



Mapa de La Habana