

UPDATED 22 APRIL 2024



ENTRY REQUIREMENTS

**COVID - 19 UPDATE: No requirements to enter to the country.
You can travel to the country without vaccination or test.**

VISA

All visitor entering Cuba must have a tourist card (visa). You can fill an application form online / at the Cuban consulate in your country or in some cases you can purchase at the gate before boarding your flight to HAV. Cost ranges between \$50 - \$85. Check with your airline first.

Standard Visa is valid for 90 days, easy to extend after 90 days giving you a total of 180 days without leaving the country (we will help you with this)

CURRENCY

Since the country abolished the tourist convertibles (CUC) in 2021 now the official currency of Cuba is the Cuban peso (CUP), but foreign currencies is also widely accepted. Upon arrival we suggest changing small amounts into pesos for personal expenses.

Most state run businesses accept credit cards but all other place such as museums, restaurants, bars etc. only accept cash. We suggest you bring cash in €EUROS or UK POUNDS for better value and exchange rates and to avoid problems if your cards don't work. We don't recommend changing money at the airport, wait for our local host to give you advice on where to get a good exchange rate.

Credit cards linked to US banks are not accepted.

WIFI

New: There is free Wi-Fi at the airport as soon as you arrive (for 30 mins). You can also buy data beforehand if you need it. Please visit this link: <http://suenacuba.com>. Our hosts will help you get internet access as soon as you arrive.

Otherwise, in Cuba, there are many parks or hotel lobbies with Wi-Fi connections. You also have the possibility to rent or buy a local Cuban SIM card for the duration of your stay.

AIRPORT MEET AND GREET

Please make sure that you book the airport Pick Up with us. Make sure you text Leonel upon arrival or some days before to reach out (see whats app number below) He will organise your pick up and your program in Cuba, Make sure that upon arrival you send him a message that you have arrived and keep him in the loop with any delays or flight cancellations.

There is NEW 30 MIN FREE WIFI AT THE AIRPORT so you will be able to communicate.

WhatsApp Leonel: +53 5290 1738

Upon arrival at Havana International Airport, you will be met by a driver holding a sign with YOUR NAME. He will take you to your Casa Particular, address below;

**Casa Jakera
Lamparilla 311 (entre Aguacate y Compostela)
Habana Vieja, Habana**

This is the address you should provide to Immigration.

Key people who will be looking after you during your stay in Cuba and delivering your program are as follows;

Casa Jakera: +53 7862 7416 (landline)

Leonel Hernandez - General Manager
Cel & Whatsapp : **+53 5290 1738**

Kira Simone - Travel Specialist
Whatspp : **+506 8484 6928**

* the prefix '7' should only be used for landlines when calling from outside the city.



IN COUNTRY HOST



Leonel: +53 5290 1738
leonel.talledo@gmail.com

IN COUNTRY HOST



Kira: +506 8484 6928
kira@jakera.com

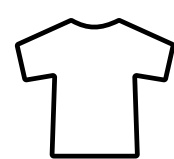
BOOKINGS



Peggy: +506 8844 4717
jakera@jakera.com



Packing List



Clothing

Shorts / T-shirt / lightweight long trousers / long sleeve shirts / fleece / rain jacket / trainer of good walking shoes / cap or a hat / swimwear / beach towel / shades / head torch / *smart clothes for nights out. A lot of places have dress code.



Luggage

Day pack is necessary for every day use



Shoes

Sandals/comfortable shoes for evenings and time off. Hiking shoes are not necessary but definitely a good pair of trainers or sports shoes.



Sun Protection

A good quality pair of sunglasses, sun cream (zinc or other good waterproof sun protection) and a hat to give you a bit of shade.



Insect Repellent

Insect repellent is recommended (as in all subtropical areas, insects can be a nuisance, especially in the evenings). Long-sleeved shirts and trousers are ALSO recommended to offer the best form of protection from all bugs.



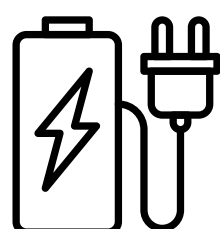
Camera

If you bring a digital camera bring enough memory cards and maybe a dry bag for your camera.



Stationery

Bring pens, pencils, notepads and A4 notebooks for your Spanish class. Mask & Snorkel: You will have several opportunities to enjoy the beautiful turquoise water beach



Spare batteries for any electrical devices

Sometimes there are power outages as a form of saving energy in some parts of the country especially when traveling to places like Viñales you might experience this. So to be prepared we suggest bringing a portable charger or spare batteries for cameras for example. We also advise people to bring a head torch.



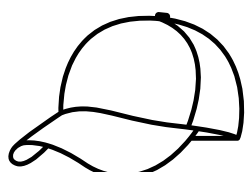
Toiletries or personal care products

It is a bit complicated to find specific items you may need during your stay, the options are very limited so we recommend you bring all necessary products with you such as (tooth paste, shampoo, conditioner, lotions, suns cream etc..) for ladies you should bring any sanitary products you'll need. (tampons, pads and baby wipes are always good to have handy) Also bring hand sanitizer or wipes.



Water bottle

Drinking water is a bit of an issue in Cuba so we suggest you bring a water bottle with a incorporated filter or buy one you can adapt to you own.



Equipment

Personal towel (quick dry or sports) / Dry bag or day bag for daily use / cap or hat / gloves for volunteering / water bottle.



Small travel padlock

Bring your own padlock to lock up your valuables.



Photocopy of passport

Please bring a copy of your passport. Travel tip - email yourself a copy of passport and other important documentation in case of an emergency you have it handy.



Medical Kit

It is always useful to carry a small personal medical kit with the medication you may need during you trip.



DONATION LIST FOR CUBA



Here's a list of things that are hard to find in Cuba at the moment. You are encouraged to allocate a few kilograms of your luggage allowance to bring some of the following items listed. You can ask family, friends, and neighbours to contribute to this cause. By making this effort you will make a huge difference to the lives of the people you will be living with during your time in Cuba. You will be amazed at how little waste there is here – recycling is not a lifestyle choice, it is a way of life.

Foods

- Chickpeas (not canned but dry)
- Couscous
- Pasta
- Powder milk
- Muesli
- Oatmeal
- Cooking spices (CUMIN , black pepper, paprika, cinnamon, granulated garlic)
- Tea bags (chamomile, green tea, ginger tea and black tea)

Personal hygiene / Medicine

- Tooth brushes and toothpaste
- Pillows (you can use them to make your travel more comfy)
- Vitamin C (tablets or powder)
- Supplements such as (Iron, Magnesium, Calcium & probiotics)
- Bicarbonate sodium powder
- Soap bars or showering gel / shampoo & conditioner.
- Feminine products (sanitary towels, tampons, wet wipes)

House utensils

- Sets of sheets / blankets and pillow covers (preferably new)
- Towels for the shower
- Kitchen cloths - towels or dish rags
- Washing detergent/ preferably powder

Kids stuff

- School supplies – calculators, stationery, school bags
- Pens, pencils, paints & brushes and other drawing materials
- Books – picture and number books (Spanish & English), Spanish language reading (all ages).
- Baby clothes or kids clothes.
- Boardgames – traditional (chess, chequers), new (Connect 4, Kerplunk)
- Baseball – balls, bats, gloves, clothes. / Boxing equipment

General others

- Whiteboard markers (**non** permanent)
- Musical instruments – parts and supplies, e.g. reeds, valve oil, pads, guitar and bass strings, cables etc.
- Any old tablet or phones/ electronics that can be used for parts here.
- Clothes that can be reused or new - pants/ shoes/ shirts/ sport shorts.

FREQUENTLY ASKED QUESTIONS

Q. ISN'T CUBA A DANGEROUS COUNTRY?

Cuba is one of the countries with the lowest crime rate in the Western Hemisphere! Tourism is vital to the Cuban economy so they really make an effort to keep the country safe. However pick pocketing and theft has become more common recently so always be aware of your belongings.

At casa Jakera our staff will provide safety guidelines to make sure you have a pleasant stay.

Q. DO THEY HAVE INTERNET & E-MAIL ACCESS IN CUBA?

It's quite common to have wifi access in parks or hotel lobbies. Almost all hotels have at least 1 or 2 computers to go on the internet for foreigners. In the touristic areas there also are internet "cafés" from Etecsa the Cuban telephone/ internet provider. You can also buy a Cuban sim card for internet access,

Q. CAN I ACCESS ALL MY SOCIAL MEDIA APPS IN CUBA?

There are some apps or websites with restriction in Cuba, so to make sure all your applications function during your time in the country we recommend downloading a VPN before arrival so you're all set to go. You can find it in most app stores. (VPN Proxy Master)



Q. WHAT IS THE BEST TIME TO GO TO CUBA, AND WHAT IS THE CHEAPEST PERIOD?

March, April, October, and November are the months with the nicest weather and less rain. The high season in Cuba is July / August Peak Season is December / January / February Hurricane season is from June 1 till November 30.

Q. WHAT KIND OF PLUG ADAPTER DO I NEED ?

Type A but bring a multi-country adaptor that also has Type C or L. Voltage is typically 110V and 220V in most houses and hotels.

Q. WHAT IS FOOD LIKE IN CUBA ?

Cuban food is heavily influenced by African and Spanish culture, and you'll discover a variety of typical dishes, most containing chicken, pork or shrimp, accompanied by rice, black beans, plantains, and either starch root vegetables or tomatoes and cucumbers.

DO I NEED A VISA AND A PASSPORT?

Yes, and yes! Cuba will give you a visa / tourist card, however, you must acquire the visa before you arrive – see above. Ensure that your passport has at least 6 months left till it expires, calculated from your departure date...

YIKES!! I DON'T SPEAK SPANISH...!!!

Some Spanish is a definite plus. We suggest you learn a few simple phrases. However, many Cubans speak English and many of the people we will be in contact with speak English very well also. Cubans are very patient, don't worry, they will wait for you to find the right word.

WHAT IS NIGHTLIFE LIKE IN CUBA ?

On a night out in Cuba is guaranteed to have a lot of dancing even if you didn't think you could dance. Almost every corner of Havana has life music that emanates from the buzzings bars and salsa dancers pouring themselves on the streets showing some impressive dance moves. Nightclubs and bars are common and there is a wide variety to choose from in the area.

SOCIAL MEDIA

GLOBAL



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[Facebook Group Jakera Life](#)

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