

Cuba Travel 101

Cuba travel regulations were tweaked in November 2017 to promote increased contact with and support for the Cuban private sector. Going to Cuba is still easy and straightforward. Here's how:



Getting there:

- There are regular **commercial flights** to Cuba from cities across the U.S. offered by Alaska Airlines, American, Delta, JetBlue, Southwest, and United
- Nine major **cruise lines** offer voyages sailing from Miami and Tampa



Where to stay:

- Private bed-and-breakfasts (***casas particulares***). You can book online using services like Airbnb
- Many hotels (see link below for the list of hotels to avoid, published by the State Department)

What has changed?



- **Individuals** can now travel under the revised "**Support for the Cuban People**" category without being part of a group. As with any of the travel categories, you must maintain a full itinerary of activities. These can include:
 - Eating at private restaurants (***paladares***)
 - Staying in private bed-and-breakfasts (***casas particulares***)
 - Patronizing businesses owned by entrepreneurs (***cuentapropistas***) and independent cooperatives
 - Volunteering with non-governmental organizations to support local communities or helping Cuban entrepreneurs launch their businesses



- **Educational people-to-people** trips are allowed as part of a group organized by a U.S. institution, not by individuals
- **Academic** trips of all lengths are still allowed, however travel under 10 weeks in length must now be under the auspices of a U.S. organization and accompanied by an employee or agent of the organization. (There are exceptions, including for student and faculty research)



- **Transactions** with certain state-run hotels and retail establishments are now prohibited. For most U.S. travelers, this is not an issue because most Americans stay in private accommodations and eat at private restaurants (See link to list published by the State Department below)

Treasury Department [Cuba Resource Center](#), State Department [Cuba Restricted List](#)