

# ARROW MANIA 2017

## Travel Documents and Health Requirements for travel to Cuba

Whilst the future of Cuba is full of speculation and the world waits to see what will unfold in the coming years Mania17 will reveal the colour, music and excitement of Cuba today through it's myriad of eccentricities- a country that is altogether charming, challenging and unique.

To ensure that your trip to Cuba is an unforgettable and rewarding experience it is essential that you read through the following information which relates to necessary documentation to enter the country and health requirements.

### **Passports and visas for USA and Cuba:**

It is the passenger's responsibility to ensure they have the appropriate documentation including visas for entry into USA and Cuba.

#### **Passports:**

A valid passport is required to enter USA and Cuba.

Your passport must have at least 6 months validity from the date of arrival into USA so if it is due to expire before May 21, 2018 your passport will have to be reissued for this trip.

#### **USA Visa Waiver- ESTA**

Australian passport holders need a valid US Visa Waiver- ESTA- for entry into USA. This document is valid for two years from time of issue.

Please check online at [www.estab/cbp.dhs.gov/esta/](http://www.estab/cbp.dhs.gov/esta/) to ensure your ESTA is valid for travel to USA. If not you should renew it online at a cost of A\$14.00. at least two weeks prior to arrival.

If you are travelling on a passport of a non- Australian nationality please check with Incentive Action regarding entry requirements.

### **Cuba Tourist visa ( tourist card)**

A Tourist visa , known as a Tourist Card, is required to enter Cuba and must be organized at the Cuban government desk at Los Angeles airport at the time you check in for your flight to Havana.

You will need the following to apply:

-Valid passport

-You will be required to complete a form at the desk and present this with your passport. No photo is required.

The visa cost of US\$100 will be covered by Arrow for Mania17 delegates.

**A single entry Tourist card , valid for a 30day stay, will be issued on presentation of your passport and payment . This document must be retained and kept with your passport so it can be presented on arrival into and departure from Cuba.**

Australian passport holders need to present their Cuban Visa document and passport on arrival at Havana Airport. Please remember to retain the visa in your passport to show to Immigration on departure from Cuba.

**For entry to Cuba you must be able to provide a copy of your travel insurance policy , your return airline ticket and evidence of sufficient funds for the duration of your stay. Random checks can be made on arrival by Cuban Immigration so it is wise to carry these documents with your passport.**

### **Health Requirements:**

There are no mandatory vaccinations required to enter Cuba however the World Health Organisation ( WHO) recommends the following vaccinations :

**Hepatitis A:** This is a viral disease of the liver which is transmitted through eating contaminated food or drinking contaminated water. It is the most common vaccine preventable disease that occurs in travellers to less developed areas of the world. It is strongly recommended for travel to Cuba.

**Hepatitis B:** This is a viral disease of the liver that is transmitted via blood, blood products or bodily fluids. It is vaccine preventable. Hepatitis B immunisation is now part of the childhood immunisation schedule. Many adult travellers have missed this very important immunisation & travel may be a good reason for vaccination.

**Typhoid:** Typhoid Fever is caused by a bacteria found in contaminated food & water

**Tetanus, Pertussis & Diphtheria :** Tetanus is caused by a toxin released by a common dust or soil bacteria, which enters the body through a wound. Diphtheria is a bacterial infection of the throat & occasionally of the skin. It is found worldwide & is transmitted from person-to-person by coughing & sneezing. Pertussis (Whooping cough) is a highly infectious respiratory infection responsible for 300,000 deaths annually, mainly in children. Diphtheria & pertussis vaccines can be added to the tetanus vaccine. Because many adults no longer have immunity from childhood immunisation it is advised that travellers to less developed countries have a tetanus, diphtheria & pertussis booster.

**Measles, Mumps & Rubella:** Travellers whose birth date is after 1966 should check they have had 2 doses of measles vaccine. Since 1990 this may have been as the combination vaccine MMR (measles, mumps & rubella). Those born prior to 1966 are most likely to have long term immunity from previous exposure as a child.

**Chickenpox :** This very common infectious disease can now be prevented through immunisation.

**Additional health risks:**

**Traveller's diarrhoea:** Up to 40% of tourists may develop signs of traveller's diarrhoea within the first week of travel. A variety of germs can be responsible for this infection. A Traveller's Medical Kit containing appropriate therapy can rapidly improve the symptoms. It is also important to follow the rules of healthy eating & drinking to minimise risks. The new oral cholera vaccine has been shown to provide limited protection. Discuss this medication with your doctor.

**For further information and medications for your visit to Cuba please consult your local GP or Health Doctor.**

**Travel insurance :**

**Travel insurance is compulsory for this trip to Cuba.**

Incentive Action is able to assist by quoting comprehensive travel insurance with Cover More Travel Insurance. Please indicate on your registration form if you require a quote from Cover More.

If you prefer to arrange your own travel insurance cover for this trip please advise Incentive Action that you have a valid policy for the duration of the program.

**If you have any queries regarding this important travel information please contact Incentive Action to discuss in more detail.**

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