

Cuba Travel

What you need to know before you go



Why are you traveling to Cuba?

Travel to Cuba for tourist reasons is not permitted. You must be traveling for one (or more) of the following reasons:

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| Family visits | Journalistic activities |
| Activities of private foundations | Educational activities |
| Public performance | Research or educational institutes |
| Religious activities | Humanitarian projects |
| Support for the Cuban people | Athletic competitions |
| Export or import of information materials | Official business of the U.S. government |
| Professional research and meetings | |

- Each of these reasons has a very specific definition that must be met to travel.
- Do **NOT** assume that you will meet the criteria without checking the specifics.
- Please contact the export control office to ensure that you will fall within the definitions.

Travel for tourist purposes is NOT permitted!

Other considerations:

- **Travel for the above reasons requires a full-time schedule without free time or recreation in excess of that.**
In other words, you must be pursuing the stated purpose of your trip full-time (such as 8 hours per day).
- **You must keep records to prove you have pursued the full-time schedule.**
- Be careful what you bring back, import licenses are needed to bring back Cuban commodities for research purposes, in ANY amount.
- If going for one of the above purposes, you cannot bring friends or family members along incident to your travel. They must be traveling for their own purposes.
- There is no authorization for recreational travel incident to attendance at a professional meeting. So you may go to the meeting, but cannot travel outside that.
- You cannot have interactions with blocked officials, including Cuban government officials and communist party members.

Please contact the Export Control Office with any questions you may have.

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