

Our trips are 100% legal for Americans and conform to Trump's June 4 Cuba travel changes.

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We know you have questions regarding legal travel to Cuba and we have answers. Our vendor for our travel is Cuba Explorers - A trusted leader for legal Cuban travel for over 20 years. I AM ABEL FOUNDATION works exclusively through Cuba Explorer who has carefully crafted our travel that is covered under the Humanitarian License which is how we have traveled to Cuba in the past as well. This is not new for us. We have always travel under the Humanitarian License as this best fits with our planned travel itinerary.

In accordance with the license, proceeds from our [humanitarian Cuba travel project](#) are used to restore Old Havana and improve the lives of its inhabitants who we work with closely each visit. Moreover, we work directly with elementary and high schools, providing educational materials and engaging with the children. Our work in the hospitals and clinics we visit involve a rich scholarly exchange and the opportunity to impart knowledge and resources.

There are a long list of hotels and concerns in Cuba that Americans are NOT allowed to stay in. We firmly follow these rules and do not interact or otherwise engage with these sanctioned entities. The list is below:

List of hotels or entities not allowed

<https://www.state.gov/cuba-sanctions/cuba-restricted-list/list-of-restricted-entities-and-subentities-associated-with-cuba-as-of-april-24-2019/>

On June 4, 2019, the Trump administration eliminated a subcategory of Cuba travel known as group people-to-people travel. As noted above, we do have not traveled under this license in the past.

Group people-to-people travel, enjoyed by many Americans, was part of President Obama's initiative to normalize relations with Cuba and enable citizen-to-citizen dialogue, understanding, and direct diplomacy.

Group people-to-people travel plans made on or before June 4 continue to be valid. No other categories of Cuba travel are affected.

There are still many meaningful options available for Americans to visit Cuba legally. All of the longstanding 12 categories of legal Cuba travel are intact.

School travel to Cuba has not changed. Students, teachers, school staff, and chaperones can come to Cuba as easily as visiting Canada or Europe.

The popular categories of humanitarian projects, support for the Cuban people, religious activities, professional research, and journalism, are wonderful ways to witness Cuba and engage with its people and their culture.

If you were planning to visit Cuba, go for it. The Cuban people are more eager than ever to host American guests. Indeed, visiting Cuba is easier than ever.

A brief history of Cuba travel restrictions

President Kennedy first imposed Cuba travel restrictions in 1963. Every president since has maintained, or adjusted them. President Jimmy Carter significantly eased Cuba travel in 1977. G.W. Bush tightened travel rules in 2004. During Barak Obama's terms, easy Cuba travel became routine. No president has ever ended Cuba travel. Fortunately, the US Constitution enshrines freedom to travel. Concerns to the contrary, it is not possible for Trump to ban Cuba travel.

How legal Cuba travel works

The Office of Foreign Assets Control publishes a list of twelve themes under which Americans can visit Cuba legally, without any documentation or permission in advance. The twelve categories are called “general license” travel. There is no actual license issued. It is an honor system. In other words, if the purpose of your Cuba travel falls under any of the twelve topics, you can hop on a plane and visit Cuba. It's that simple and easy.

12 categories of legal Cuba travel

Educational activities (schools, students, teachers)

Support for the Cuban people

Humanitarian projects

Professional research and professional meetings

Religious activities

Public performances, clinics, workshops, athletic and other competitions, and exhibitions

Journalistic activity

Family visits

Activities of private foundations or research or educational institutes

Exportation, importation, or transmission of information or information materials

Certain authorized export transactions

Official business of the U.S. government, foreign governments, and certain intergovernmental organizations

Two golden rules for legal Cuba travel

While in Cuba your activities must focus on full-time engagement in the category of travel you choose. Purely touristic travel such as tanning on Cuba's sugary sand beaches is forbidden.