

# Kizomba City in Jamaica

Join Mambo City's Caribbean Kizomba & Salsa experience, a full week of dance, music and culture in Jamaica.

Dates and Prices 5 May to 12 May - £1,299.00

Unique Features Accompanied by Robert and Jean White of Mambo City and some of the UK's best Kizomba teachers, this unique holiday is an amazing opportunity to dance Kizomba and Salsa under the heat of the Caribbean sun.

We include daily Kizomba classes, additional Salsa classes, nights out and an programme of optional excursions (as well as time to chill on the beach!).

Ocho Rios: A former fishing village nestled in a picture-postcard bay, Ocho Rios boasts some of Jamaica's best beaches and it is the perfect destination to relax by day and dance by night. the world famous Dunn's River Falls are a stone's throw from the hotel and for evening entertainment there is a lively club scene playing Reggae, Dancehall and Hip Hop at nearby Margaritaville.

Call Club Dance Holidays to book on 0207 099 4816.

## Your Holiday

What's Included

- | Direct flights from London to Kingston with Virgin Atlantic
- | Daily Kizomba classes
- | Additional Salsa classes with Robert and Jean
- | A full programme of evening entertainment
- | Optional excursions
- | Expert hosting by Robert and Jean White of Mambo City
- | Meet & Greet upon arrival, airport and hotel transfers
- | Seven nights All Inclusive in the 4\* sunset Jamaica Grande Resort & Spa in Ocho Rios
- | Welcome party and Orientation Pack on arrival.

NB: Price is based on twin share accommodation. Single room supplement is £245; alternatively we can arrange a room share partner for you.

What previous Customers Have Said about this Holiday

'We are not normally given to writing thank you letters, or using superlatives, but we have just returned from your Salsa dancing holiday, and feel compelled to write and say that this was just an amazing experience, and one of the very best holidays ever!'

'We were able to see so many different aspects of Jamaica that as a sole tourist we would never have seen! Fantastic'.

'Brilliant. Partied for a whole week'

'Classes were excellent with professional dancers who were fun and friendly'

'I cannot think of a better introduction to local culture, music and dance!'

'An exhilarating blend of dance and experience of Caribbean life. Wonderful'

Is this holiday for me?

This holiday is for anyone with a passion for fun, glorious weather, stunning beaches and amazing nightlife! All dance abilities are catered for, from complete beginners to advanced dancers - if you like the idea of spending a week meeting new people, enjoying nightly social events, learning new skills and experiencing a new culture, all in the heat of the Caribbean, then this is the holiday for you!

Your Destination, includes sightseeing

Jamaica is the third largest island in the Caribbean, and the fourth largest country. The island of Jamaica has mountains inland surrounded by a narrow coastal plain. For this reason, most major cities are located on the coast. Chief towns include the capital [Kingston](#), [Spanish Town](#), [Mandeville](#), [Montego Bay](#), [Ocho Rios](#), and [Port Antonio](#).

The climate in Jamaica is tropical, with hot and humid weather, although inland regions have a more temperate climate.

Some regions on the south coast, such as the Liguanea Plain and the Pedro Plains are relatively dry rain-shadow areas like rainforests. Though a small nation, Jamaica is rich in culture, and has a strong global presence.

The musical genres [reggae](#), [ska](#), [mento](#), [rocksteady](#), [dub](#), and, more recently, [dancehall](#) and [ragga](#) all originated in the island's vibrant popular urban recording industry. Internationally known reggae musician, the legendary [Bob Marley](#), was born in Jamaica, and is very well respected there. The genre [jungle](#) emerged from London's Jamaican diaspora. The birth of [hip-hop](#) in New York also owed much to the city's Jamaican community.

#### Climate and weather

Weather: The climate in Jamaica is tropical, with hot and humid weather, although inland regions have a more temperate climate. Some regions of the south coast, such as the Liguanea Plain and the Pedro Plains are relatively dry rain-shadow areas like rainforest.

##### Average Temperatures

Jan 16/25

Feb 16/26

March 17/27

April 19/29

May 21/30

June 22/31

July 22/31

Aug 22/31

Sept 22/30

Oct 17/27

Nov 17/27

Dec 17/27

#### Your Accommodation

Sunset Jamaica Grande Resort - Hotel\*\*\*\* (All Inclusive) (Included)

The all-inclusive 730-room Sunset Jamaica Grande Resort continues the celebration of its multi-million dollar rebuild and refurbishment. A beautiful white-sand beach – the longest in Ocho Rios – fringes the resort.

Five lavish pools wander through this beachside complex, featuring waterfalls, plunge pools, swim-up bars and a swaying rope bridge. Known for its wide range of “fun in the sun” daytime activities, guests can also enjoy an abundance of fun after the sun goes down.

The hotel offers a choice of restaurants, including buffet and a la carte, and eight bars. To counteract the All Inclusive indulgence there is a gym, tennis courts and spa.

All 730 rooms and suites have private balconies and are tastefully decorated with wooden furniture and cool tile floors. All include either a king size or two double beds; modern bathroom amenities; in-room safes; direct-dial telephones; hairdryer; colour satellite televisions and individually controlled air conditioning.

#### Classes and Workshops

Classes and Teachers: There will be Daily classes in Kizomba and Salsa, all of which will take place within the hotel.

Dance Levels: There will be at least two levels of Kizomba tuition so that the classes will cater for all abilities, from beginner through to advanced. The dance teachers will be able to advise you on the first day of classes and suggest the level that is most appropriate to your ability and experience.

#### Daily Itinerary

Daily  
Itinerary

Sample Itinerary

This is a provisional itinerary aiming to give you an idea of what your holiday will be like. There will be some elements which will change: (OP) indicates an optional extra for which an extra charge will be made in advance.

DAY 1

Arrival and transfer to hotel  
Welcome party with dancing until late

DAY 2

Morning Salsa class

Kizomba class - two hours

Relax by the pool or on the beach or take join one of the many optional local tours visit to the world-famous Dunn's River Falls, a day spent exploring Blue Mountain, a visit to Marley's birthplace or for the more adventurous wild water rafting and river tubing! In the evening we accompany you to Ocho Rios' best nightclubs for a real flavour of Jamaican dance scene.

DAY 3

Kizomba class - two hours

Salsa-ing by the pool or choose from a variety of optional excursions  
Evening accompanied trip to one of Ocho Rios' best nightclubs

DAY 4

Morning Salsa class

Kizomba class - two hours

Salsa-ing by the pool or choose from a variety of optional excursions  
Evening accompanied trip to one of Ocho Rios' best nightclubs

DAY 5

Kizomba class - two hours

Salsa-ing by the pool or choose from a variety of optional excursions  
Evening accompanied trip to one of Ocho Rios' best nightclubs

DAY 6

Kizomba class - two hours

Chill by the pool or choose from a variety of optional excursions  
Evening accompanied trip to one of Ocho Rios' best nightclubs

DAY 7

Chill by the pool or choose from a variety of optional excursions  
Evening accompanied trip to one of Ocho Rios' best nightclubs

DAY 8

Transfer to the airport for your return flight to London.

Nightlife

The Jamaican dance scene: The Jamaican dancehall scene encompasses a vibrant, globally influential and yet rarely documented culture that has been mixing music, fashion and lifestyle with aplomb since its inception. Each of Jamaica's musical forms has inspired its own dances, but most notorious may be the moves that originated in the dancehalls. Many of the modern dances that go along with songs change as quickly as the popular songs themselves and are often dictated by the lyrics or current cultural phenomena.

An earlier and still popular form of Jamaican music is Ska. Ska, too, has its own dances, and these energetic routines are inspired by the upbeat musical style. With the musical progression into Rocksteady, the dances slowed down as the

music did.

Clubs and venues in Ocho Rios: The deluxe nightclub, restaurant and leisure complex Margaritaville is popular with visitors to the island and hosts regular party or "Bashment" nights with the latest Dancehall, Hip Hop and Reggae sounds. Amnesia is a more low-key nightspot popular with locals. Entrance to Margaritaville is around \$ and Amnesia \$ . You are expected to pay your own way into the nightclubs and the transport there and back unless it is included as part of an excursion. We may walk, take taxis or organise private coach transport to the best clubs.

**Your Teachers** Robert and Jean White will be your hosts and Salsa teachers and your Kizomba teachers are to be announced soon - watch this space. Robert and Jean White of Mambo City: Robert and Jean White of Mambo City say about themselves - "Our first Salsa experience, was at a night club in Toronto Canada called Berlins, where the Salsa night was hosted by Josie Neglia, it wasn't until we returned to London, that we decided to take lessons in 1992, with the first generation of UK Instructors, Xihomara Granados, Nelson Batiste, Ramiro Zapata and Zina. we were first introduced to cross body style dancing by Pedro Gomez and have since gone on to work with and learn different styles from, such salsa luminaries as Eddie Torres, Nelson Flores (Descarga Latina), Thomas Guerrero (SantoRico), Frankie Mart  nez and many others. Owing to these influences, we have experienced styles ranging from Columbian and Cuban Salsa, to the Cross Body styles "On 1" / "On 2" and Cha Cha Cha, It was in May 1999, on a visit to the first SalsaWeb Convention (which was hosted in Washington DC), that we really got inspired, the amount of talent there amazed us, this plus encouragement from Nelson Flores and some friends who wanted us to teach them, prompted us to start MamboCity, which we did in August 1999, our first class had about 15 of our friends and steadily grew, we held our first party in October of that year, which was a Halloween Fancy Dress/Mask Party, we like themes as it keeps the party atmosphere. The following month (November), we got involved in promoting a New York dance group who wanted to come to the UK, Luis Zegarra of Fuerza Latina and Ismael Otero of Caribbean Soul, This happend by chance, due a promoter who was responsible for organising the event pulling out, Luis Zegarra persuaded us to go ahead with the promotion."

**Food and Meals** Jamaican food is generally flavoursome and spicy, with national dishes including Jerk Chicken, marinated in a mixture of chilli spices and Curry goat. Oxtails is another popular dish. Freshly caught fish is widely available and the most popular seafood dish is Ackee and Saltfish, dried salted cod served with the popular ackee fruit, a relation of the lychee. Jamaican food is carbohydrate-rich and meat dishes are usually served with rice and/or dumplings and fried plantain. Rum is the national drink and sugar cane is used in a variety of sweet treats, served along with an abundance of fresh fruit. Patties filled with meat are popular snacks. Vegetarianism is not a popular concept in Jamaica: however, local cuisine incorporates a wide variety of salad, and rice dishes and international food is widely available.

**Optional Extras** What are optional extras? In addition to your holiday we also offer you a variety of optional extras to make your holiday even richer and add some local colour. You can buy your optional extras at the welcome meeting at the beginning of your holiday. We will ask you to pay in cash and fill out a form. These are the optional extras that we anticipate running – actual details and prices will be confirmed on arrival. Some may require minimum numbers.

There are numerous day trips from which to choose. These trips can be booked locally and include:

- The Portland Experience, including Somerset Falls, Portland and river rafting
- Dunn's River Falls waterfall climb
- Blue Mountain Jeep Safari
- Jeep Safari to Bob Marley's birthplace
- Kayaking and river tubing
- Swimming with dolphins at Dolphin Cove
- Mountain Valley horseback riding

**Single Room Supplements, Upgrades and Budget Options**

Option 1 (Sunset Jamaica Grande) - Included

Sunset Jamaica Grande Resort - Hotel\*\*\*\* All Inclusive - (05/05/2013 to 12/05/2013 - 7 nights)

|   |            |
|---|------------|
| Twin Room (Per Room)                    | Included   |
| Twin Room (Single occupancy) (Per Room) | 245.00 GBP |
| Extra Nights                            |            |

Twin Room (Per Room)

78 GBP per night

Twin Room (Single occupancy) (Per Room)

118 GBP per night

#### Flights and Transfers

Flights: Almost all our published prices include return flights from selected UK airports. If you are travelling from outside the UK we can offer you a holiday price without a flight included. Please call us to find out which UK departure flights are offered on each holiday.

Transfers: Return airport transfers in Jamaica are included.

#### Making your own way to the hotel for ground only package

Making your own way there: For those whose flights don't coincide with our Airport coach transfer, you can make your own way to the Hotel in Ocho Rios. We recommend a registered taxi which will cost around US\$120 or a shuttle bus which runs a regular service between Montego Bay and Ocho Rios. Journey time: about one hour 30 minutes.

#### What to Expect in terms of Organisation

On Arrival: You will receive a detailed itinerary and any other important information, including an overview of the local sights, recommended restaurants and other helpful tips.

Club Dance Holidays Host: Your holiday tour host is there to make your holiday as enjoyable as possible. Club Dance Holidays Tour Hosts are a cut above your typical Holiday Rep with a lightness of touch that enables you to get the best out of your holiday without being in the least bit interfering. We make sure you get the best out of the destination even though you are there for a relatively short time and we do this through our local knowledge and our knowledge of dance. Club Dance Holidays Tour Hosts normally offer much more of themselves than you would expect including making sure your nights are sociable and fun often well into the small hours if that is your whim. During the daytime the level of participation and presence of Club Dance Holidays tour hosts varies according to the nature of each holiday and its destination.

Overview of the Week and Welcome Drink: At the beginning of your holiday there is an Overview of the Week where your tour host will tell you about all details of your holiday and answer any questions you might have. At the Overview of the Week you can buy your optional extras and Dance Holidays will invite you to be our guest to a drink.

Getting Around: You are responsible for making your own way to the dance classes and meeting points on the itinerary. We give you a detailed, annotated map and itinerary which make this easy. Nearly all of the activities we plan are within walking distance of the hotel. On one or two occasions it may be wise to get a taxi, and we will let you know when and how.

#### Before Your Go

Books on Jamaica: We recommend the "Rough Guide to Jamaica" as well as Chris Salewicz's "Rude Boy – Once Upon a Time in Jamaica", an insight into both the political turbulence and rich culture of the island and "Firefly", documenting Noel Coward's time in Jamaica.

Jamaica's Economy: The local currency is the Jamaican Dollar (JMD) and there is currently approximately \$154JMD to the British Pound. US Dollars are widely accepted in the tourist resorts but usually attract a high conversion rate.

Tipping: In Jamaica, tipping culture is commonplace and widely appreciated as it often supplements often low incomes.

Budgeting for your holiday: Here are some guidelines on prices, to help you do your own calculations. Please refer to the optional extra section of the fact sheet for the prices of the optional extras.

Jamaica:

Three course meal with drinks: 30 Euros

Tipping per day: 3 Euros

Nightclub entrance: 10-30 Euros

Rum and coke in nightclub: 6 Euros

Beer in a bar/cafe: 4 euros

Coffee in a bar/cafe: 2 euros

Passports: These must be valid for at least six months beyond the length of stay. Please check your passport now.

Health and Fitness: There are no particular health requirements for a dance holiday. However you should be able to dance for at least two hours a day in order to be able to enjoy the dance classes. Please inform us if you have any medical conditions that we need to be aware of.

Luggage Labels and Lost Luggage: We strongly recommend that you secure your luggage before flying by all means possible – tape and locks. You should attach large and clear labels to your luggage with your name, flight number and

destination. Do not put travellers cheques, jewellery or money in your suitcase. In the unlikely event that your luggage is lost during the journey you need to independently take the matter up directly with the airline at the relevant airport.

Vaccinations: We are informed by the respective Embassies that no special vaccinations are required for travel to Jamaica. However, the following vaccinations are recommended by NHS Direct: tetanus, typhoid, hepatitis A, polio, diphtheria, BCG and hepatitis B. Please consult your own GP in respect of which vaccinations you should have.

Insurance: This is a condition of booking please refer to the information supplement for details.

Travel Documents: You receive these by email 10 - 14 days prior to departure.

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Essential  
equipment and  
clothing to bring

Useful Things to Bring: It's worth remembering that due to the US embargo you will not find as much availability in the shops (especially chemists and clothes shops) so its a good idea to come well prepared:

Shoes suitable for walking around the streets  
Broad brimmed sun hat/sunglasses  
High factor sun cream  
Insect repellent/anti-mosquito spray  
Antiseptic cream in case of bites  
Elastoplasts for sore feet  
Aspirin/Nurofen for hangovers!  
Immodium for stomach upsets  
Shampoo, soap, toothpaste and other toiletries (hard to obtain and expensive in Cuba)  
Condoms (local condoms are of low quality)  
Travel washing powder (although the hotel may provide a laundry service)  
Paper tissues/toilet paper  
Swimming costume essential/beach towel  
Money belt  
Money, plane ticket, full valid passport, visa  
This fact sheet

What to wear for dancing: It is probable that you may get through quite a few clothes in the classes and dancing at night (you can get quite hot!) so bring a variety of outfits. In the clubs, the local dress code is quite casual and 'streety' as opposed to elegant and smart.

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At Your  
Destination

Jamaica

Reputation: Jamaica is sometimes unfairly viewed as a destination rife with crime and gang culture. However, its popular tourist resorts are well protected and thousands of tourists enjoy trouble-free visits every year. The Foreign and Commonwealth Office advises common sense when travelling outside the main tourist areas:

Only hire taxis authorised by the Jamaica Tourist Board usually operated by the Jamaica Union of Travellers Association (JUTA) or taxis ordered from hotels for your sole use (i.e. unshared).

Avoid large crowds and public demonstrations. Do not carry large amounts of cash or wear eye-catching jewellery. Use hotel safety deposit boxes to store valuables, money and passports.

Unless you are fully acquainted with the route and are driving in daylight hours, you should not self-drive a car to or from Kingston International Airport. Instead, take an official "JUTA" taxi, or taxi recommended by your hotel or airport's official taxi company for your journey to or from the airport.

Criminal activity is usually concentrated in inner city neighbourhoods, including West Kingston, Grant's Pen, August Town, Harbour View, Spanish Town and certain parts of Montego Bay (not the resort areas). .

Most hotels and resorts are well guarded.

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