



ABPsi Tour to Jamaica: Roots, Resistance, and Mental Healing for the People



An African-Centered, Educational, and Cultural Exchange

April 9 - 18, 2024

Cost and Payment Plan

\$2500 USD Installement Plan. All deposits are non-refundable.

1. Early Registration to Secure Your Spot: \$250 deposit due November 1, 2023, and pay through March 8, 2024.
2. Secondary and Final Registration Deadline: \$250 deposit on February 5, 2024, and pay in full by March 8, 2024

This trip will **sell out** so reserve your spot early! **REGISTER HERE NOW!**

Click Dates Below to Join our Virtual Tour Information Sessions:

Thursday, September 21, 2023 at 5:00 pm

or

Thursday, October 12, 2023 at 5:00 pm

**Click Here to Learn More About
CEO and Tour Leader Dr. Siri Brown**





ABPSI JAMAICA TOUR APRIL 2024

Day 1: Tuesday, April 9, 2024

- Group arrives to Kingston Norman Manley Airport (KIN)
- Transportation to the hotel is provided
- 3pm check into the [Pegasus Hotel](#) located in New Kingston, an up-and-coming area in the city that has parks, restaurants, bars, and cafes
- Hosted ABPsi Welcome Dinner

Day 2: Wednesday, April 10, 2024 (Kingston)

- 8:30am Breakfast is included and provided at the hotel each morning
- Visit to Emancipation Park a park built in honor of the end of slavery in Jamaica. The park includes an honoring of those who resisted slavery and includes a famous statue that symbolizes freedom for African people
- Tour of University of the West Indies (UWI)
- Meet with Chair of Psychology Department for discussion about courses, training, faculty and students
- Panel Discussion with leading UWI faculty from the Department of Psychology on, "Cultural Frameworks for Jamaican Psychological Theory"
- Hosted lunch
- Visit to Bob Marley's home and museum with viewing of brief film about his life and contributions

Day 3: Thursday, April 11, 2024 (Kingston)

- 9am-11:30am meet with community organizer and Director of [Peace Management Initiative](#), Erica Allen to learn about youth violence, truce, and reconciliation. Walk in an underserved community with neighborhood youth leaders
- Hosted lunch
- Visit to Marcus Garvey's Jamaican headquarters, [Liberty Hall](#) to learn about the efforts to restore this historic space and the community programs offered. Tour the Marcus Garvey Museum, which was the first digital museum in the Caribbean to learn more about this Jamaican National Hero and Pan African Liberator
- Walking tour with artists of [Water Lane Mural Project](#) to learn about Jamaican street art, politics, youth leadership and to enjoy the artistic expressions of the community

Day 4: Friday, April 12, 2024 (Kingston)

- 9am-10:30am Noted Jamaican Dub Poet, actor, intellectual, and leading personality [Mutabaruka](#) joins us to discuss "The Rastafarian Way of Life as a Liberatory Healing Approach". Beyond the simplified stereotypes, Rastafari is a way of life that continues to attract numerous Jamaicans of all ages seeking enlightenment. This discussion will illuminate the mental, cultural and spiritual reasons why Rasta is a healing way to live for many.
- 11-12:30 Visit to the famed Trenchtown neighborhood where Bob Marley, the I Three, Abyssinians, Jimmy Cliff and many others came from. The group will visit Tough Gong Studios where Marley and others produced their music.
- Hosted lunch
- Evening visit to Little Theatre for a local play on Jamaican Life

Day 5: Saturday, April 13, 2024 Kingston/Port Antonio)

- 9am leave for 3 hour 30 minute drive to [Portland Parish](#). This is the Parish known for the Blue Mountains, Caribbean sea, lush green and blue colors of nature. It is also peaceful and tranquil. This ride will allow travelers to see stunning scenery and rural areas in Jamaica
- Check in to [Goblin Hill Villas](#) in the [San San](#) area
- Free afternoon to relax and enjoy the resort or nearby [Blue Lagoon](#)

Day 6: Sunday, April 14, 2024

- Free day at Boston Beach to enjoy the day on an amazing white sand beach. Enjoy optional local activities at your own cost
- Hosted lunch at the [Boston Jerk Center](#). This area is where Jerk seasoning and barbeque. Boston claims to have the best Jerk on the island.

Day 7: Monday, April 15, 2024 (Maroon Day)

- Visit to Nanny Town and Charlestown Marron Communities to learn about and experience the African based Maroon culture and history this includes a traditional drum and dance lesson. Visit with the community to make new friends, learn and exchange. Maroon cooked lunch with the community provided.

Day 8: Tuesday, April 16, 2024 (Check Out of Goblin Hill and Drive to MoBay)

- 6am Early Drive to Montego Bay. This drive is over 4 hours (not including stops) so we will leave early. Travelers can rest on the bus or enjoy the drive on the north coast highway along the Caribbean Sea.
- Stop at Marcus Garvey's birthplace to see the area and land the "Mosiiah" was born on
- Visit to the Green Grotto Caves in an area called Run Away Bay, an area known for the high number of Arawak and African enslaved people who ran away to the caves to escape slavery. The tour of the caves displays the geological wonders of this 25 square mile system with under water pools.
- Visit to the Rose Hall Plantation, home of former slave owner Annie Palmer who Jamaicans continue to call the "White Witch" because of the numerous torture methods imposed on the enslaved people on her plantation and the deaths of her multiple husbands.
- Check into [The Sea Garden Resort](#) or similar.

Day 9: Wednesday, April 17, 2024 (Montego Bay)

- Free day in Mo Bay options provided that include beaches, shopping, museums, or just relaxing at the resort.
- Hosted Closing Dinner to Celebrate and Share what we learned

Day 10: Thursday, April 18, 2024 (to MJB Airport)

- Check-out and drive to the Montego Bay Jamaica Airport and fly back to SFO



Bay Area Chapter

