

GLOBAL EXCHANGE 
Reality Tours

*Approaches to Healthcare and Wellness in Cuba Draft Itinerary
June 30 – July 9, 2024*

Sunday, June 30

Arrival in Havana welcome by AMISTUR Guide

Late lunch included at La Torre

Make a quick stop at the historic and picturesque Plaza de la Revolución.

Check in to Gran Aston Hotel

Enjoy dinner and evening on your own.

Monday, July 1

Breakfast at your hotel

9.00pm Visit to the Cuban Institute of Friendship with the Peoples (ICAP) an NGO responsible for fostering people to people diplomacy through solidarity with groups worldwide. They are your host institution while in Cuba.

11.00am Meet with a representative of MINSAP, The Ministry of Public Health in Cuba, to exchange about their work and the efforts of providing public health education

1.00pm Lunch included at El Aljibe

3.00am Visit a policlinic to learn about the health care system in Cuba and meet with the Director there.

4.00pm Return to the hotel

Dinner across the bay of Havana before the historic Canonazo ceremony (dinner not included)

8.00pm Following dinner we will watch this historic tradition where you can also enjoy an beautiful view of Havana at night

Tuesday, July 2

Breakfast at hotel

10.00am Today we will begin with a visit to Cuban National Center for Sex Education CENESEX founded by Mariela Castro. Here we will exchange with professionals here about their programs locally and nationally.

12.00pm Lunch included at San Cristobal

2.00pm Visit Fidel Castro Center of Studies to learn about how the center is furthering his life's work and pillars of the revolution such as Universal Healthcare.

4.00pm Return to the hotel

Dinner on your own

10.00pm Visit to La Zorra y el Cuervo Jazz Club to enjoy an evening of Cuban Jazz

Wednesday, July 3

Breakfast at your hotel

10.00am Visit to an Urban Garden to learn about food accessibility and Nutrition.

11.00am Visit a mental health center and exchange with the providers there to learn of their programs and delivery of care and roll in the community

12.00pm Lunch at La Calesa Real

2.00pm Visit a Maternity Home, exchange with health professionals about the care of pregnant women and around how their work intersects with the polyclinic level.

Return to the hotel

Enjoy dinner and evening on your own

Thursday, July 4

Breakfast at hotel

10.00am Meeting with Cuban doctors belonging to the Henry Reeve contingent to learn about their work in other countries

12.00pm Visit to Corral Falso Community Project to learn of their work and then enjoy lunch at the project.

2.30pm After lunch we'll visit an elderly home to learn about how Cuba addresses the care and daily needs of third age persons

Return to the hotel

Dinner on your own.

After dinner we will reconvene to participate in a CDR Visit. The CDR's or Committees for the Defense of the Revolution, are essentially a block organization that can be found in every Cuban neighborhood since the time of the revolution. During this visit you will learn how the committees serve the community now. This is also the best time to bring donations to the community as well as enjoy snacks and beverages together and more importantly to exchange with Cuban's in their neighborhood and learn about the realities of their day to day life.

Friday, July 5

Breakfast at the hotel

9.30am Participate in a Tai Chi or other gentle physical activity

11.30am Meeting with officials from BioTech who develop vaccines for Cuba

1.30pm Lunch included location TBD

3.30pm Visit Angeles del Futuro project to learn how differently abled children are trained in performance

6.00pm Return to hotel

Enjoy Dinner and evening on your own

Saturday, July 6

Breakfast at the hotel

Depart for Las Terrazas to learn about the sustainable community there and a bit more about mountain living.

We will try to meet with the local Doctor there to learn of their perspectives and differences between rural and urban health care delivery.

Enjoy a healthy vegetarian lunch there.

Following this visit we will visit the nearby river to enjoy a little swimming if weather permits.

Return to Havana

Dinner and evening on your own

Sunday July 7

Breakfast at the hotel

9.30am Walking tour of Old Havana including the four main historic plazas; Plaza de las Armas, Plaza Vieja, Plaza del Catedral, Plaza San Francisco de Asís

11.30am Visit the Fine Arts Museum which is located near Paseo del Prado, it is considered one of the most important in Latin America and the Caribbean. Together with the largest collection of Cuban art in the world, it preserves pieces from the most important European schools.

1.30pm Lunch at La Calesa Real

3.30pm Visit Callejon de Hamel, an artistic afro cuban project in the Cayo Hueso neighborhood.

You will have the opportunity to dance and enjoy various groups dedicated to preserving Afro music.

5.30pm Return to hotel

Enjoy dinner and evening on your own

Monday, July 8

Breakfast at the hotel

10.00am This morning we'll visit the San Jose Artisan crafts market in Old Havana, also an example of Cuba's small private business sector.

Lunch and afternoon on your own to prepare for your return to the US

7.00pm Tonight enjoy a ride in classic cars on the way to our farewell dinner at Jardin de los Milagros

Tuesday, July 9

Breakfast and check out

Depart for the airport to take flight back to US

- end program -