

Social Welfare and Sustainability in Cuba:

May 27 – June 5, 2016

*Eco Cuba Network program for
University professors and students*

Sample Program

Friday, May 27 (Havana)

- 1:00 pm Arrival at Jose Marti International Airport; transfer to hotel
- 3:00 pm Initial program briefing / information meeting
- 4:00 pm City tour by bus of Central Havana and Vedado
neighborhoods to sites of cultural and historical interest
- 8:00 pm Welcome Dinner with Cuban hosts and guests

Saturday, May 28 (Havana)

Breakfast at the hotel

- 9:00 am Walking tour of Old Havana to sites of cultural, historical
and environmental interest
- Visit to Arte Corte, an Old Havana Community Project and
other projects

Lunch at Cuban paladar

- Afternoon Walking tour continued, including Imagen 3 Community Arts
Project, Museum of the Revolution, other sites of interest
- 7:00 pm *Dinner at the hotel buffet*
- 8:00 pm Evening Speaker Presentation* and/or Cultural Options

Sunday, May 29 (Havana/Artemisa province)

8:00 am Drive to Las Terrazas, an intentional sustainable community, an hour west of Havana, in the Sierra de los Rosarios Biosphere Reserve. Visit community museum, reforestation project, artists' studios, family doctor clinic, school and organic garden.

Lunch at El Romero organic, vegetarian restaurant; talk by vegan-vegetarian pioneer and chef Tito Núñez.

2:00 pm Visit Sierras de los Rosarios Biosphere Reserve nature; talk by naturalist from the Ministry of Science, Technology and the Environment (CITMA); station/hike, swim

5:00 pm Return to Havana

7:00 pm *Dinner at the hotel buffet*

8:00 pm Evening Speaker Presentation* and/or Cultural Options

Monday, May 30 (Havana)

Breakfast at the hotel

9:30 am Visit to and Panel Presentation at the “Antonio Núñez Jimenez” Foundation for Nature and Humanity– oldest environmental organization in Cuba/center of permaculture. Presenters to include Social Welfare / Community Development speakers / Presenters TBD**

12:30 pm Visit the home/studios/neighborhood of Artist, Jose Fuster

Lunch at Fuster's

2:30 pm Visit “La Casa Comunitario Paolo Freire” and “Proyecto del Colectivo de Creación Artística TRANCE” – “La Lisa”

7:00 pm *Dinner at the hotel*

8:00 pm Evening Speaker Presentation* and/or Cultural Options

Tuesday, May 31 (Havana / Matanzas)

Breakfast at the hotel and hotel check-out

9:30 am National Center for Sex Education and Research (CENESEX)

12:30 pm *Lunch at Cuban Paladar*

2:30 pm Center for the Prevention of HIV/AIDS

7:00 pm *Dinner at the hotel*

8:00 pm Evening Speaker Presentation* and Cultural Options

Wednesday, June 1 (Matanzas)

Early breakfast at the hotel; drive to Matanzas (2 hours)

10:00 am Walking tour of Matanzas City, “Ediciones Vigia,”
Museum of the Slave, Colonial Pharmacy and other sites of
cultural, historical, environmental interest

Lunch in central Matanzas

2:00 pm Visit town of Santa Marta Polyclinic and Family
Doctor/Nurse Clinic

7:00 pm *Dinner at the hotel*

8:30 pm CDR encounter/get-together (Committee for the Defense of
the Revolution / Matanzas neighborhood association)

Thursday, June 2 (Matanzas / Havana)

Early breakfast at the hotel and hotel; return toward Havana

10:00 am: Visit Cojimar (Community-based sustainable development
and environmental projects)

- 12 nn *Lunch in Cojimar at favorite restaurant of Ernest Hemingway*
- 2:00 pm Visit Alamar, the largest urban farm in eastern Havana
- 7:00 pm *Dinner at hotel*
- Evening Performance of internationally-renowned children's theater and community development project, La Colmenita and talk with director and cast

Friday, June 3 (Havana)

Breakfast at the hotel

- 9:00 am Presentation at the Union of Cuban Jurists (UNJC) with members of the Association of Family and Civil Law (if possible, also with the Federation of Cuban Women)
- 12:00 nn *Lunch at Casa de Las Americas with Cuban hosts; talk on US-Cuba relations*
- 2:00 pm Visit to a Community Mental Health Center (CCSM in Guanabacoa, AfroCuban neighborhood). Visit to sites of AfroCuban culture, time permitting
- Evening Dinner at the hotel*
- 8:00 pm *Evening Speaker Presentation *and Cultural Options*

Saturday, June 4

Breakfast at the hotel

- 9:30 am TBD/Follow up meetings depending on interests of group

Lunch on your own

- Afternoon Free time in Havana, individual research pursuits / activities (with guide and bus available)

5:00 pm Evaluation meeting with ECN and Cuban tour guides

8:00 pm Farewell Dinner with Cuban hosts and guests

Possible late evening performance by Buena Vista Social Club or similar musical group

Sunday, June 5 (departure day)

Breakfast at the hotel and hotel check-out

8:00 am *Leave for the airport; Flight check-in*
11:45 am *Return to Miami*
12:45 pm *Arrival in Miami*

*Possible Speakers:

Marc Frank, journalist, on Daily Life in Cuba today; changes in political, economic and social policies

Norma Guillard and the documentary, "Maestra" on the 1961 Cuban Literacy Campaign and Cuba's public education system

Cuba Solar and Cuba Energía, renewable energy and energy efficiency policy and practice

**FANJ Panel/TBD: *Social Welfare / Community Development and Participatory Democracy; Environmental policy and practice; Integration of the two*

Cuba's Public Health system; ELAM (international medical school)

Other possibilities, according to request of participants

Possible visits and Cultural options:

Center for the Third Age, Havana or Matanzas

Fine Arts Museum

Valdez Jazz Club

Salsa Clubs with young Cubans

Danza Chevere / presentation and classes

Other options depending on requests of participants