

CUBA!

AAUW Cuba Delegation
"People to People Exchange"

JOIN AAUW - OAKLAND PIEDMONT BRANCH

For Our Spectacular & Unrivaled Second Expedition to CUBA!

SEE WHY EVERYONE WANTS TO GO TO CUBA

Dance the salsa on a rooftop in Havana, rub shoulders with locals walking along the faded elegance of the Malecon seawall, eat in private home restaurants called paladares, visit Ernest Hemmingway's house, watch Cubans of all ages soften when the strains of "Guantanamera" float into the streets, visit the Museums, cafes ...

LEARN HOW THE SOCIETY FUNCTIONS

- Meet with the Cuban Federation of Women, University Professors, Members of the Government
- Visit Schools, Clinics, Hospitals, Housing Projects, Sugarcane & Tobacco Fields, Cigar Factories, Craft Markets
- Attend a block party and get to know a neighborhood.

OUR JOURNEY THROUGH THE ISLAND INCLUDES AN ITINERARY CUSTOM DESIGNED FOR OUR GROUP

- Santiago de Cuba
- Pinar del Rio – the heart of tobacco country
- Viñales Valley – the Yosemite of Cuba
- Cienfuegos – the third most important port city of Cuba
- Trinidad – a living museum and UNESCO protected city
- Las Terrazas Biosphere
- Camaguey - one of the first seven towns founded by Diego Velazquez



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Contact us for a day-by-day program
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DAY-BY-DAY

ICON LEGEND

-  DEPARTURE
-  LEARN
-  RELAX
-  VISIT
-  SIGHTSEEING
-  CELEBRATE
-  PERFORMANCE
-  TOUR
-  DONATION

DAY 1

Miami, FL, US – Departure to Miami



Departure: Delegates will independently depart today for Miami, Florida. The program officially begins at the briefing in Cuba so note that no event or official gathering will take place in the U.S. this evening.

Destination: Upon arrival in Miami, please make your way to the Miami International Airport Hotel (located in concourse E within the airport itself). The hotel is just a short walk from luggage claim (2nd floor). Check-in begins at 3:00 pm so access to rooms prior to that is subject to availability.

For questions, you can call the hotel directly after arrival. They can be reached at

Miami International Airport Hotel
Central Terminal Concourse E
2nd floor
Miami, Florida 33266
Telephone: 305.871.4100

Meals: Lunch and dinner are by individual arrangement today for those arriving earlier in the day time.



DAY 2

Miami, FL, US – Departure to Havana, Cuba



Arrival time: Approximately 9:15 am
Arrival Airport: Jose Martin International

Meeting time: 5:00 am

This morning please plan to meet by 5:00 am in the hotel lobby to meet your delegation leader. Check in will be in concourse G adjacent to the Dunkin Donuts. Lines queue up according to the flight, not just those flying with the charter company, so make sure you get in the correct line!

Breakfast: Due to the early hour of departure from the hotel, breakfast could not be provided. There are many dining options at the airport after you check in, but before you clear security and head to your gate.

Departure time: 8:30 am

Departure is scheduled this morning on Blanco Charter K8-1701 departing at 08:15 AM (check-in begins as early as 4:15 am).

Arrival in Cuba is approximately 45 minutes later as it is a short flight. Delays are common as it takes quite some time to load the excess luggage that many visitors are bringing with them for their families and friends in Cuba. It is common to see car parts, bicycles, flat screen televisions as well as men wearing three or four hats to avoid having to pay any additional baggage fees at the counter. Quite a fun sight and an experience in itself!

WELCOME TO CUBA!!

Upon arrival at the Havana International Airport, make your way through passport control where they will take your photo (be prepared to remove any hats, scarves or glasses) and check your paperwork for entry into Cuba. Make your way to baggage claim and exit through customs to where your delegation leader will be waiting.

Tour: Enjoy a walking tour of the historic center of **Old Havana**, a village founded in 1519 and declared a World Heritage site by UNESCO in 1982. There will be an

explanation of the projects carried out by the City Historian's Office for the rehabilitation of Old Havana.

Lunch: Lunch will be provided at El Templete Restaurant in Old Havana.

Hotel Check-In: Transfer to your hotel for check-in.

Dinner: Evening welcome dinner at Paladar la California with explanation by owners about the new private business ventures.

Performance: Evening performance at La Parisien Cabaret.



DAY 3

Havana, Cuba



Breakfast: Breakfast will be provided daily during your stay in Cuba.

Learn: This morning the delegation will have a welcome orientation to Cuba on behalf of the staff at the **Cuban Institute of Friendship with People** in conjunction with our local team at the Casa de la Amistad.

Next the delegation will visit a local **polyclinic** to meet with the caregivers and learn more about the care they provide in this community. Spend time in the family doctors office. Learn how Cuba practices preventive medicine for children, young adults, and elderly patients respectively and discuss what are the biggest challenges faced in their daily work.

Lunch: Lunch is by individual arrangement (own expense).

Visit: This afternoon visit the **Museo de Bellas Artes** (Fine Arts Museum). The Fine Arts Museum is dedicated exclusively to Cuban art collections beginning in the mid-16th century. Spanning the 17th and 19th centuries, it has galleries devoted to landscape, religious subjects and the Costumbrismo narrative scenes of Cuban life.

Other galleries are devoted to more current work, and are recognized for the extensive collection of Hyperrealism and the latest generation of Cuban artists whose works all reflect the strong symbolic imagery prevalent in recent decades.

Dinner: Dinner will be provided at a local restaurant. We will have some special guests in the field of education, health and international relations join the delegation for an informal exchange.

DAY 4

Havana, Cuba



Breakfast

Learn: This morning meet with the staff from the **Literacy Museum**, tracing Cuba's achievements in the Great Literacy Campaign. The Cuban Literacy Campaign was a year-long effort to abolish illiteracy in Cuba after the triumph of the Cuban Revolution. This campaign became the world's most ambitious literacy campaign.

Cuba has one of the highest ranking educational systems in Latin America. In spite of limited resources, a lack of instructional materials and technology, Cuba has established a literacy rate of 97%. What is the secret behind their success?

Continue on a visit of a local **maternity home**. Cuba has a network of over 300 maternity homes providing comprehensive care and childbirth education in either live-in or ambulatory modalities. This strategy has helped the country achieve a nearly 100% in-hospital birth rate and lower infant and maternal mortality rates. The goal of this meeting will be to meet with the staff to gain an overall understanding of the system and interact with their staff including doctors and care givers as well as the family doctor.

Lunch: Lunch at Bodegon de Las Brisas.

Visit: This afternoon visit the **Hemingway Museum** located in the Finca Vigia, former residence of the American writer located in the San Francisco de Paula neighborhood on the outskirts of the city. We will tour along the beltway of the city reaching Cojimar, a fisherman's village where Hemingway docked his fishing boat "El Pilar", a source of inspiration for this famous novel "The Old Man and the Sea".

Visit the crafts market, Antiguos Almacenes.

Dinner: Dinner is by individual arrangement (own expense).

Performance: Evening entertainment at the Jazz Café.

DAY 5

Havana, Cuba - Santiago de Cuba



Breakfast

Visit: This morning we have arranged a visit to the **FMC – Federation of Cuban Women**. Round table discussion on "Women and the Cuban Revolution" – Successes and future challenges.

Lunch: Lunch at Paladar La Casa.

Departure: Transfer to the airport for flight to Santiago de Cuba.

Cubana Airlines #105 - Departing at 3:30pm arrival at 4:55pm

Dinner: Dinner is by individual arrangement (own expense) this evening.

DAY 6

Santiago de Cuba

Santiago de Cuba has soul. Cuba's second-largest city is justifiably proud of its heroes, beautiful plazas and vibrant musical tradition. Proximity to Jamaica and other tropical isles has infused the city with a distinctly Caribbean spirit that is seen in its art and architecture, heard in its music, and celebrated in its exuberant festivals – including the Festival del Caribe and the renowned Carnival.



Breakfast

Tour: Morning tour of Santiago, The city exhibits an eclectic assortment of architectural influences, from the imposing El Morro castle (a UNESCO World Heritage Site), to the exquisite colonial houses of Parque Céspedes in the historic quarter.

Lunch: Lunch at El Morro Restaurant.

Tour: Tour El Morro fortress

Brief walking tour of old city.

Dinner: Dinner at local restaurant.

DAY 7

Santiago de Cuba - Camaguey, Cuba



Breakfast

Departure: Morning departure for Camaguey, the largest province in the country. The city of Camaguey was one of the first seven towns founded by Diego Velazquez. The city dates back to 1515. Camaguey is the birthplace of former National Poet of Cuba Nicolás Guillén and the home of the world-renowned Ballet de Camaguey. It is full of charming cobblestone plazas, historic statues and intriguing museums. You'll find plenty of tinajones [earthenwarejars] decorating the streets.

Lunch: Lunch at 1800 Restaurant.

Tour: Tour the streets in a bicycle cab (arranged by each individual interested).

Visit: Visit the workshop and studio of a Cuban painter if possible Orestes Larios, or Martha Jimenez Perez noted Camaguey painters.

Hotel Check-In: Transfer to your hotel.

Dinner: La Campana de Toledo Restaurant.

Performance: Enjoy Cuban Music at Casa de la Trova.

DAY 8

Camaguey, Cuba - Trinidad, Cuba



Breakfast

Departure: Early morning departure to Trinidad, Cuba's colonial gem. Founded also by Diego Velazquez in 1508. A city of cobbled streets, roofs of ancient tiles and barred windows. A true living museum declared in 1988 by UNESCO as a World Heritage Site. Upon arrival transfer to your hotel.

Lunch: Lunch in Trinidad.

Dinner: Dinner at hotel



DAY 9

Trinidad, Cuba



Breakfast

Tour: Your city tour of Trinidad will start at the Plaza Mayor, or Main Square. You will experience some of the finest buildings from the colonial era and you will be transported into the 18th and 19th centuries. Visits to the Palacio Brunet, Our Lady of Trinidad Church built in the 19th century. The tour will end at the Municipal Historical Museum, which traces the history of Trinidad from its beginnings in 1514. You are surrounded by a colonial paradise.

Lunch: Lunch at your hotel.

Tour: Continue on a walking tour of the city.

Dinner: Dinner at your hotel.



DAY 10 – September 06

Trinidad, Cuba



Breakfast

Visit: Your visit to Trinidad is not complete without an excursion to nearby Valle de los Ingenios (Valley of the Sugar Mills). Trinidad was at one time the home of 43 sugar mills, primitive factories operated by slave labor for the production of sugar. There will be an explanation about the history of these plantations. Enjoy the exiting steam train ride.

Lunch: Lunch at Manaca Iznaga.

Relax: Return to your hotel.

Dinner: Dinner at your hotel.



DAY 11

Trinidad, Cuba - Cienfuegos, Cuba



Breakfast

Departure: Early morning departure to Cienfuegos “The Pearl of the South.” Tree lined streets, whitewashed walls, tiled roofs and a predominant neoclassical architecture

with strong French influence.

Lunch: Lunch at Club Nautico Restaurant.

Visit: Afternoon visit the chorus “Cantores de Cienfuegos” (Cienfuegos’s Singers) the oldest chorus of this city.

Hotel Check-In: Transfer to your hotel.

Dinner: Dinner is by individual arrangement (own expense) this evening.



DAY 12 – September 08

Cienfuegos, Cuba - Havana, Cuba



Breakfast

Departure: Morning departure for Havana. Upon arrival transfer to your hotel.

Lunch: Lunch at El Aljibe Restaurant.

Visit: Continue visit to a local primary school in the school city.

Hotel Check-In: Transfer to your hotel.

Dinner: Dinner is by individual arrangement (own expense) this evening.



DAY 13

Havana, Cuba - Viñales, Cuba



Breakfast

Visit: During your educational visit in **Las Terrazas**, you will receive an explanation of their local community project developed for the restoration of the area in the heart of the Sierra del Rosario. Visit the restored ruins of Buena Vista (old coffee plantation of the French immigrants) with the house, the remains of the slave barracks and the area used to process coffee beans.

Lunch: Lunch will be provided at one of the restaurants within Las Terrazas, which is located in a mountain area of the Candelaria municipality. Declared a biosphere reserve by UNESCO in 1985 and with an extraordinarily beautiful landscape, it will provide a great photo opportunity.

Weather permitting: Bring your swimsuit and a towel with you today

for a swim in the Rio San Juan, part of the Las Terrazas biosphere.

Celebrate: This evening enjoy a **neighborhood street party** with all the residents of the block participating. It’s a great opportunity to interact with the locals.

Gifts: The delegation should collaborate to bring some rum, chips, crackers, sodas to contribute to the party. These can be purchased at the hotel or any local store. Also some gifts for children will be very much appreciated however we don’t have quantities, ages or genders to share. We recommend small items that are easy to carry. Appropriate items could be school or art supplies, books and notebook paper/journals, stickers, children or teen magazines, matchbox cars, dolls, card or board games, etc.

Hotel Check-In: Overnight at your hotel.

Dinner: Dinner at your hotel.



DAY 14

Viñales, Cuba



Breakfast

Tour: Morning tour of Viñales visiting a tobacco farm.

Lunch: Lunch at La Ermita Restaurant.

Tour: This afternoon you find yourself in a unique contrast of flat top hillocks, rocky heights and magnificent forests. You are in the Viñales Valley. The fertile tobacco fields are the most important part of the region. The best tobacco in the world comes from Vuelta Abajo, west of the provincial capital. Perfect afternoon to walk or horseback riding through the tobacco fields and meet and talk with the farmers in the valley.

Relax: Return to hotel.

Dinner: Dinner at your hotel.



DAY 15

Viñales, Cuba - Havana, Cuba



Breakfast

Visit: Morning visit “El Patio de Pelegrin” located in the Puerta de Golpe town. Visit the diverse children’s arts, drawings, and handicrafts workshops. Join the children and parents in some of their music and dance activities. Visit the city orchard and meet the workers that provide food for the community.

Donations: The project is in desperate need of art supplies (especially paints of any quality and brushes of all sizes). They also can use fabrics for sewing and seeds for their garden. They do not need school supplies like crayons/colored pencils.

Lunch: Lunch has been specially arrange at the community project.

Hotel Check-In: Return to Havana and transfer to your hotel.

Celebrate: This evening farewell reception at the Santa Isabel Hotel terrace in Old Havana.

The stilt walkers dance group will entertain you as you follow them dancing in the streets to your farewell dinner.

Dinner: Share your memories of Cuba with other delegates at a farewell dinner at Café Del Oriente Restaurant in the historic center.

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DAY 16 – September 12

Havana, Cuba – Departure to Miami, FL, US



Breakfast

DEPARTURE DAY

Hotel Check-Out: Prepare luggage for check out. Please settle all incidental expenses incurred during your stay. Delegates will transit to the airport for their flights home this morning.

Departure is scheduled this morning on Blanco Charter K8-1702 at approximately 10:30am (check-in begins as early as 8:00am).

Notice: Scheduled meetings and other planned interactions are subject to the availability of the professionals we seek to collaborate with, as well as allowances made by the Cuban government to grant visits to visitors. Where permission from the Cuban government is required, adjustments may need to be made. Interplanner is committed to featuring replacement program activities that will retain the content and quality of this cultural experience.





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