Cuba Highlights

- 9 days & 8 nights
- Old Havana – chat with local shop owners and learn from local historians about this World Heritage site
- Explore a local market while you learn about production of the handicrafts from local artisans and owners
- Head outside Havana to visit the central province of Villa Clara and their beautiful island keys accessed via the 48 km. sea road
- Interact with medical specialists from a variety of locations and backgrounds throughout the country.

Community Connections

- Meet local Cubans of all ages during an evening neighborhood street party with residents of the block participating
- Talk to the people you pass on the street. You’ll be delighted at how open to conversation the locals are, and you may surprise yourself with the new impressions formed

Professional and Personal Interaction

- Gain insight into Cuba’s medical system with a speaker from the Ministry of Health
- Spend time with staff at a community clinic learning about Cuba’s health care and exchanging ideas on programs for providing basic therapy to children and resources for families
- Learn about occupation and physical therapy on the island
- Discuss rehab and access to care for children and adults

What’s included?

- Deluxe hotel accommodations throughout
- All transportation and activities outlined in the itinerary
- Group transfers to and from the international airport
- International air to and from Cuba (gateway city set out of Miami)
- Meals as mentioned and most tips
- Departure taxes where applicable
- Cuban tourist visa & flight to and from Cuba

Not included:

- Personal expenses at the hotels
- Meals not specified
- Tips for national guide
- Passport renewal or issuance
- Domestic flight to gateway city
Cuba, Cuba

DAY 3

Welcome & City Exploration

After breakfast, which will be provided daily at your hotel, gather for a welcome and orientation session on Cuba. Meet with your leader and national guide from Cuba to learn more about the program.

Put on your walking shoes for an exploration of the historic center of Old Havana, founded in 1519 and declared a World Heritage site by UNESCO. Walk through the area with your guide, exploring the restorations and current projects being worked on to preserve the history and architecture of this unique neighborhood.

Lunch will be provided this afternoon with dinner on your own. This is your chance to explore independently.

Tonight enjoy a musical performance at Café Taberna Benny More.

Overnight: Quinta Avenida Hotel
Included meals: Breakfast & Lunch

Miami, Florida

DAY 1

Convene in Miami this evening

Travel by individual arrangement to Miami, Florida. Upon arrival in Miami, transfer to the Miami Airport Hilton Hotel—or a hotel of similar quality—to check in. Enjoy dinner on your own tonight.

Overnight: Miami Airport Hilton
Included meals: N/A

Arrival in Havana

DAY 2

Arrival and Havana city tour

Depart the hotel early this morning for the Miami International Airport (transfer provided by the hotel). Airport check-in is required three hours prior to your scheduled departure time; optional breakfast choices will be available for purchase after check-in.

Upon arrival in Havana, meet your local guide and travel amid bicycles, bright yellow cocotaxis, and giant camello (camel) buses on your way to lunch at a local restaurant. Late this afternoon, transfer to your hotel.

This evening, enjoy a welcome dinner at a local Paladar (local family run Cuban restaurant).

Overnight: Quinta Avenida Hotel
Included meals: Lunch & dinner

Travel Regulations

What are the new regulations for travel to Cuba?

Recently OFAC changed the regulations for US visitors traveling to Cuba. Leisure travel is still prohibited, however, traveling with Nanda Journeys on a Career Enrichment program will ensure you adhere to the specified requirements. We will take care of all the regulatory paperwork on your behalf — your focus should be on creating new friendships and enjoying the wonders of Cuba.

Your commitment to full participation in the program is required if you choose to join the group. Most tourist-oriented activities are forbidden by the U.S. license, and this license does not allow for independent exploration in Cuba.
Havana, Cuba

DAY 4

Career Enrichment

Meet with representatives from the Cuban Institute of Friendship with People at the Casa de la Amistad. This mandatory meeting focuses on Cuban/U.S. relations, and is a required component of all U.S. visits to Cuba.

Immediately following, meet with local medical professionals from the Ministry of Health (MINSAP). A speaker will provide information on many topics related to your profession including early public health interventions in the Cuban population as well as details on the role of occupational and physical therapy in the Cuban medical system.

After lunch, a meeting is requested with staff from a local clinic to spend time with the staff and discuss health care in Cuba. Many topics will be covered including occupational and physical therapy.

After dinner go down to the Cannon Blast ceremony, a traditional closing of the gates of the city and channel at the entrance of the bay.

Overnight: Quinta Avenida Hotel
Included meals: Breakfast, Lunch & Dinner

Havana, Cuba

DAY 5

Introduction to healthcare & local market visit

This morning, meet with a local medical and educational professional who will share insights into the Cuban healthcare system. They will share information as well as engage in a question and answer session. Topics to be focused on include the Cuban health programs in Venezuela, Haiti, Guatemala and Bolivia as well as the "Milagro Mission" which has treated more than three million people in the restoration of their vision.

Lunch will be provided this afternoon.

This afternoon the group will visit the Centro Cultural Antiguos Almacenes to chat with private sector owners of more than 300 different booths selling art, handicrafts, clothing, and a variety of Cuban products.

Return to the hotel for some time to explore with dinner on your own.

Overnight: Quinta Avenida Hotel
Included meals: Breakfast & Lunch
Santa Clara, Cuba

**DAY 6**

**Travel Day**

Immediately after breakfast, board your bus and make your way toward Villa Clara, approximately five hours with a lunch break in between the journey to stretch your legs. Your journey ends at the Cayo Santamaria (Key Santa Maria) and upon arrival you will check into the resort.

Settle into your room and enjoy some time to explore the resort property. You might opt to walk on the beach or swim in one of the four pools of the all-inclusive property.

Dinner will be provided this evening at one of the resort’s many fine dining restaurants.

**Overnight: Cayo Playa Santa Maria Resort**

**Included meals:** Breakfast, Lunch & dinner

Santa Clara, Cuba

**DAY 7**

**Remedios Day Trip**

Head into Remedios to explore the city with one of the city’s historians. Visit the San Juan Bautista Church and the Alejandro Garcia Caturla Museum which is located in the home of the famous Cuban composer.

Remedios is also known for its Parrandas Festival, an annual carnival-like celebration that takes place at the end of December.

You’ll see some of the floats and costumes in various stages of creation and construction and speak with the volunteers and festival officials.

After lunch visit the nearby fishing village community of Caibarien. Visit the “Por La Costa” community art project and meet the family who runs the project. Talk about art, paper making and see the workshops they conduct for the local children.

Return to the resort for dinner.

**Overnight: Atlas Medina & Spa Hotel**

**Included meals:** Breakfast, lunch & dinner

Santa Clara, Cuba

**DAY 8**

**Santa Clara city tour & exchange**

Your morning city tour starts at Parque Leoncio Vidal; the Museo de Artes Decorativas occupies a magnificent colonial house built around 1740. Transformed over the centuries, it was restored in 1820 and again in 1980. The memory of Che Guevara permeates the town of Santa Clara.

Walk around the Plaza de la Revolución dedicated to the famous Argentine guerrilla who fought fiercely alongside Fidel Castro to overthrow Batista. A special visit to the “Che Guevara Memorial” has been arranged.

After lunch, a meeting has been requested with the faculty at a local clinic or hospital.

Enjoy a farewell dinner at the resort.

**Overnight: Atlas Medina & Spa Hotel**

**Included meals:** Breakfast, lunch & dinner

Santa Clara, Cuba

**DAY 9**

**Depart**

Head home this morning saying goodbye to Cuba!
Itinerary | Day-By-Day

📍 Miami

**Miami Airport Hilton**

101 Blue Lagoon Drive  
Miami, FL 33126

**Tel Number:** 1-305-262-1000  

📍 Havana

**Quinta Avenida**

Av 5ta A 76-80 Miramar District  
Havana, Cuba

**Tel Number:** 011-53-7-214-1470  
[www.hotelquintaavenidahabana.com](http://www.hotelquintaavenidahabana.com)

📍 Cayo, Santa Maria

**Cayo Playa Santa Maria**

Las Dunas 5  
Cayos de Villa Clara, Cuba

**Tel Number:** 011-53-42-350800  