

ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



Occupational Therapy, Physical Therapy & Rehabilitation Journey

Cuba: Havana

6 days / 5 nights

June 24-29, 2020

\$3,899 (Based on double occupancy; incl flight to/from Havana)

\$699 (Single supplement)

Join us in Cuba for an educational adventure. Meet local families and explore the local art, cuisine, and culture of Havana. *Under current guidelines, this program conforms to OFAC requirements for hands-on, professional exchange in Cuba.*

BOOK NOW 888.747.7501

Cuba Highlights

- ✓ Cross a visit to **Havana** off your bucket list as you step back in time and visit this iconic city.
- ✓ Sit down and **talk to your counterparts** about some of the major challenges facing Cuba's healthcare system.
- ✓ Enjoy a **cooking class** at a local restaurant.

Community Connections

- ✓ Gain authentic cultural insight, and meet local Cubans of all ages, during an evening **block party in a local neighborhood**. Enjoy the festivities!
- ✓ Chat with local shop owners in **Old Havana** and learn from local historians about this UNESCO World Heritage site.
- ✓ Explore a local market while you learn about production of the handicrafts from **local artisans and owners**.

Educational Interaction

- ✓ Explore Cuba's rich cultural heritage as you learn about **Cuba's healthcare system** including site visits to local clinics and interaction with various experts in the field from the **Ministry of Health**.
- ✓ Learn about occupational therapy, physical therapy and rehabilitation programs on the island while spending time with staff at a **rehabilitation center or polyclinic**. Learn about Cuba's health care while exchanging ideas on programs for providing basic therapy to children and resources for families.
- ✓ Discuss OT, PT, and rehabilitation access to care while visiting a facility such as **La Castellana Medical Center** which provides resources and specializes in vocational training for the disabled.

What's Included:

- 4* accommodations throughout
- Private transportation and activities as outlined in the itinerary
- International air to and from Havana (gateway city tentatively Miami)
- Local English-speaking guide
- Meals as mentioned
- Most tips & visa for entry into Cuba

Not Included:

- Personal expenses at the hotels
- Meals not specified
- Passport renewal or issuance
- Domestic flight to gateway city
- National Guide tip, tips to your maid or porter



ITINERARY | DAY-BY-DAY

📍 Miami, Florida

DAY 1, June 24, 2020

Depart for Cuba today

Depart from Miami today and arrive in **Havana, Cuba**. Upon arrival at the *Jose Marti International Airport*, you will meet your local guide after clearing immigration and customs.

Enjoy a panoramic bus tour of Havana including a stop to see **Revolution Square** and **Vedado** in route to your hotel. The Plaza is the 31st largest city square in the world and notable as being where many political rallies take place. Transfer onward to lunch and then the Four Points Sheraton, your home for the next five nights.

Boasting elegant architecture and a unique merger of colonial charm and contemporary style, **Four Points by Sheraton Havana** is in the upscale Miramar district. It's a short ride from Old Havana and the Havana International Airport. Guest rooms have a minibar, individual climate control, coffee & tea amenities and international direct dial (for a fee). Time permitting use their spa, outdoor pool, and other amenities like their fitness center.

Enjoy your first taste of locally sourced food this evening as you join your guide and fellow travelers for a **welcome dinner** at the La Fontana Paladar.

Overnight: Four Points Sheraton
Meals: Lunch & Dinner



DISCLAIMER: *Both the gateway city and itinerary flow noted in this program are subject to change.*



📍 Havana, Cuba

DAY 2, June 25

Cultural program in Havana

Please Note: Breakfast is included daily in your program.

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

From there begin your 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 will be provided at a local restaurant this afternoon.

After lunch, depart for the city of Regla. Visit the church of **Nuestra Señora de Regla**, one of Cuba's most frequented pilgrimage churches. The most impressive is the statute of the Virgin of Regla who is black and cradles a white infant in her arms. She is the patron and protector of sailors. Visit the **Municipal Museum of Regla**, where you may get lucky and see a ritual dance of Santeria, the religion brought to Cuba by African slaves.

Dinner is on your own this evening.

Overnight: Four Points Sheraton
Included meals: Breakfast & Lunch



Havana, Cuba

DAY 4, June 27

Morning Meeting & Afternoon Cultural

After breakfast, the group will visit La Castellana Medical Center. This medical facility is comprised of a cluster of buildings, greenhouses, and gardens in a peaceful urban setting. They specialize in treating those with disabilities. They also provide vocational skills training for approximately 250 patients by 260 staff members, including teachers, administrators, and medical personnel.

Lunch will be provided at a local paladar.

Explore the Museo de Bellas Artes (Fine Arts Museum) this afternoon. Dedicated exclusively to Cuban art collections beginning in the mid-16th century, but spanning the 17th and 19th centuries, the museum 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 will be provided prior to a performance of "Parisien Cabaret" at the Hotel Nacional this evening.

Overnight: Four Points Sheraton
Included meals: Breakfast, Lunch & Dinner



Havana, Cuba

DAY 3, June 26

Professional program in Havana

Today the group will meet with counterparts in the morning and afternoon. This will include discussions with the Ministry of Health (MINSAP). A speaker will provide information on many topics related to your profession including access to health care and rehabilitation services for people with disabilities and illnesses across the lifespan, academic training for occupational and physical therapists in Cuba, school-based services as well as maximizing quality of life for those with disabilities.

Enjoy lunch and a cooking class at Jardin de los Milagros Private Restaurant this afternoon.

Continue your professional meetings with a visit to either a local polyclinic or geriatric rehabilitation center to meet with OT, PT, rehabilitation and related medical professionals.

Dinner is on your own this evening. Later tonight, attend a neighborhood street party with the residents of the block. It's a great opportunity to interact with the locals!

Overnight: Four Points Sheraton
Included meals: Breakfast & Lunch



📍 Havana, Cuba

DAY 5, June 28

Cultural Program

After breakfast, the group will visit the **Havana Compás Dance Company**, recognized nationally and internationally for combining dance and percussion. It has accumulated more than a decade of work in favor of Cuban culture. The use of batá drums, tumbadoras, drumsticks, castanets, shekerés, heels, flip flops, keys, stools and percussive chairs, mostly made by the maestro Eduardo Córdova, makes this dance company one of the best scenic proposals of Cuba.

Lunch will be provided this afternoon.

After lunch visit the **Centro Cultural Antiguos Almacenes** to meet and talk with private sector owners of more than 300 different booths selling art, handicrafts, clothing, and a variety of Cuban products.

This evening's farewell reception is 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 at a local restaurant in the historic center.

Overnight: Four Points Sheraton

Included meals: Breakfast, Lunch & Dinner



📍 Havana, Cuba

DAY 6, June 29

Depart

Say goodbye to your new friends as you transfer to the airport for your flight back to Miami today (flight time pending).

Included meals: Breakfast

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