

## ITINERARY | DAY-BY-DAY



CAREER ENRICHMENT



### Occupational Therapy, Physical Therapy & Rehabilitation Journey

Cuba: Havana

6 days / 5 nights

June 24-29, 2022

**\$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 support of the Cuban People education license (515.560(c)).*

**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.
- ✓ Visit a local community project **like La Casa del Niño y la Niña**.

#### 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.
- ✓ 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



Cuba | [www.nandajourneys.com](http://www.nandajourneys.com) | 888-747-7501



## ITINERARY | DAY-BY-DAY

📍 Miami, Florida

**DAY 1, June 24, 2022**

### 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 Quinta Avenida hotel, your home for the next five nights.

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: Quinta Avenida (or similar)**

**Meals: Lunch & Dinner**



📍 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, spend time with staff at a local community project like **La Casa del Niño y la Niña**. This community projects helps school-age children with their schooling as well as art and cultural studies. This is a great opportunity to meet the kids and hear them speak about their lives and this project. The motto of the project is: Listening to young voices and taking them into account for a better world.

Dinner is on your own this evening.

**Overnight: Quinta Avenida (or similar)**

**Included meals: Breakfast & Lunch**







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 a local medical professional to 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 is a great opportunity to interact with the locals! You will have an opportunity to purchase or can bring some snacks and drinks to contribute to the party.

Overnight: Quinta Avenida (or similar)

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 attending a local Cuban music show this evening.

Overnight: Quinta Avenida (or similar)

Included meals: Breakfast, Lunch & Dinner





## ITINERARY | DAY-BY-DAY



📍 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 **Casa de Los Abuelos (The House of Grandparents)**. Meet with the elderly, their relatives and staff of the center to learn about care for the elderly in Cuba. Enjoy time interacting with the local people. You might play dominos, distribute desserts, or just sit and chat with them about their lives in Cuba.

This evening's **farewell reception** is at the Santa Isabel Hotel terrace in Old Havana. Dinner will be provided this evening for a chance to say farewell to your new friends.

**Overnight: Quinta Avenida (or similar)**

**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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#### Sheraton Quinta Avenida

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