



Cultural, Healthcare & Nursing Journey to Havana & Santa Clara

Cuba

9 days / 8 nights

November 25 – December 3, 2016

\$4,999 (Based on double occupancy)

Enjoy the unique culture and traditions of Cuba while you spend time with the locals. This adventure includes opportunities to interact with the local people and your professional counterparts.

BOOK NOW 888.747.7501

Cuba Highlights

- ✓ 9 days & 8 nights
- ✓ Explore **Cuba's rich cultural heritage** (art, music, ballet, literature, architecture, cuisine) with local experts and citizens and **Cuba's healthcare system** including site visits to healthcare agencies and discussions with healthcare experts.
- ✓ Discuss and view local arts and crafts with **Cuban artisans** and owners
- ✓ Explore the colonial architecture and cobble stoned streets of the charming town of **Remedios** and discuss healthcare with rural hospital staff and the fine arts with prominent contemporary Cuban artists in **Santa Clara**.

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

- ✓ Explore the **Cuban healthcare system** including healthcare delivery, access to care, health promotion and disease prevention, prevention of vector borne diseases and **unique approaches to the care of the elderly** with staff at the **Cira Garcia Clinic** in Havana and a **rural hospital** near Santa Clara.
- ✓ Discuss the **educational trajectory for professionals** such as nurses, physicians, other health professionals and teachers with Cuban professionals from the **Ministry of Health** and the **Cuban Nurses Association**.
- ✓ Review the role and education of Cuban artists with experts at the **Cuban National Ballet School** and **Museo de Bellas Artes**, both in Havana, and with members of the **National Union of Writers and Artists (UNEAC)** in Santa Clara and the production of handicrafts with artisans at the **Cultural Antiguos Almacenes**.

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



ITINERARY | DAY-BY-DAY



📍 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 (or similar)

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 a **panoramic city tour** of New Havana. Lunch at a local restaurant. Late this afternoon, transfer to your hotel.

This evening, enjoy a welcome dinner at Paladar La California (local family run Cuban restaurant). Understand the new concepts of “Paladares” and how “farm to table” concepts are incorporated into the restaurants.

Overnight: Quinta Avenida

Included meals: Lunch & Dinner

📍 Havana, 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. Immediately following, a **local speaker** on health diplomacy will join you for a lecture.

Before lunch visit the **Centro Cultural Antiguos Almacenes** market to chat with private sector owners of more than 300 different booths selling art, handicrafts, clothing and jewelry.

Lunch will be provided this afternoon at a local restaurant before 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. Stop to see some art studios in the neighborhood during your explorations.

Tonight enjoy a musical performance and dinner at Café Taberna Benny More to enjoy a Buena Vista Social Club music experience.

Overnight: Quinta Avenida

Included meals: Breakfast, Lunch & Dinner

Travel Regulations

What are the new regulations for travel to Cuba?

Recently OFAC changed the regulations for U.S. 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.



ITINERARY | DAY-BY-DAY

📍 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 the Cuban medical system. Representatives from the **Cuban Nursing Association** have been invited to discuss the education of nurses and other health professionals.

After lunch, a special visit is in the works to visit the **Cuban National Ballet School**. With 4,350 students, it is the largest ballet school in the world and the most prestigious ballet school in Cuba. Most of the school's graduates are now eminent dance professionals, recognized for their superb training, technique and style, in Cuba and around the world.

This evening, after dinner on your own, meet local Cubans during an evening **neighborhood street party** with the residents of the block participating.

Overnight: Quinta Avenida

Included meals: Breakfast, Lunch & Dinner



📍 Havana, Cuba

DAY 5

Cultural Enrichment

This morning, explore the **Museo de Bellas Artes** (Fine Arts Museum) 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.

Lunch will be provided at **Artechef Restaurant & Culinary School**, which is a combination culinary school and restaurant. The chef/instructor will demonstrate the proper preparation of *ropa vieja* which you will be able to sample for lunch (audience participation encouraged); so simple, but so good.

This afternoon the group will visit the **Cira Garcia Clinic (or similar)** for roundtable discussions and the chance to see the facilities and question the staff about topics of interest.

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

Overnight: Quinta Avenida

Included meals: Breakfast & Lunch



ITINERARY | DAY-BY-DAY

📍 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 leaders are planning "*Learn as We Travel Sessions*" during the bus trip – short group presentations of interest for those wishing to participate. 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.

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 and observe the workshops they conduct for the local children.

Return to the resort for dinner.

Overnight: Cayo Playa Santa Maria Resort
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 and Museum has been arranged.

Before lunch, a meeting has been requested with the faculty at a **rural hospital**.

This afternoon, meet with the **National Union of Writers and Artists of Cuba**. Roundtable discussion with prominent contemporary Cuban artists and authors from the major disciplines including art, ballet, music and literature will take place to talk about the role of art and literature in Cuban society.

Enjoy a farewell dinner at the resort.

Overnight: Cayo Playa Santa Maria Resort
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

www3.hilton.com/en/hotels/florida/Hilton-miami-airport-MIAAHHH/index.html



📍 Havana

Quinta Avenida

Av 5ta A 76-80
Miramar District, Havana, Cuba
Tel Number: 011-53-7-214-1470

<http://www.hotelquintaavenidahabana.com/>



📍 Cayo, Santa Maria

Cayo Playa Santa Maria

Las Dunas 5
Cayos de Villa Clara, Cuba

Tel Number: 011-534-235-0800

www.gaviota-grupo.com/en/hoteles/playa-cayo-santa-maria

