

CUBA: Havana & Santa Clara

November 25-December 3, 2016

\$4,999 (based on double occupancy)

\$999 (single supplement)

BOOK NOW 888.747.7501

CAREER ENRICHMENT

CULTURAL, HEALTHCARE & NURSING JOURNEY

Cuba is a country steeped in mystery. Connect with the warm Cuban people while enjoying a unique mix of vibrant music, eclectic art, and 1950s cars. Delve into the complexities of Afro Cuban customs and thought. Form your own opinions as you revel in Cuba's culture, people, and spirit. A journey to Cuba is like no other! Are you ready to leave your preconceived ideas at the door and embrace the local culture? It's an experience you won't regret!

Program Highlights

- 8 night / 9 day journey through Cuba
- Explore **Cuba's rich cultural heritage** (art, music, ballet, literature, architecture, cuisine) with local experts and Cuban citizens and **Cuba's healthcare system** including site visits to healthcare agencies and discussions with healthcare professionals.
- 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**.

Professional & Personal Interaction

- Explore the **Cuban healthcare system** including healthcare delivery, access to care, prevention, 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**.

Community Connections

- Meet local Cubans of all ages during an evening **neighborhood street party** with residents of the block participating.
- Discuss **daily life** (communication styles, verbal and non-verbal language, how people communicate and interact, beliefs) with locals.

Journey Leaders

Gertrude (Trudi) McFarland, RN, PhD, FAAN

Trudi McFarland, Health Scientist Administrator (Ret), Nursing Research Study Section, NIH, former Nursing Education Consultant, HRSA, USPHS, specializes in psychiatric mental health nursing, research administration, and education. She has received many NIH and USPHS awards; AJN Book Awards; a 2015 university Outstanding Career Achievement Award; and has led overseas trips including to Cuba in 2015.

Cristina (Cris) Sparks-Early, BA, MA

Cris Sparks-Early, Assistant Professor of Spanish and Assistant Division Dean, World Languages, Northern Virginia Community College (NOVA) has taught Spanish for 25 years, received NOVA's Outstanding Faculty Award three times, and provides faculty consultation nationwide. She was born and lived in Spain and has traveled extensively to Spanish speaking countries.



Why Nanda Journeys?

Travel for people with purpose and passion. See for yourself what a difference travel makes.

Under current guidelines, this program conforms to OFAC requirements for hands-on, professional exchange in Cuba.