

GLOBAL EXCHANGE Reality Tours

Sustainable Cuba: Health Care for All

Sunday,

12:00noon Cancun, check in CUBANA 153

Depart 2:30pm,

Arrival in Havana: 5:10pm

Transfer Hotel Plaza/Victoria

Orientation meeting at the Hotel

Dinner on your own

Monday

9:30 Meeting with Friendship Institute, your hosts in Cuba

10:30 City Tour

lunch on your own

2:00pm Walking tour of Old Havana UNESCO WORLD HERITAGE SITE, accompanied by Cuban Architect/Urban Planner

8:00pm Welcome dinner at La Mina or Mercurio Restaurant

Tuesday,

10:00 Visit to National Sex Education Center: Topics: STDS, gender and sexual health.

Lunch included La Casona

2:30pm Visit policlinic: Topic: Natural and alternative medicine in Cuba

4:00pm Casa de Africa/African art museum, live exhibition of religious music and dance

Evening: Individual research

Wednesday

10:00am Regla Mental Health Clinic /cross Havana Bay by ferry

Lunch included

1:30 Visit church of Regla and Guanabacoa Afro Cuban Religion Museum

5:00 Optional Musical Pena, at Union of Cuban Artists and Writers, UNEAC (\$5 CUC)

Dinner on your own

Evening free for individual research

Thursday

Check out of hotel

10:00 am Bellas Artes Fine Arts Museum (Cuba Collection)

12:00 lunch El Templete

2:30 Visit La Castellana, project for Down syndrome patients

Dinner on own, optional cultural activities

8:00pm

Friday

Leave for Cienfuegos, 3 ½ hours by bus

Lunch in Cienfuegos . City tour.

Visit maternity home in the Escambray mountains and a community project

Check in Hotel Jagua

Evening cultural options, casa de la cultura or Beny More club

Saturday

10:00 am Day excursion to Trinidad, UNESCO WORLD HERITAGE SITE, visit museo romantico, la Chanchachara café and other sites.

Lunch (Included)

Return to Cienfuegos, cultural options activities

Sunday,

Leave for Topes de Collantes high in the Escambray Mountains

Hike in mountains , lunch

then depart for Santa Clara to see the Che Memorial. Return to Havana (3 1/2 hours)

Evening cultural options (Palacio de la Rumba)

Monday

10:00am

Individual study

7:00pm

Reentry meeting at the hotel

8:00pm

Farewell dinner at El Patio

Tuesday, 9:30am leave for airport

12:55pm depart on CUBANA 152,

Arrive Cancun: 1:30pm