



Nature's Friends present:

EcoDialogue in Cuba
June 4-11, 2018

June 4 **Welcome to Havana** **(L, D)**

9:00 am Arrive in Jose Marti International Airport.

11:00am Enjoy a guided **Walking City Tour of Havana**, a UNESCO World Heritage Site. Delegates also have time to engage with Cubans at their art studios, galleries and markets where participants will meet with Cuban artists and find out first hand how artist negotiate between the tourist market, a socialist economy and new opportunities for individual entrepreneurship. Visit the four major historical squares of Cuba. Historian's massive efforts to restore Old Havana buildings, attract tourism and new investment, and improve social services for local residents. See buildings and homes in different stages of reconstruction, meet with neighborhood residents. Learn about how tourism impacts economic good.

1:00pm Lunch in old Havana and continue City Tour.

4:00pm Transfer to Hotel Copacabana

5:30pm **Orientation Meeting & Briefing-** engage in an overview of our delegation together in Cuba. We will review health and safety issues, petty crime, culture and group dynamics.

7:00pm **Welcome Dinner** at **El Divino Paladar**

June 5 **(B,L)**

9:00 AM **Invited Speaker** to hotel to give a historical overview of the development of

Havana (Requested architect and urban planner **Miguel Coyula**).

11:00 AM Visit to the **Maqueta de la Ciudad** (the scale model of the city) on Calle 28 e/ 1ra. y 3ra., Miramar. At the Maqueta, we will engage with representatives of the **Group for the Comprehensive Development of the City**, GDIC, a non-governmental organization that brings together architects, urban planners and sociologists who make recommendations, plan and implement on the future development of the Capital. We will meet with members for an overview, learn about their community development and bioremediation projects and then a dynamic question and answer period. Learn about the sociopsychology of effective design.

Lunch El Aljibe Restaraunt.

2:30pm We end our afternoon dancing and exchange with **Muralleando** a community-based art programs in Havana, inspired originally by local neighborhood artists who taught art “in the streets.” Outdoor murals and sculptures, depicting fanciful celebrations of Cuban life, were a natural outgrowth of these art classes.

4:30pm Time to rest at hotel

Dinner and Evening are free for local cultural activities like live jazz at la Zora y El Cuervo.

June 6

(B,L)

9:00am This morning we start our day with a historical overview by “**Pepe**”, **José Ramón Morales Carballo** for an “Overview of the Cuban agricultural and animal husbandry systems”.

10:30am Travel to the organic urban farm in Alamar, on the outskirts of Havana to exchange with local urban agroecological gardeners. At the **Organopónico Vivero Alamar** we will engage with one of Havana’s largest and most successful urban garden, a Unidad Básica de Producción Cooperativa (Basic Unit of Cooperative Production). Covering 11 hectares in Alamar, a residential suburb, the allotment’s rows of vegetables are overshadowed by grey Soviet-style blocks of flats. Though small, the garden (really more of an urban farm) is incredibly productive. As well as fresh vegetables, fruits, ornamental plants, seedlings, timber and medicinal and spiritual plants, the cooperative also produces dried herbs, condiments, garlic paste, tomato sauce and pickles; vermicompost, compost and substrates; goat and rabbit meat and mycorrhizal fungi. The Organopónico also welcomes tourists and holds workshops and courses in organic agriculture. Products are sold to local restaurants and directly to community members from the farm shop. We will have lunch with the community of farmers.

1:00pm Lunch at Ajiaco Paladar in Cojimar

3:30pm Meeting with **CITMA (Ministerio de Ciencia Tecnología y Medio Ambiente)** Capitolio Ciudad de La Habana. Visit with a representative from CITMA to learn about Cuba’s efforts to promote sustainable development. Learn about shared marine ecosystems with the US and concerns around climate change. Dialogue about how communities in habitat reserve areas and mountainous and coastal zones are involved in environmental and habitat protection, and to learn about local environmental pressures and conservation efforts by the Cuban people.

5:00pm Return to our hotel.

Dinner and Evening are free but we will have a reservation at a local paladar and invite special requested guest **Gloria Rolando**, AfroCuban film maker to discuss national

identity, ethnicity and the AfroCuban roots in Cuban Culture. She will also share a recent short there with us.

June 7

(B,D)

9:00am Group Check in Circle

10:00am Travel to **Artemisa to Finca Marta, the agro-ecological farm of Fernandito Funes**. Here we will learn about the history of agriculture in Cuba, and the changes in food production and nutrition. We will have organized a farm lunch here today (it is 20 cuc per person).

3:00pm Return to la Havana.

6:30 pm Dinner at el Melen.

Evening is free and we recommend experiencing the phenomenal Cuban arts and music space of the **Fabrica de Arte**.

June 8

(B,L)

9:30am Briefing and exchange by our hosts in Cuba **ICAP**

11:00am Visit to **Natural Medicine Clinic** to get an overview of natural medicine in Cuba, meet with patients and medical personnel. Here we learn about preventative and integrative care and see a “green medicine” garden.

Lunch

2:30pm Visit a **local Farmer’s Market**.

3:30pm Travel to the office of the **Antonio Núñez Jiménez Foundation for Nature and Humanity** (FANJ) is a cultural and scientific non- governmental institution, dedicated to research and promotion of programs and projects for the protection of the environment as it relates to culture and society. Dialogue and exchange with staff about important issues facing Cuba today. Learn about environmental education, science, urban agriculture and food security in Cuba. We will ask watershed and restoration specialist Yociel to share with us.

5:00pm Return to the hotel

Dinner and Evening are free for local music.

June 9

(B,L)

10:00am Visit to the **Casa de Africa or the Yoruba Association**.

11:30pm **Excursion to Regla**, starting with a briefing by a specialist on the history of Regla and visit to the community and to the **Church of Regla** (also an overview here of the Virgen of Regla, known in Santeria as Yemeya, the Ocean Goddess). Visit to the municipal museum then enjoy an exchange with **Cuban Hip Hop Artists**.

Lunch

2:30pm Walking Historical tour of **Guanabacoa** with local historian and then we will enjoy a Cultural Community Exchange in the local museum.

Dinner and Evening are free

June 10

(B,D)

9:30am

11:30am **Exchange with a representative from Cubasolar**, NGO promoting renewable energy and energy efficiency in Cuba (requested speaker *Bruno*)

Lunch and free time to explore Havana or shop for artisan crafts at the San Jose de Almancenenes

6:30 PM **Wrap –up Meeting and Debriefing**

8:00 PM **Farewell Dinner** (and Welcome Dinner with Resilience Trainers) at **Le Chansonnier**

June 11

(B,D)

9:00am Breakfast and check out of hotel.

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