



Nature's Friends present:

Resilience Training
June 10-23, 2018

June 10th Welcome to Havana (L, D)

am Please make your flights to Havana by 11:00am

12:00noon Transfer from Jose Marti international airport for AM arrivals.

12:30 pm Welcome Lunch at El Aljibe Restaurant

2:30pm Option for those that like- 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.

4:30 pm Check in to our Guesthouse and Get to Know You Gathering.

8:00 pm Welcome Dinner at **Le Chansonnier**

June 11th Havana to Matanzas (B, L)

8:00am Breakfast and Gathering

10:00am Optional visit to the office of FANJ, the **Antonio Núñez Jiménez Foundation for Nature and Humanity** (FANJ) 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 **Caridad Cruz about AgroEcology in Cuba today.**

Lunch at a local Paladar

2:30pm Exchange with the **Collectivo Artístico Trance** for a popular education session led by Beatriz and Alfredo Vedado- La Lisa 53(7) 8338583

Dinner and evening are free

June 12th Matanzas (B, L)

8:00am Breakfast and Gathering

Depart for Matanzas and check in at our guest house at the Bellamar Gardens (requested of another casa de visita like ANAPs)

10:00am Pedagogy Explained and Team Building Session

Lunch

2:00pm Permaculture Ethics Workshop

Dinner and Evening are on our own for local cultural activities.

June 13th Matanzas (B, L)

8:00am Breakfast

9:00am Hands on Practice

Lunch

2:00pm Seminar Principles 4-6 Workshop

Dinner and Evening are on our own.

June 14th Matanzas (B, L)

8:00am Breakfast

9:00am Hands on Practice

Lunch

2:00pm Seminar Principles 7-9 Workshop

Dinner and Evening are on our own.

June 15th Matanzas (B, L)

8:00am Breakfast

9:00am Hands on Practice

Lunch

2:00pm Seminar Principles 10-12 Workshop

Dinner and Evening are on our own.

June 16th Matanzas (B, L)

8:00am Breakfast

9:00am Option for a site visit with **ANAP, the Cuban Association of Small Farmers.**

11:00am Visit to a polyclinic or family doctor to learn about public health in Cuba.

Lunch

2:00pm Group Design and Teams selected

Dinner and Evening are on our own.

June 17th Itabo excursion (B, L)

8:00am Breakfast

Day excursion with the **Episcopal Church in Itabo St. Mary the Virgin, training and exchange to learn about their food programs.**

Dinner and Evening are on our own.

June 18th Matanzas (B, L)

8:00am Breakfast

9:00am Visit to a **local school** followed by a visit to **the San Severino Castle**, a UNESCO world heritage site. Here we will learn about the transatlantic slave trade, the African Diaspora in Cuba, and a bit about the AfroCuban religious traditions still alive in Cuba today.

Lunch

2:00pm Group Design and Teams selected

Dinner and Evening are on our own.

June 19th Matanzas (B, L)

8:00am Breakfast

9:00am Team Building

Lunch

2:00pm Group Design work.

Dinner and Evening are on our own.

June 20th Matanzas to Havana (B, L)

8:00am Breakfast

9:30am Check out and leave for La Havana.

10:00am Exchange with the community from a local Cabildo and enjoy a traditional rumba.

Lunch

4:00pm Arrival in Havana.

Dinner and Evening are on our own.

June 21st Havana (B, L)

8:00am Breakfast

9-12 pm Day for exchange with the **Cuban Council of Churches in 4 areas: food, water, disaster prep, spiritual formation** . Joel Ortega Dopico, president Calle 14 #304 e/3ra y 5ta Ave. Miramar, Playa, La Habana CP 10300 Tel Directo 53 7 204-2878 206-5001 Pizarra 53 7 203-7791, 202-9336 Cel 53 5280-6994

Dinner and Evening are on our own,

June 22nd Havana (B, D)

8:00am Breakfast

9:00am Morning free to continue and wrap up our training from **the Cuban Council of Churches**

Lunch

2:00pm Exchange with the MLK Center to learn about their work in Cuba.

3:30pm Optional time to visit and shop at the San Jose Almancenés Crafts faire.

7:00pm Farewell Dinner at Havana Fusion Café.

June 23rd (B)

Depart for the USA

This Journey is Powered by ... 