



1 of 9

Building Relation with Cuban Labor **Celebrating Labor and May Day in Cuba**

April 25 – May 3, 2023

Excursion
May 3- 7th, 2023

Tuesday April 25th

Bienvenidos

Please plan your arrival in Havana and taxi to your hotel if you arrive early or late. However please know that we will arrange 2 group pick ups as well. Please arrive by 1 pm or earlier.

3:00 pm Check-In to Plus Vedado 500

6:00 pm Orientation and Meet and Greet Session at the Casa de Amistad! This will be a dedicated 90 minutes to introduce each other and review the program together.

7:30pm Welcome Dinner with guests from ICAP, the Cuban Institute of Friendship with the People.

Meals Included : Dinner

Wednesday, April 26th :

Overview of Cuban History

9:00 am **Explanation of the history and development of Havana** by an architect/urban planner, explanation of the social and political effects on the development of the Cuban Capital (Miguel Coyula requested).

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

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2 of 9

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

- 12.30pm Lunch at la Bodequita del Medio in Old Havana and visit to the **Taller Grafica.**
- 2:30pm Learn about the Cuban Revolution with a guided visited to the renovated **Museum of the Revolution.**
- 4:30pm Exchange at the offices of the FMC, the **Federation of Cuban Women** to learn about the historical struggle for gender equity in Cuba, and the status of women and reproduction rights today.
- 6:00pm Return to hotel and time to rest. Enjoy dinner at a local paladar (private restaurant)

Meals Included : Breakfast and Lunch

Thursday, April 27th :

Labor History and Rights

- 9:00 am **Explanation of labor organization in Cuba.** We will learn about labor history in Cuba as we exchange with a member of the Cuban Workers Confederation, CTC.
- 11:00am Experience the recently opened **Fidel Castro Centro.**
- 12.30pm Lunch
- 3:00pm Meeting with Victor Manuel Lamagne Sanchez and Julio (the new Secretary General Sindicato Nacional De Trabajadores De Hoteleria. Y Turismo Cuba) Evening event with a local CDR- a Committee for the Defense of the Revolution.
- 5:00pm Return to hotel and time to rest. Enjoy dinner at a local paladar (private restaurant)
- 8:00pm We end our day with a community exchange as we learn about the purpose of community blocks known as CDRs, **Committees for the Defense of the Revolution.**

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3 of 9

Meals Included : Breakfast and Lunch

Friday, April 28^h :

Fruits of the Cuban Revolution

- 9:00am **Explanation of the public Health Care** and delivery system in Cuba. We will visit a local hospital or family doctor to learn how MINSAP , the Ministry of Public Health is organized.
- 11:00am Visit to the **Cuban Literacy Museum** for an overview of the mass literacy movement in Cuba, which is now a model in other countries around the world (Luisa Campos requested).
- 1:00pm Lunch
- 3:00pm Learn about the **Cuban Educational System** as we visit a school and learn about the work of MINED.
- 5:00pm Return to hotel and time to rest. Enjoy dinner at a local paladar (private restaurant)
- 8:00pm We end our day with presentation in the hotel by **Gloria Rolando**, a film maker to discuss national identity, ethnicity and the AfroCuban roots in Cuban Culture. She will play one of her shorts and we will have time for a Q& A.

Meals Included : Breakfast and Lunch

Saturday, April 29th

Excursion to Matanzas

- 8:00am We are off for the provinces of **Matanzas** known for its AfroCuban culture and legacy is called the “City of Bridges” or the Athens of Cuba. We stop at the **Bacunayagua Bridge** on way to Matanzas town (about 2 hrs).
- 10:00 am We learn about the history of the region at the **Castillo de San Severino (1735)** as we walk through this fort and learn about the Slave Route and the legacy of slavery in Cuba. This fort was declared a National Monument in 1978 and is a UNESCO World Heritage site. **Enjoy a performance by AfroCuba** there

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4 of 9

followed by lunch. If time permits we will visit to the Lolo Galeria Taller to experience local art.

3:30pm We end the day with a break at the beautiful coastal resort town of Varadero. Here we will have free time to swim, relax and have an early dinner or snacks.

6:00pm Return to Havana and arrive around 8:00pm.

Meals Included : Breakfast, Lunch

Sunday, April 30th

Community Development

9:00 am Presentation with time for questions and answers on the **Electoral Process** under the new constitution and the manner in which new laws and policies are Developed and implemented (Consultative Democracy)

11:00am We will visit the **San Jose de Almancen**es so you can experience the work of local artists and support the local economy. Then free time in Old Havana and for lunch.

3:00pm Enjoy live music and arts at a local **community development project and exchange**.

5:00pm Tonight we recommend an early night though you are free to enjoy local venues.

7:00pm Optional Group Discussion Circle Facilitated by one of your BRCL staff.

Meals Included : Breakfast and Lunch

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Monday, May 1st!

May Day!

Day	We board the bus at 4:00 am in order to arrive at Revolutionary Square, park, go through security, and find our seats for the March of 1,000,000 workers celebrating May Day. After the March we have lunch and have the rest of the afternoon for a break.
4:00am	Departure for the parade
7:00am	International Workers' Day Parade <i>Place: Revolution Square</i>
	International Trade Union Solidarity Festival at "Felix Elmuza" Social Worker's Circle.
4:00pm	Return to the hotel and enjoy time to rest.
	Meals Included : Breakfast and Dinner

Tuesday, May 2,

International Conference on Labor Solidarity

8:00am	Departure for the International Conference of Labor Solidarity.
9:00am	Plenary Sessions of the International Solidarity Encounter Venue: Convention Center
1:00pm	Lunch
2:00pm	Program continues TBA
7:00pm	Group Farewell Celebration Dinner
	Meals Included : Breakfast, Lunch, Dinner



6 of 9

Wednesday, May 3

Hasta Luego or Join us for an Excursion

Group 1 departs for flights back home. We will have on am transfer and others can take a cab at your leisure.

Building Relation with Cuban Labor

Excursion to Viñales and Pinar del Rio

May 3-7th , 2023



Wednesday, May 3

Wrap -up in Havana

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| 9:00am | Exchange with a specialist in agronomy and the Cuban Food Plan . We will engage with a representative from MINAG, the Ministry of Agriculture to better understand the challenges facing the need to meet food production. |
| 10:30 am | Enjoy time at the Fine Arts Museum for an overview of Contemporary Arts. |
| 12:30pm | Lunch in Old Havana |

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7 of 9

- 2:00pm Visit and exchange with FANJ , the **Antonio Núñez Jiménez Foundation for Nature and Humanity**, 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 and why Cuba is called the most sustainable nation on the planet! (**requested speaker Roberto**
- 4:00pm Optional visit to meet and exchange with Cuban Photographer Roberto Salas who will share his extraordinary life documenting the Cuban Revolution.
- 7:30pm Dinner and Evening are free
- Included : Breakfast, Lunch**

Thursday, May 4

Mariel to Las Terrazas

- 8:00am Check out of our hotel, and we are off Westward. Leave for the coastal and port city of Mariel. We will visit a recent Bio-tech facility. A guide will share with us about the Zona Franca and the history of the area. Learn about **Cuba's current research on COVID** and the creation of a variety of new medicines and approaches to health care as we will visit a local BioTech facility.
- 12:30pm Leave for **Las Terrazas UNESCO Biosphere Reserve** for an excursion to “Las Terrazas” / Pinar del Rio Eco-Community and Sustainable Development site in the Sierra del Rosario Mountains . We will engage with representatives from CITMA (the Cuban Ministry of Technology and the Environment) to learn about Cuba's efforts to promote sustainable development. Dialogue about how communities in habitat reserve areas and mountain and coastal zones are involved in environmental and habitat protection, and to learn about local environmental pressures and conservation efforts by the Cuban people. We will learn about their community ecotourism project and their hotel La Moka. Enjoy a hike through the community, exchange with local artists, and hike to experience the reforestation project. Enjoy a lunch (on your own a la carte) at a local restaurant upon arrival.
- 5:00pm Depart for our casas particulares in the beautiful town of Viñales Valley.

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8 of 9

7:30pm | Dinner in Viñales together.
Meals Included : Breakfast, Dinner

Friday, May 5th

Viñales Valley

9:00am | This morning we start out with a leisurely walking tour of the farmlands and crops is included today. Learn more about the simple lifestyle here and see first hand the farmers who grow tobacco for some of the most expensive cigars. Viñales is a small and charming rural village. Later head to an ecological farm, Finca Paraiso for a tour and for lunch there (plan 20 Euro) . We will also learn how cigars are rolled (and give a shot at it yourself.) After lunch we will have a free time, up to 2 hours, for either horseback riding or biking through the area. Here we get a chance to see the countryside of Cuba, and how their traditional ways of farming and living have been maintained throughout the years.

7:30pm | Dinner in Viñales together.
Meals Included : Breakfast, Dinner

Saturday May 6th

Sustainable Futures

8:00am | After breakfast we check out and will make our way to Havana, after an excursion to la **Cueva del Indio**.

11:00am | Leave for the **Finca Marta en Artemisa**, a wonderful Agroecology farm. Overview of Agroecology today in Cuba with Fernandito Funes.

1:00pm | Lunch break if on farm price tba

3:00pm | Check back into hotel and time to rest.

5:00pm | Farewell Dinner !

7:30pm | **Meals Included :** Breakfast, Dinner



9 of 9

Sunday May 7th

Adios!

Breakfast and transfer to the Jose International Airport

This Journey is Powered by... The logo for AltruVistas, featuring the word "AltruVistas" in a stylized, cursive font. The letter "V" is large and contains a colorful circular graphic with concentric rings of blue, green, and red.

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