



A Culture of Arts and Dance in Cuba
A People- to-People Adventure For Jeff Greenwald & Friends
January 13- 21, 2024

Summary:

This people-to-people delegation will focus on Cuba's dance, music, and visual arts, exploring the relationship between personal expression, community development and person-to-person collaboration. We'll visit dance studios, art galleries, World Heritage Sites of great beauty, and neighborhoods that have been revitalized through imaginative art projects.

Much of our time will be spent meeting with individual artists, visiting community art projects, and seeing how art is integrated into the public sphere in Cuba's socialist culture. Guided visits to important museums and cultural centers will also be featured. Hoping to satisfy the artistic impulse of the cultural creatives on the trip, this journey will be a wonderful combination of cross-cultural engagement reaching reaches art into the resiliency of the human spirit!

Saturday, January 13th **Bienvenidos a Cuba (Welcome Cocktail, Dinner)**

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| 1:40pm | Arrival into Jose Marti International Airport (Please arrive on American Airlines #743 or another airline, between 1 – 2 pm arrival). |
| 4:00pm | Check in at the Hotel Grand Aston |
| 6:00pm | Welcome Orientation Meeting and Welcome Mojito! |
| 7:30pm | Welcome Dinner at San Cristobal Paladar |

Sunday, January 14th **History and Architecture** **(Breakfast, Lunch)**

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| 8:00am | Breakfast in the Hotel |
| 9:00am | Briefing by Cuban architect Miguel Coyula to discuss the History and Future of Havana. Learn about the historic development of the Capitol, and the Master Plan for Restoration of Old Havana through the salvaging of neglected buildings, tourism for restoration investment, and the accompanying social services for local residents. |
| 11:00am | Guided Walking Tour of Old Havana. Great for orientation. Our exploration includes a brief history of the city's important sites with a focus on the diverse architecture of the city. Our walk takes us through Havana's oldest neighborhood to learn about the historic, architectural, and cultural significance of this area, declared a World Heritage Site in 1982 by UNESCO. Explore the four main plazas of the 18th-century colony: Plaza de Armas , which originally housed the main administrative buildings of the colony; Plaza Vieja , the oldest of the |

plazas; **Plaza de la Cathedral**, site of the baroque cathedral of Havana, and **Plaza de San Francisco**, site of the basilica of San Francisco and the old Havana stock exchange.

One highlight is a stop at the studio of the famous Afro-Cuban artists **Choco** in Old Havana.

1:00pm Lunch at Hemingway's **Bodequita del Medio**.

2:30 pm Enjoy a docent led overview of Cuban contemporary artists at the **Bellas Artes Museum (Havana's beautiful Museum of Modern Art)**.

4:00pm Time to rest, and dinner on our own.

8:00pm Evening Free (we recommend checking out the **Fabrica Del Arte tonight**) and we will make a group reservation for us tonight at Tierra.

Monday, January 15th Dance in Cuba (Breakfast, Lunch)

8:00am Breakfast in the Hotel

9:00am **Get Dancing : Basics of Salsa Dance Class**

11:00am Enjoy a visit to the **National Ballet School** followed by a conversation with Tomas, a ballet teacher, on the *History of Dance in Cuba*.

1:00pm **El Figaro Paladar** in Old Havana then visit the **community project Arte Corte**.

3:00pm Rehearsal & interactive exchange w **Rosario Cardenas Contemporary Dance**

4:30pm Walk through the recently restored and reopened **Gran Teatre** named after primer ballerina Alicia Alonso.

5:30pm Free time to enjoy the hotel's pool, stroll the streets of Old Havana or walk along the oceanside **Malecon**.

7:30pm Dinner Reservation at the iconic **La Guarida Paladar**

Tuesday, January 16th Music in Cuba (Breakfast, Lunch)

8:00am Breakfast in the Hotel

9:00am We are off to **Centro Asturianos** for our demonstrative lecture on **Cuban Music** by **Prof. Alberto Faya**, who has been working as a musician, professor and researcher within the Cuban musical world for over 20 years. **Faya** has obtained national awards due to their work in the field of musicology. They will be joined by a quartet of extraordinary young musicians who will take us on a musical journey thru the history of Cuba. This will be an interactive experience, with the audience encouraged to engage the lecturers and musicians.

11:00 am **Visit to ENA** (National Arts School) or a local Conservatory to learn about music education in Cuba.

1:00pm Lunch at El Aljibe

3:00pm Meeting with **Photographer Leysis Quesada**, whose daughter attends the National Ballet and much of her work focuses on the school and its talented students. Enjoy an hour overview of her amazing work.

5:00pm. Private house concert with **Pablo Menendez and Grupo Mexcla**.

6:30pm Time to rest and dinner on our own.

Eve Optional included cultural activity at "La Zorra y El Cuervo" for live Cuban jazz

Wednesday, January 17th Las Terrazas Excursion (Breakfast, Lunch)

7:00am Optional **Gentle Yoga by the pool with Yoga Va!** Stretch before we check out of the hotel and leave for our 2 nights in Viñales !

8:30am Breakfast in the Hotel and check out. Then we depart for Pinar Del Rio, to Cuba's Western rural province. Discussion with Cuban guide enroute on a variety of topics. Opportunity for questions and answers with Cubans on daily life and individual perceptions of Cuba today.

Enjoy a community guided visit in Rosario Mountains bio-reserve, Las Terrazas, an ecological community and environmental education center. We will meet with reserve officials and local artists -**Jorge Duporte, Lester Campa, Henry Alamo and Ariel Pinelli**. Learn about the history of the project, a favorite because it is an intentional tourism community project.

We'll then have time to meander through the commune. This is a fabulous opportunity to interact with the local community. We can break up into smaller groups to discuss rural development strategies with hotel workers, farmers, artists and the resident family doctor and nurse.

Lunch reservation at **El Romero, a Vegetarian Restaurant (if open) and exchange in dialogue with its founder Tito**. Here we will discuss health and nutrition in the Cuban diet.

<http://www.havanatimes.org/?p=23974> If El Romero is still closed (it closed during Covid) we will be at **Buena Vista Cafetal**. <https://www.lonelyplanet.com/cuba/las-terrazas/attractions/cafetal-buenavista/a/poi-sig/1333876/1314461>

Our highlight of the afternoon is a hike in the reserve with a local CITMA scientist. He will explain the history of the community and we will enjoy a 1 - 2 hour hike learning about native flora and fauna.

Dinner and check into our casas particulares in Viñales. *(No legal hotels are there).*

Thursday, January 18th Viñales Excursion (Breakfast, Dinner)

8:00am Breakfast in the casa

9:00am Enjoy a morning walking tour of the farmlands and crops . Learn more about the simple lifestyle here and see first-hand the farmers who grow tobacco for some of the world's most expensive cigars (Benito!). Vinales is a small and charming rural village.

11:00am Head to an ecological farm el Paraiso for lunch. We will also learn how cigars are rolled (and give a shot at it yourself.)

2:30 pm Visit to the town of **Piñar del Rio** and engage with **Art and Hope**, a community arts program that serves the needs of Downs Syndrome populations. There will be time to do some hands on work and enjoy a community exchange.

5:00pm Return to our casas.

7:30 pm Dinner.
 Eve In one of our casas we will enjoy a good ole fashion rum tasting with our guide Joel.

Friday, January 19th Community Arts (Breakfast, Lunch)

8:00am Breakfast and then check out.
 9:30 am Leave for "Patio del Pelegrín". Run by Mario Pelegrín Pozo, the community project was housed in his family's countryside home, where he ran the project along with his brother.
 11:00am Return to Havana with lunch upon arrival.
 3:00 pm Visit to the **Muralleando Community Arts program** where we will learn how a group of artists rejuvenated their community. We will walk through the community streets and see the local murals, and visit their converted water tank, now an art gallery. Outdoor murals and sculptures, depicting fanciful celebrations of Cuban life, were a natural outgrowth of these art classes.
 4:30 pm **Cocktail Making Class! Sip and Mix.**
 6:00pm Check into our hotel the new Muthus Havana.
 Eve Free for dinner at the hotel. Swim in the pool. Or feel free to get out dancing and live Salsa at 1830 or Café Cantante.

Saturday, January 20th Rumba and Wrap – up (Breakfast, Dinner)

8:00am Breakfast in the Hotel
 9:00am **Get Dancing: Rumba Class!**
 11:00pm Free time for personal exploration, to check out the Museum of the Revolution **San Jose de Almances craft fair, or discretionary time.**
 2:00pm Meet the wonderful documentary film maker **Gloria Rolando**, and watch one of her shorts films!
 4:00pm Optional Visit to soak up the beats and dance at the **Sabado de la Rumba** at the Conjunto Folklorico Nacional's home.
 6:00 pm **Cruise in Classic Cars** to the Christ of Havana, a large sculpture representing Jesus of Nazareth, on a hilltop overlooking the bay in Havana, Cuba where we will snap our last group photo.
 7:00pm Farewell dinner at **Café de Oriente.**
 Evening is Free for Dancing at la **Casa de Musica**

Sunday, January 21 Hasta Luego (Breakfast)

8 a.m. Breakfast, Check-out and group transfer to the airport at 10 a.m.

....Or feel free to extend your trip 3-4 days for a personal exploration to Cienfuegos and Trinidad!