



Cuba Hoy! History, Culture and Education

Cosponsored by IFCO

January 5 – 16, 2025

Sunday, January 5th Arrival and Orientation (D)

TBA Depart for Jose Marti International Airport.

5:30PM **Orientation Meeting** - engage in an overview of our delegation together in Cuba. We will review health and safety issues, petty crime, culture and your Q and A.

7:30PM **Welcome Dinner**

Monday January 6th Historical Overview of Cuba (B, L)

8:00AM Breakfast

9:00AM **Invited Speaker** to your casas to give a historical overview of the development of Havana (Requested architect and urban planner ***Miguel Coyula***).

11:00AM Enjoy a **walking tour of Old Havana** to learn about its historic, architectural, and cultural significance. The area was declared a World Heritage Site in 1982 by UNESCO. Learn about the City historian's massive efforts to restore Old Havana buildings, attract tourism and new investment, and improve social services for local residents. Visit includes a stop at the Taller Grafica and exchange with local artists.

1:00PM Lunch in Old Havana and City Tour continues.

2:30 PM Visit to the **Museum Of the Revolution** for a brief photographic overview of Cuba since the 1950s (if Reopened-Or to the Fidel Castro Center).

4:00PM Return to the Hotel and free time to use the pool and dinner.

8:00PM Experience the Canon firing ceremony at 9 pm at the **Fortaleza de San Carlos de la Cabaña**, known as La Cabaña (Fort of Saint Charles), is an 18th-century fortress complex, the biggest in the Americas, located on the elevated eastern side of the harbor entrance in Havana, Cuba . The fort rises above the 200-foot (60 m) hilltop, along with Morro Castle.

Tuesday January 7th Cuba and Revolution (B, L)

8:00AM Breakfast

9:00AM Exchange with the **MLK Center and learn about their history and collaboration with IFCO.**

11:00 AM **Visit to the Memorial de la Denuncia**, to learn about US covert

efforts to undermine the Cuban Revolution.

1:00 Lunch

2:30 PM Enjoy a brief **City Tour of Modern Havana** continues with a Photo op at the **Plaza de la Revolution**. Then we are off to exchange with the well known **Cuban Photographer Roberto Chile** He has been documenting the Cuban revolution since the 1950s!

6:00PM Return to the hotel for a break and dinner tonight is on your own.

Wednesday, January 8th Fruits of the Revolution: Education (B, L)

8:00AM Breakfast

9:00AM Tour of the University of Havana and overview of the Cuban public education system with a representative of **MINED-the Ministry of Education**. Here we will learn about education as guaranteed by the state, and the history of education/pedagogy since 1959.

11:00AM Learn about the successful literacy campaign at the **Literacy Museum**. This important campaign and the base for the Cuban public education system.

1:00 PM Lunch

3:00 PM Visit to a the **National School of Ballet** (Please bring donations of ballet shoes).

4:30pm Exchange with the **Rosario Cardenas Dance Troupe!**

6:00 PM Break. Dinner and Evening free for down time and group facilitation.

9:45 PM Enjoy live latin jazz at **La Zora Y El Cuervo** where you will also witness Cuban music education.

Thursday, January 9th Fruits of the Revolution : Health Care (B, L)

8:00AM Breakfast

9:00AM Enjoy an intimate conversation with **Sonia Baez**, to share about the structure of Cuban Healthcare, and alternative medicine in Cuba. Now she is dedicated to BioDanza.

11:00AM Exchange with **ELAM the Latin American Medical School. This is the School that IFCO supports!**

1:00 PM Lunch

3:00 PM Visit to a local polyclinic or the **Psychiatric Hospital** to learn about health care.

5:00 PM Dinner and Evening free for down time and group facilitation.

Friday January 10th Excursion to Matanzas (B, L)

8:00AM Breakfast and check out.

9:00AM At our accommodations this morning we will enjoy a showing of **Dialogues with my Grandmother a short documentary by filmmaker Gloria Rolando** to discuss AfroCuban traditions and history of the AfroDiaspora in Cuba.

11:00AM Depart for our excursion to 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 where we have a lunch at Chiquirrin. In the afternoon you can enjoy an afternoon swim at **Varadero** (*Request the Guest house from Presp. Church- get from Emily*).

EVE Dinner and Evening free for down time and group facilitation.

Saturday January 10th Matanzas' Afrodescendientes (B, L)

8:00AM Breakfast

9:30AM Experience the history of the region at the **Castillo de San Severino** as we walk through this fort and learn about the Slave Route and the learn about the legacy of slavery in Cuba. This fort was declared a National Monument in 1978 and is a UNESCO World Heritage site. **Here we will also learn about Santeria.**

1:00pm Lunch

2:30 PM Visit to the **La Carlota Negra Memorial**. Carlota, a slave woman, took up the machete in 1843 to lead a slave uprising at the Triumvirato sugar mill in Matanzas Province and was killed. She was one of the 3 leaders of the rebellion. Her name was later given to Cuba's 1980's operation Black Carlota in Southern Africa, which culminated in the battle of **Cuito Cuanavale** and the defeat of the South African army in pitch battle. This led to the negotiations that removed Apartheid, much as the Boers or the Americans hate to admit it. Then we will visit the **Triumvirato sugar mill** and learn more about the Slave Route.

5:00PM Free Time for dinner and for group facilitation.

Sunday January 12th Excursion to Matanzas (B, L)

8:00AM Breakfast and free morning time for group check in.

11:00AM Check out of accommodations. Leaving we will have a brief **City tour** and a visit to **Ediciones La Vigia book crafting center** and lunch before returning to Havana.

5:00PM Check back in to Havana accommodations.

6:00PM Free Time for dinner and for group facilitation.

Monday January 13th Sustainable Futures! (B, L)

8:00AM Breakfast

9:30AM Visit the offices of **FANJ, fanj.org** to learn about Cuba's commitment to sustainability. We will learn about future impacts of climate change. With Roberto Perez or Yociel Murrero to share about **Tarrea Vida**.

11:00AM Exchange with local community and enjoy some service learning as you work with one **of FANJ's projects** (watershed restoration?!).

1:00PM Lunch

3:00PM Exchange with a representative of **Havana's Sustainable Urban Mobility Plan (SUMP)** is a crucial step towards a sustainable transportation system. Through pilot projects and interventions, Havana aims to increase public transport, walking, and cycling while reducing congestion and emissions. By investing in sustainable mobility, Havana improves residents' lives and promotes a greener future.

4:30PM Exchange with the **Community Arts Project Muraleando**. This Community Art Project 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. In a country

where nothing is disposable and everything is useful, broken typewriters, old telephones, tire rims, wrought-iron chair parts - all were fair game to weld and paint and turn into sculpture. The original efforts were made in conjunction with cleaning up trash dumps that had collected throughout the neighborhood. Found art objects, parks and murals now replace piles of trash and serve as gathering places for residents and visitors. (Donations welcome here).

6:00PM Evening is free.

Tuesday January 14th Excursion Across the Bay (B, D)

8:00AM Breakfast

9:00AM Visit the community of **Regla**. We will visit the municipal Church dedicated to Yemaya. We will visit the Municipal Museum there if it is open again.

11:00AM Enjoy and intimate conversation with **Cuba's Hiphop community** on Hiphop, racial justice, black feminism, and diaspora roots, hosted by DJ Jigüey, pioneer of AfroElectronic Movement and Alexey e Magía of Obsesión.

1:00PM Lunch reservation at Finca Hermosa (you will pay this).

3:00PM Visit to a community arts project in **Guanabacoa, Corral Falso**,

5:00PM Break

7:30PM Dinner.

Wednesday, January 15th US/Cuban Relations and Wrap Up (B, D)

8:00AM Breakfast

10:00AM Learn about the new Family Code and the emergence of LGBT rights at **Cenesex**.

12:30 PM Free time for a lunch break and for shopping at the **San Jose de Almancenés crafts market**.

3:00PM Exchange with **ICAP** to learn about the future of US /Cuban relations.

4:30PM Return to our accommodations and time to rest.

6:00PM Wrap-Up Meeting.

7:00PM Farewell Dinner

Thursday, January 16th Hasta Luego Havana (B)

AM Breakfast. Check out of the hotel. Pick up to transfer to the Airport.

TBA Departure

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