



Richmond Regla Sister City Delegation to Cuba Celebrating 25 years of Friendship

December 5 – 15, 2024

Thursday, December 5, 2024

Bienvenidos

Please plan your arrival in Havana's Jose Marti International Airport (HAV) by 2 pm at the latest. We recommend flights #743 on American Airlines arriving at 1:40 pm or #5906 on Southwest Airlines arriving at 1:15pm. We will cluster our transfer around 2-2:30pm. If you arrive early or later you can easily take a cab for about \$35- 40 USD.

- 3:00 pm Check-In to the hotel Gran Aston, a 5 star property on the Malecon water front.
- 6:00 pm Orientation and Meet and Greet Session with a Welcome Mojito.
- 8:00pm Welcome Dinner at San Cristobal Paladar.

Meals Included : Dinner

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Friday, December 6, 2024 :**Welcome to Regla**

- 9:00am Start the morning with a visit to the **Church of Regla**. On the way our guide will explain the synchronitism with La Virgen de Regla (the Black Madonna) and the orisha Yemaya. Visit to the Museum of Regla (if open & request to meet with Raiza if still there).
- 11:00am **Walking tour** of the community of Regla.
- 12:30pm Afro Cuban Food History Workshop & lunch (price per person tba, plan \$25 cash)
- 2:00pm Lidia and **Clodomira polyclinic**, based in Regla municipality for an overview of the public health care system in Cuba.
- 4:00pm Exchange with the **Mayor's office of Regla!** Mayor Karenia Marrero Arrechea, is an educator by profession. Discussion about the rebuilding of Regla after the Tornado in 2019.
- 6:00pm Rest
- 8:00pm Dinner at El Aljibe restaurant.
- Tonight we recommend the phenomenal **Fabrica de Arte Cubano**. We will drop off those that like, & you can cab back to the hotel.
- Meals Included :** Breakfast and Dinner

Saturday, December 7, 2024**Welcome to Havana**

- 9:00am 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 (**Architect Miguel Coyula** requested).
- 11:00m 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.
- 12:30m Lunch at la Calessa Real paladar in Old Havana.
- 2:30pm Meeting with **ICAP, the Cuban Institute for Friendship with the People** for a discussion on the current relationship between the US and Cuba.
- 4:00pm Visit to the **Museum of the Revolution** if reopened or the **Fidel Castro Center**.
- 6:00pm Break to debrief, swim or relax.
- Dinner and Evening are free for personal exploration.
- 9:45pm Join us for live **Cuban Jazz at la Zora y El Cuervo!**
- Meals Included :** Breakfast and Lunch

Sunday, December 8, 2024**Havana Arts!**

- 10:00am **Time to shop for local arts** in Old Havana or at the San Jose de Almancenenes.
- 11:30am Enjoy a cultural interactive exchange with the **Rosario Cardenas dance troupe**.
- 1:00pm At Uruguayas Paladar & social project in Old Havana.
- 2:30pm Visit to a **Community Development Project** like Muralleando or Quasicuaba.
- 4:00pm Conversation with a representative of **CENESEX**, or an LGBT group to share about Cuba's new family code & the status of rights today.
- 5:30 pm Break and time for dinner.
- 8:00pm Enjoy a private concert **with Grupo Mezcla**, led by Pablo Menendez.
- Meals Included :** Breakfast and Lunch

Monday, December 9, 2024**Regla's Social Institutions**

- 9:00am Learn about education in Cuba with a visit to the **Julio Antonio Mella High School**.
- 11:00am **Exchange with the Poder Popular** to learn about the new Constitution and political participation in Regla. **Then Meet the Municipal Assembly**.
- 1:00pm Break for Lunch at a local place. Let's support their local economy! (*Ernesto Valdez Jane and **Proyecto Orunmila** requested*).
- 2:30 pm Exchange with the FMC, **the Federation of Cuban Women**, to learn about gender equity in Cuba. Then visit one of their mass community projects like Educa tu Hijo to support women workers in Regla.
- 4:00pm We end our day with a visit to the **Velo-Cuba project** (where bicycles can be rented) and to the gallery of artist **Felipe Dulzaides**.
- 5:30pm **Wrap up sharing circle with Regla friends & Mojitos**.
- 7:30pm Free time for dinner
- Meals Included :** Breakfast and Mojitos with Amigos

Tuesday, December 10, 2024**Havana Wrap up.**

- 9:00am Learn about the Cuban Arts Education as we visit **the National Ballet School** (donations of male & female ballet & point shoes).
- 11:00 am Exchange with FANJ , the **Foundation of Antonio Nunez Jimenez**. to learn about Cuba's commitment to sustainability. Here we will learn about climate change & equity, & Cuba's Tarrea Vida program.
- 1:00pm Lunch at Palada Fress.

- 3:00 pm Visit to **ELAM the Latin American Medical School** & exchange with students.
- 5:00pm Break
- 6:30pm Dinner at Jardin de los Milagros
- Meals Included :** Breakfast, Lunch and Dinner

Wednesday, December 11, 2024 : **Poesia eres tu**

- 8:00am Breakfast
- 9:00am Enjoy a **Salsa Dance Class.**
- 11:00a Poetry with invited guest **Nancy Morejon**
- 12:30pm Lunch
- 2:30pm Learn about the promotion of arts and writing with the **Nicolas Guillen Foundation.**
- 4:30pm Exchange with the **Nicolas Guillen Community Project** to end our day.
- 6:00pm Free time for rest and dinner
- Meals Included :** Breakfast & Lunch

Thursday , December 12th, 2024 : **Viñales Valley**

- 8:30 am Check out of the hotel and depart for Viñales Valley.
- 10:00am 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 – a UNESCO designated “Bio-Reserve” area. 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. Visit local artists & learn about the reforestation here.

1:00pm **Lunch at Romeros**

3:00pm Depart for our casas particulares in the beautiful town of Viñales Valley. Stop for panoramic views and a group picture.

5:00pm Check in and Rest

7:30pm Dinner at Don Tomas in Viñales together.

Meals Included : Breakfast and Lunch

Friday, December 13th, 2024:

Viñales Valley

8:00am **Walking tour of local farms in the valley.** Enjoy a morning hike through farmlands and see local crops . Learn more about the simple lifestyle here and see first-hand the farmers who grow tobacco for some of the most expensive cigars (Benito!). Vinales is a small and charming rural village.

12:30p Lunch and Farm visit at **El Paraiso and tour their farm.**

3:00pm Visit to the **Cueva del Indio.**

5:00pm **Free time for dinner.**

8:00pm **Exchange with a local CDR, or community block party.**

Meals Included : Breakfast and Lunch

Saturday, December 14th :

Wrap Up

- 8:00 am Check out of the hotel and depart for Havana. On our we will stop **in Soroa to visit Congolaria and exchange with Eloisa Bocart.**
 - 1:00pm Free time for lunch and shopping at the **San Jose De Almancen** craft market in old Havana.
 - 3:00pm Return to our accommodation and enjoy some rest.
 - 6:30pm Enjoy a **Classic Car ride** through Havana, the Malecon & for a photo opportunity at Revolution Square.
 - 7:30pm Farewell Dinner
- Meals Included :** Breakfast and Dinner

Sunday, December 15th

Departure

Breakfast and transfer to the airport in Havana

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