



Building Relations with Cuban Labor **April 25 – May 3, 2026**

Provincial Excursion **May 3 – 7th, 2026**

Saturday, April 25th:

Bienvenidos

Please plan your arrival in Havana and taxi to your hotel of choice. We will arrange 2 group pick ups from Jose Marti International Airport.

3:00 pm Check-in to the hotel.

5:00 pm **Orientation Meeting** in the hotel conference room. We will start promptly at 5:30. After our welcome mojito or mocktail we will have a meet and greet with other delegates and meet our local team!

6:30pm Presentation on the organization and history of Cuban Labor by a labor specialist.

8:00pm Welcome Dinner

Meals Included: Dinner

Sunday, April 26th:**Historical Overview**

- 7:00am Breakfast is on your own daily from 7-10am.
- 8:30am Donation organization. For those of you that have brought your own donations for designated medical donations via <https://njt.net/i-can-carry-medical-supplies/> we will ask you to bring these to a designated spot where we will organize the donations to drop off at sites over the next week together.
- 9:00am Meet in our lobby to leave for the Casa de Amistad, for a comprehensive overview of the history and development of the Capital with **Cuban Architect Miguel Coyula**.
- 11:30am 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. Historians' 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.
- 1:00pm Lunch in old Havana. Our City Tour continues.
- 4:00pm Return to the hotel. Enjoy time to network at the hotel. Break to debrief, swim or relax. Dinner is free for personal exploration.
- 7:30pm For those that would like, join us for a night visit la **Fortaleza de La Cabaña**, where construction began in 1763. We'll learn about the history of conflict between the Spanish and English Empires as they struggled for control of the New World. At 9:00pm we will experience the nightly Canon firing ceremony. The views are stunning
- Meals Included:** Breakfast, Lunch

Monday, April 27th:**Estas Manos**

- 9:15 am Visit a local **Cigar factory** to see the production of Cuba's famous export.
- 11:30am Exchange with of the **Cuban Workers Confederation, CTC. Meeting with Victor Manuel Lamagne Sanchez (requested).**
- 1:00pm Lunch at a worker owned Coop!
- 2:30pm Visit to the **production shop** of a local factory.
- 4:00pm Free time for rest and dinner.

- 7:30pm Visit to **the Hotel Nacional** and exchange with their local rep from **El Sindicato Nacional De Trabajadores De Hotelerias Y Turismo** and learn about organized labor in the tourism industry.
- 9:45 pm Enjoy live **Latin Jazz at la Zora y el Cuervo.**
- Meals Included:** Breakfast and Lunch

Tuesday April 28th:**Fruits of the Revolution: Education**

- 9:00 am Exchange with **ICAP, the Cuban Institute of Friendship with the People** for a discussion of the US embargo's impacts on working families, and social institutions.
- 11:00am Learn about the important history and living example of Cuba's Literacy Campaign at the **Literacy Museum.**
- Lunch
- 1:00pm Visit to a school like ISA or the National Ballet.
- 2:00pm Enjoy a cultural interactive exchange with the **Rosario Cardenas dance troupe.**
- 4:00pm Free time for rest and dinner.
- 5:30pm Enjoy a private concert with **Pablo Menendez and Grupo Mezcla.**
- 8:00pm **Meals Included:** Breakfast and Lunch

Wednesday April 29th:**Fruits of the Cuban Revolution: Health**

- 9:00 am Visit to ELAM, the Latin American **Medical School** to learn about public health in Cuba and their solidarity around the world training doctors.
- 11:00am Learn about the legacy of **Fidel Castro at the Fidel Castro Center.**
- 1.00pm Lunch
- 3.00pm Visit to a local **Bio tech facility CIBG** the Centro de Ingenieria Genetica y Biotecnologia to learn about their vaccination protocols, as well as research and development possibilities.
- 5:00pm Optional cultural activity: Enjoy some movement and share with alternative health specialist **Sonia Baez through BioDanza!**
- 7:30pm Free time for rest and dinner.
- Meals Included:** Breakfast and Lunch

Thursday, April 30th:**Diverse Voices Today**

- 9:00 am Enjoy a vibrant exchange with **CENESEX**, the Center for Sex Education in Cuba for a discussion of LGBT rights in Cuba today.
- 11:00am Meet with Kenia Serrano and explore community development with **Colorcubuna and Karibuni**.
- 1:00pm Lunch with the community
- 2.30pm Overview of the work supporting gender equity and status of women with the **FMC-the Federation of Cuban women**.
- 4.30pm Cultural Activity in the hotel: enjoy a short and then a conversation **with Gloria Rolando** Among her best known works are Cuba, My Footsteps in Baraguá (1996), a history of the West Indian community in eastern Cuba, Eyes of the Rainbow (1997), a **film** about Assata Shakur, and a three-part series on the 1912 massacre of members of the Partido Independiente de Color (Independent Party of Color). She will talk about race and gender in Cuba, and answer your questions about filmmaking including her newest project on the Buffalo Soldiers.
- 6:00pm Free time for dinner & an early rest!
- Meals Included:** Breakfast and Lunch

Friday, May 1st:**May 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 personal exploration or rest.

Optional afternoon shopping at the San Jose de Almacenes Craft Market.

Meals Included: Breakfast and Lunch

Saturday, May 2nd:**Solidarity Conference**

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| 8:00am | Breakfast |
| 9:00am | Participate today in the International Conference of Labor Solidarity .
Lunch at the conference. |
| 5:00pm | Wrap up Meeting facilitated by your BRWCL organizers. |
| 7:00pm | Classic Car Cruise and group photo at Revolutionary Square. |
| 8:00pm | Farewell Dinner |
| | Meals Included: Breakfast, Lunch, Dinner |

Sunday, May 3rd:**Hasta Luego**

Group 1 departs for flights back home.

We will have an am transfer and others can take a cab at your leisure.

Excursion to Piñar del Rio & Viñales**May 3 – 7th, 2026****Sunday, May 3rd:****Excursion Begins to Piñar del Rio**

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| 8:00am | Breakfast |
| 9:00am | This morning we are off to the beautiful rural area of Piñar del Rio. The drive is about 2 to 2.5 hours depending if we need to stop on the way |
| 11:00am | Our first stop is the Las Terrazas Biosphere Reserve in Pinar del Rio province. In the Rosario Mountains, visit the town of Las Terrazas, an ecological community and environmental education center that has been declared a UNESCO bio-reserve area. Meet with reserve officials and community residents who are working in the reserve. Take a hike in the forest to see endemic flora and fauna. Meet with local artists and learn about the community's unique architecture along with visits to a school and local clinic to meet with doctors. |
| 1:00pm | Enjoy lunch at Romero's a unique gourmet vegetarian restaurant in Cuba. |

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- 3:00pm We end our day exchanging with local artists. Then we drive to Viñales Valley and check in to our Casas Particulares. These will have solar or a generator, but we do recommend you bring a solar or chargeable fan/light and usb doc just in case!
- 7:00pm Dinner Reservation at El Valle del Balcon.
- Meals Included: Breakfast, Lunch

Monday, May 4th:**Viñales Valley**

- 8:00am Breakfast
- 9:30am We will start out with a leisurely 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 most expensive cigars.** Viñales is a small and charming rural village we will visit and take pictures at an impressive lookout of the valley and its unique mogotes.
- 1:00pm Later head to an ecological farm, **Finca Paraiso for a tour and for a lunch stop.** We will also learn how cigars are rolled (and give a shot at it yourself.) After lunch we will have a free time, an hour or so for either horseback riding or hiking 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.
- 4:00pm We end our day at the **Cueva del Indio.** If you feel up to it we can visit a local art gallery in town and wander the town square. This is the town of countless Cuban writers Felix Luis Varela, Amir Valle, Angel Santiesteban and more.
- Dinner at a local Paladar
- 6:30pm Meals Included: Breakfast, Dinner

Tuesday, May 5th:**Pinar del Rio**

- 8:00am Breakfast
- 9:30am Visit to the town of Pinar del Rio and engage with a community arts program called **Art and Hope** that serves the needs of Downs Syndrome populations. (Donations welcome here). Here there will be time to do some hands on work and enjoy a community exchange.
- 11:30am Exchange with local members from **UNEAC**, the Cuban Union of Writers and Artists!
- 1:00pm Lunch in town. As we return to Viñales we have time to visit the **Prehistoric Park.**
- Free time for dinner and an optional Rum Tasting!

5:30pm | Meals Included: Breakfast, Lunch

Wednesday, May 6th:

A la Havana

8:00am | Breakfast

9:30am | Returning from Viñales to Havana we will stop for lunch at local farm for a farm to fork lunch (it will be \$25 in cash here today).

1:00pm | We stretch our legs with a guided walk through **Havana's necropolis** and then enjoy an intimate conversation with **Roberto Salas** in his home documenting the Cuban Revolution since 1956.

3:00pm | Check back into our hotel.

7:00pm | Farewell Dinner!

Meals Included: Breakfast, Dinner

Thursday, May 7th:

Departure

8:00am | Breakfast

Am tba Transfer to the Jose International Airport
Meals Included: Breakfast