



Public Health in Cuba – Program of Activities and Schedule

The estimated cost of the program is \$2250 in double occupancy and \$2450 in single occupancy, including RT air Miami/Havana; accommodations at 4 hotels, breakfast daily, 2 additional meals, farewell party, transportation by airconditioned bus, English speaking guide, entry visa, medical/evacuation insurance, program of interviews, meetings, talks and visits. Final cost may vary depending on number of participants enrolled.*

Day 1

- 9:30 am Check in with Gulfstream Air Charters, Concourse G, Miami International Airport
1:00 pm Depart on 5K-252, arriving in Havana at 2:00 pm. After passing through Immigration, collecting your luggage, pass through Customs and exit the terminal where Amistur, your Cuban tour operator will be waiting for you. Transfer to the Hotel Tejadillo or similar in Old Havana. Check in.
Evening Welcome dinner.

Day 2

- 7 – 9:00 am Breakfast at the hotel
Morning Walking tour of Old Havana with your guide.
Mid day Lunch in Old Havana
2:00 pm Visit to the Museum of the Revolution
5:30 pm Suggestion: Concert at the Chapel of San Francisco de Assis in the plaza near your hotel.

Day 3

- 7 – 8:00 am Breakfast at the hotel
9:30 am Visit to the Frank País Hospital, known as ORTOP. Meeting with staff of the hospital for an overview of Cuba's medical system, including the organization of services and staffing at each level of the system.
12:00 m Lunch at the Hospital.
Afternoon Tour of the hospital
7:00 pm Cañonazo ceremony at the Morro Fortress. This is optional and might be followed by an evening at the Zorra y el Cuervo jazz club or Jazz Café in downtown Vedado.

Day 4

- 7 – 8:00 am Breakfast at the hotel
10:00 am Meeting with representative of the Ministry of Public Health, MINSAP, for an overview the origins and efficacy of the system of family doctors, Cuba's primary care level.
Mid day Break for lunch
2:00 pm Visit to a family doctor dispensary.
8:00 pm In the evening, return to the neighborhood of the doctor for a visit with the local Committee for Defense of the Revolution (CDR) and the Cuban Women's Federation (FMC), the basic community organizations established in all Cuban neighborhoods.

Day 5

- 7 – 8:00 am Breakfast at the hotel
10:00 am Visit to a policlinic. The policlinic is the secondary care unit, which supervises and backs up the family doctors through multidisciplinary teams and an integrative medicine approach. Tour the facilities.
Mid day Break for lunch

2:00 pm Visit an elderly care center, meeting with staff for an explanation of services provided at the facilities, followed by a meeting with members of the Center for Third Age Research, CITED.
Evening Free.

Day 6

7 – 8:00 am Breakfast at the hotel

9:00 am Visit to a specialized center during alternative medical therapies or producing alternative medicines.

Mid day Lunch at Casa Amistad with representative of ICAP, the Cuban Institute of Friendship with the Peoples.

2:00 pm Round table discussion of U.S. – Cuban relations.

Afternoon Free for own research activities.

Day 7

7 – 8:00 am Breakfast at the hotel

10:00 am Meet with Cuban Nurses Association

Mid day Break for lunch

2:00 pm Visit to a Community Mental Health Center (confirmation pending)

Evening Farewell party.

Day 8

7 – 8:00 am Breakfast at the hotel

Day The remainder of the group will have the day free for their own research activities.

Evening Optional activities to be arranged by Amistur and Common Ground, such as a visit to Tropicana if members of the group are interested (cost is approximately \$60 to \$75).

Day 9

7 – 8:00 am Breakfast at the hotel

12:00 pm Remainder of group departs for airport for the 3:00 pm flight 5K-253 for Miami.

4:00 pm Arrival in Miami.