



I AM ABEL FOUNDATION

## Travel to Cuba With I Am Abel Foundation

# Cuban Health system tour

### Day 1 • Arrive to Havana

- Arrival at José Martí International Airport from Miami
- Welcome session by the tour guide including a very brief overview of the health care system and the tour activities in general.
- Private check-in to Hotel with assistance from your guide.
- Free time to settle in and rest up at your hotel.
- Bus tour of Modern Havana
- Transfer to San Cristobal restaurant for welcome dinner, included.

### Day 2 • Havana, Cuba / Cuban Health Care System presentation/Maternity Hospital /Visit a polyclinic

- Breakfast in hotel
  - A special presentation and dialogue: "Overview of Cuba Society" by a Professor of Havana University.
  - Visit Maternity Hospital "Ramón González Coro. Meet staff and talk about future work
  - Lunch at restaurant Mojito Mojito private restaurant, included
  - Visit to a polyclinic in Havana
  - Return to hotel to rest and freshen up
  - Dinner at Atelier private restaurant (included)
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- Evening highlight: We witness a most dramatic ceremony – El Cañonazo – the Firing of the 9PM Cannon at the Fortress of San Carlos de la Cabaña. This enchanting colonial reenactment dates back to 1519 when the city of Havana was enclosed by a tall thick rock wall to ward off attacks from pirates and the English. The cannon firing signaled the closing of the city gates for the night. If you were outside at the time, you were in "vedado" or the forbidden zone. Today Vedado is an important cultural hub and beautiful section of modern Havana.

### Day 3 • Centro A+ Espacios Adolescentes /ELAM/ Tropicana

- Breakfast in hotel (included)
- Visit Centro A+ Espacios Adolescentes: This is a cultural institution that aims to achieve a greater social and participatory inclusion of adolescents and to support the development of their potential, with a focus on rights, gender and equity. It is financed by the European Union and has been jointly implemented by the United Nations Children's Fund (Unicef-Cuba) and the Office of the Historian of Havana. It offers thematic workshops linked to artistic manifestations, communication and new technologies. Exchange with middle school students to teach CPR/first aid lessons.
- Lunch at Santi El Pescador.
- Visit ELAM. Interchange with students and professors
- Dinner not included.
- Paradise under the stars. We're off to the Tropicana experience. It's a glimpse of pre-revolution Cuba, where Carmen Miranda, Josephine Baker, Nat King Cole and others entertained the wealthy with Latin dance numbers performed by women with 10-pound headdresses. It's a stunning pageant filled with music, crazy dance numbers, a few contortionists and acrobats, and showgirls decked out in fabulous costumes.

### Day 4 • Old Havana Walking Tour, Museum of the Revolution & Fine Arts

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- Breakfast in hotel (included)
  - Followed by a walking tour of Old Havana, a UNESCO World Heritage Site. We'll visit four of the five historic plazas that make Havana unique in the western hemisphere. It contains the largest collection of remaining colonial-era architecture. This is a private tour led by your Cuba Explorer Tours guide.
  - Cathedral Square, the most beautiful and private 18th century colonial plaza on the island. Named after the masterpiece of Cuban baroque architecture: the Catedral de San Cristóbal de la Habana built by the Jesuit order.
  - Square of Arms, an ancient military parade ground for Spanish soldiers, surrounded by impressive buildings such as:
    - Palacio de los Capitanes Generales, former seat of colonial government. Today the building houses the Museum of the City.
    - Palacio del Segundo Cabo [Palace of the Second Lieutenant] dates from 1770.
  - We'll visit Cuba's National Capitol Building, a Latin American architectural treasure. Its size and appearance are similar to Washington's Capitol Building, but the Panthéon in Paris inspired its opulent neoclassical form and art nouveau flourishes. Cuban architects Raúl Otero and Eugenio Rayneri Piedra designed the colossus in 1925, and construction began in 1926 by the U.S. firm Purdy and Henderson. Completed in 1929, it served as the seat of Congress until 1959 when Fidel and fellow rebels chose less bourgeois digs to conduct revolutionary affairs. From 1959 until 2018 the edifice housed the Cuban Academy of Sciences. Over ensuing decades, the Capitolio fell into critical disrepair. In 2010, Eusebio Leal, president of the Office of the Historian began a mammoth and meticulous restoration project. Today the Capitol resumes its role as the legislative center, housing Cuba's National Assembly.
  - Lunch at La Moneda Cubana (included)
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- Visit The Museum of the Revolution. The Museum of the Revolution is a museum located in the Old Havana section of Havana. The museum is housed in what was the Presidential Palace of all Cuban presidents from Mario García Menocal to Fulgencio Batista. It became the Museum of the Revolution during the years following the Cuban revolution. Visit only to exterior area.
- Visit the National Museum of Fine Arts of Havana, which exhibits Cuban art collections from the colonial times up to contemporary generations. Its first director and well-known architect, Emilio Heredia, founded it in 1913. After frequent moves it was finally placed on the block once occupied by the old Colon Market. In 1954, a new Palacio of Bellas Artes was opened. The original Palace was recently reconstructed and a second building was taken over for the Museum
- Evening is free. Your guide will keep you posted on entertainment options.
- Dinner tonight is not included

### Day 5 • Hamel Halley & Cojimar

- Breakfast in hotel
  - Now we'll explore the Afro-Cuban influenced Callejón de Hamel, one of the shortest but most mesmerizing streets in Havana. See Afro-Cuban religion of Santería, a fusion of African belief systems (multiple saint worship) and Catholicism, portrayed in art, music, and dance. Vibrant murals adorn alley walls in tribute to the culture and religious beliefs of the neighborhood.
  - TOUR HIGHLIGHT: Lunch at El Ajiaco private restaurant (included)
  - Visit Cojímar, small fishing Village one of Hemingway's favorite's places
  - Return to hotel
  - Dinner at a private restaurant Al Carbon (included)
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### Day 6 • Consultorio/La Pradera Clinic

- Breakfast in hotel
- Visit a “consultorio”
- Lunch at Café Laurent private restaurant (included)
- Visit La Pradera Clinic, part of the Public Health National System of Cuba for attention to foreign patients from the diplomatic corps accredited in Cuba, to foreign business men established in Cuba and to foreign persons who come to the country. (Included)
- Return to hotel to rest and freshen up
- Dinner not included

### Day 7 • Community projects/ Rum museum & Hemingway

- Breakfast in hotel
  - Visit to the Convento de Nuestra Señora de Belén [Convent of Our Lady of Belén], a humanitarian health project in Old Havana. Construction on the Convent was begun in 1712. It was expanded and remodeled several times over the centuries. Finally abandoned in 1925, it fell into grave disrepair. In 1991 restoration began and continues with amazing results. Today the Office of the Historian, local Public Health authorities and the Order of the Sisters of Charity jointly manage the Belén Convent. It is home to fifty elderly people and provides physiotherapy and ophthalmological services to many more elderly in the community. Other activities include exercise classes, board games, cognitive rehabilitation, films, crafts workshops, and "love among the elderly" lectures.
  - Excursion The Art of Rum:
  - Get to know about the origin and development of the rum production in the island.
  - Visit to the Rum Museum.
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## **Travel to Cuba With I Am Abel Foundation**

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- Tasting of the Havana Club Rum.
- Cocktail-making lessons: the barman will teach the costumers how to prepare their own Cuban cocktail.
- Tour of the most famous bars of the old town: the Floridita and the Bodeguita del Medio including the tasting of a cocktail.
- Lunch at La Carreta restaurant (included)
- Visit Finca La Vigía (House and farm of Ernest Hemingway Museum)
- Enjoy a panoramic ride in old convertible cars to have dinner tonight at one of Havana's most famous private restaurant, La Guarida, where the 1997 Cuban blockbuster "Strawberry and Chocolate" was filmed.

### **Day 8 • Havana, Home**

- Breakfast at hotel. (included)
  - Check-out at hotel.
  - Transfer to José Martí International Airport for Flights home.
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