

January 4th - 13th, 2022

Tuesday January 4 (Dinner included)

- 6:00am Departure from Miami Airport
 7.30am Arrival at Jose Marti International Airport.
 Transfer directly to private homes for check in. We will have time to rest.
 Group will go to an exchange office for currency.
 We have a lunch reservation at Bodega Blanca, which will not be included.
 5:00pm Welcome Discussion Circle and Meet and Greet.
 7:00 pm **Welcome dinner** at El Aljibe for family style traditional Cuban food.

Wednesday January 5 (Breakfast & Lunch included)

- 9:00 am Enjoy a dynamic **briefing with architect, Miguel Coyula** to discuss the development of the city. Then, we are off to enjoy a **Guided Walking 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.
 1:00pm **Lunch at la Bodeguita del Medio Restaurant**
 3:00 pm Briefing by **Dr. Pepe Morales, from CIMAG the Center of Investigation for Animal Improvement and the Ministry of Agriculture** for "the History of Cuban Agriculture".
 4:30pm **Visit a local farmers market and organiponico to learn about urban agriculture.** We end our day with a visit to Revolution Square.
 6:00pm Evening free to explore local paladares and nightlife. We suggest dinner at a Farm to Fork paladar, the Mediterraneo, for a reservation .

Thursday January 6 (Breakfast & Lunch included)

- Am **Optional Salsa Dance Class** for those that want to learn the basics.
 9.00 am Meeting with **ICAP**, the Cuban Institute of Friendship with the Peoples
 10:30 am We are off to learn about the power of organic urban farms in Cuba with a visit to **Playa Urban Garden**, where we will have the opportunity to exchange with workers
 1:00 pm Lunch at **la Ferminia**
 3:00 pm Briefing with **Juan José León, from the Ministry of Agriculture "A Cuban Agriculture Today"**
 4:30 pm **Visit to the Museo de Rum** and then enjoy free time to explore galleries, and local businesses in Old Havana.
 6:00 pm Dinner and evening are free for exploration. We can recommend the Farm to Fork paladar of La Mercaderes for a reservation. Other venues for live music will be shared as available.

Friday January 7-(Breakfast and Dinner included)

- 8:00 am Breakfast and then check out of casas particulares to drive to the beautiful **Vinales Valley**.
 10:30 am Visit **Estelo Diaz Farm** to exchange with Tobacco farmers.
 12.30pm Lunch on your own in Vinales.
 2.30pm Visit "**Republica de Chile**" **Cooperative** for an overview of the cooperative system.

5:00pm Check into your casas particulares, dinner is at a local paladar. The evening is free for cultural activities in town.

Saturday January 8 (Breakfast & Lunch included)

9:00 am **Visit Manuel Fajardo Cooperative** to learn about traditional landraces and seed saving efforts in Cuba.

11:00 am **Tour for Finca Paraiso Farm**

1:00 pm **Lunch at Paraiso Farm** (please note that if it is not included here then dinner will be)

4:00pm Exchange with the **Paraiso Farm with Wilfredo and Family**

Overnight in Vinales and dinner and evening are free for local cultural activities.

Sunday January 9 (Breakfast & Lunch included)

8:30 am Depart for **Patio Pelegrín**

9:30 am Visit the **Agricultural Community Project Patio Pelegrín**

12:30 pm Lunch at a **Restaurant in Las Terrazas**

2:30 pm Visit **Las Terrazas (Biosphere Reserve and Eco Station)**, discussion with Fidel.

5:00 pm Return to La Havana.

6:00pm Check into your casas particulares. Dinner and evening free for cultural activities.

Monday January 10 (Breakfast, Lunch & Dinner included).

9:30 am Visit and exchange with FANJ, the **Antonio Núñez Jiménez Foundation for Nature and Humanity**, which is a cultural and scientific non- governmental institution dedicated to research and promotion of programs and projects for the protection of the environment as it relates to culture and society. Dialogue and exchange with staff about important issues facing Cuba today. Learn about environmental education, science, urban agriculture and food security in Cuba. (**requested speaker Roberto Perez**).

1:00 pm Lunch at **el Tocaroro**

2:30 pm Afternoon service project with FANJ or urban farming time.

7:00 pm Dinner tonight is at **Jardin de los Milagros Paladar** with invited guest **Isis Salcines**.

Tuesday January 11 (Breakfast included)

9:00 am Leave for the **Finca Marta en Artemisa**, a wonderful Agroecological farm. Overview of Agroecology today in Cuba.

12:30 pm Lunch at **Finca Marta** today is farm to fork; please bring \$20 with you.

2:00 pm Continue our exchange time for service on the farm and **exchange with Fernandito Funes**.

5:00 pm Departure Artemisa back to Havana

Evening is free for dinner and cultural activities

Wednesday January 12 (Breakfast & Dinner included)

10:00am Meet with Community Arts project **Muralleando**. Free day for personal exploration.

Optional visits to the **Museum of the Revolution, the Bellas Artes museum, or the new museum dedicated to Fidel** can be organized among participants with Amistur.

5:00pm **Wrap up circle** with OGS

6:30 pm **Farewell Dinner**

Thursday January 13 (Breakfast included)

Am Breakfast is arranged this morning early at the casas.

5.00 am Transfer to the airport; COVID tests at the airport, flight leaves at 8:25 am.