

**CAFS HAVANA CULTURAL TRIP ITINERARY**  
**March 7th - 14th 2020**

**DAY 1, Saturday March 7**

Depart from the US and arrive at José Martí International Airport in Havana. A representative from CIPS (Centro de Investigaciones Psicológicas y Sociológicas) will meet you as you exit the airplane and will provide you the permanent visas (that take the place of the temporary visas provided prior to your flight by CAFS); they will then walk you through the immigration process. Armando Vilaseca will meet you once you exit the terminal and show you to the bus which will transport you to your accommodations. You will get a chance to settle in and get your first taste of Cuba with a short walking tour of the Vedado neighborhood. Enjoy dinner and an evening of leisure on your own or with your colleagues.

**DAY 2, Sunday March 8**

Enjoy a free day with an optional short walking tour of Old Havana as well as suggested visits to museums, art galleries, and sites of interests. Visit La Maqueta de Habana Vieja, a captivating and incredibly detailed architectural scale model (1:500) of the old city. Visit the Gran Teatro de Havana, Cuba's national theater. Walk through Plaza Vieja & Plaza de la Catedral and enjoy the beautiful architecture and street life of the city. Welcome dinner hosted by CIPS.

**DAY 3, Monday March 9**

Morning visit to the CIPS center with a welcome tour of the facility. Attend an introductory lecture on the realities of Cuba today. We will then have a meeting with former Olympic women athletes to discuss the Cuban athletic system. We will break for lunch then be transported to Old Havana to enjoy a more extensive tour of the old part of the city. After the tour you will be on your own the rest of the day so you can stay in Old Havana and continue to explore the city, have dinner or catch a show.

**DAY 4, Tuesday March 10**

Morning visit to the Federation of Cuban Women, or SENESEX, to learn about women & LGBTQ issues on the island. We then take a tour of the University of Havana, the oldest university in Cuba (founded in 1728) and one of the oldest in the Americas. Lunch in the Vedado area then an afternoon visit to the Laura Alonso (or similar) Dance Studio with a participatory dance lesson. Late afternoon and evening on your own.

**DAY 5, Wednesday March 11**

Morning visit to the Museo de Bellas Artes with a focus on Cuban colonial art. Lunch in Old Havana then finish the day with a visit to a Cuban community health facility that serves an entire neighborhood's medical needs. Possible visit to ISA (Instituto Superior de Arte). Late afternoon and evening on your own.

**DAY 6, Thursday March 12**

We visit the community of Alamar, a short drive outside of Havana and spend the morning in an organic farm cooperative with a focus on Cuban local, organic agriculture. Lunch at the open air Hanoi Restaurant featuring produce from the cooperative farm. Afternoon on your own. This evening we will visit the Fabrica de Arte, a large interdisciplinary arts laboratory and bar/ nightclub that displays the best of contemporary art in Cuba, with a strong social and community approach. Housed in an old oil factory transformed into a maze of music, art, dance and lounges.

**DAY 7, Friday March 13**

Visit the Plaza de la Revolución and the Jose Martí Memorial tower and museum. We then will take a short tour of el Callejón de Hamel, a small community project in Centro Havana that focuses on Afro-Cuban spiritual art by an artist named Salvador. After lunch we will take a drive through the Miramar neighborhood to Fusturlandia another community public-art installation with colorful, whimsical mosaics throughout the neighborhood done by local artist José Fuster.

**DAY 8, Friday March 14**

We leave Cuba and fly back to the US. . \*\*Please remember to have all flights arrive between 12:00 - 4:00 pm

\*\*\*Activities, events, days and times may change