



**Cuba Program
Praxis Peace Institute
Nov 13-19, 2016**

Sunday, Nov 13

12:45 pm **Depart Miami on American Airlines 9478**, arriving in Havana at 1:45 pm.

Upon arrival, meet your CET representative and Cuban guide. We will take a short orientation driving tour, stopping off at **Revolutionary Square**, the gathering place for political demonstrations and the home to many important government offices, and the **Morro Castle**, a centuries old Spanish Fortress overlooking the Bay of Havana and the city skyline.

4 pm **Settle in to the Historic Hotel Capri**, which was one of the first hotel casinos built by the Mafia in Cuba. Owned by mobster Santo Trafficante, and run by George Raft, the hotel was at a time one of the largest casinos in Havana. Located blocks from the University of Havana, Coppelia ice cream, and the Havana seawall, the recent remodeling provides first class amenities, while leaving the history and original charm of "The Capri." Rest and relax.

5:30 pm **Socio-economic discussion with urban planner Miguel Coyula**, who's presentation will touch on housing, infrastructure, investment and restoration programs. It's bound to leave you with a better understanding of why Havana looks the way it does today and possibilities moving forward. At Hotel Capri.

7 pm **Enjoy a traditional Cuban meal overlooking the Straits of Florida at the Hotel Nacional.** Tasty Cuban food served family style with a great view of the Havana sea wall and the old Spanish fortress. The setting brings many back to the 1950s, when the mafia held its annual meetings at this historic hotel.

Monday, Nov 14

9:30 am **Walking tour of the Old City.** Wander through the **Plaza Vieja**, the oldest plaza in Havana, dating from the 16th century. See the **Plaza de San Francisco**, a cobbled plaza surrounded by buildings dating from the 18th century, dominated by the baroque Iglesia and Convento de San Francisco dating from 1719. Visit **Plaza de la Catedral** and the Catedral de San Cristóbal de La Habana. Visit the **Plaza de Armas**, a scenic tree-lined plaza formerly at the center of influence in Cuba. It is surrounded by many of the most historic structures in Havana as well as important monuments.

12 pm **Lunch at La Bodeguita del Medio.** Located on a side street in Cathedral Square, this is apparently where the mojito, Cuba's famed National drink, was first created.

2 pm **Meeting with officials from INIFAT – Tropical Agriculture Research Institute**, for a discussion of Cuba's Urban and Suburban Agriculture Program. Specific focus on cooperative's role in the Municipal Food Self-sufficiency Program

5 pm **Discussion with economist Rafael Betancourt** regarding the cooperative movement in Cuba. At Hotel Capri.

Tuesday, Nov 15

- 8:30 am **Depart for Pinar del Rio**, the western-most province, famous for its rich soil, tobacco production and spectacular scenery.
- 10:30 am Visit to cooperative farm Camilo Cienfuegos (CPA) for a discussion with members.
- 12 pm Enjoy a traditional Cuban meal along with members of the cooperative.
- 3 pm **Arrive in Viñales**. Considered by many to be the most beautiful place in Cuba, the Viñales Valley National Monument holds stunning landscapes. The area is also famous for being the premier tobacco growing area in the world. **Here we will stay in private bed and breakfasts run by Cuban families.**
- 5 pm **Meeting with the Municipal Group for Local Development**, discussion of cooperative movement in Vinales and other local issues.
- 7 pm **Enjoy a farm-to-table experience on the grounds of a local farm**, Finca Paraiso Agroecologica (the agro-ecological Paradise Farm), where we will learn about Cuban agriculture and tobacco production, while indulging in an organic meal.

Wednesday, Nov 16

- 8 am **Enjoy a morning hike with a local guide through tobacco fields**. Talk to you guide about the possibility to try the excursion on horseback.
- 11 am **Visit to Finca La Cabaña**, cooperative José María Pérez (CCP), where we will have an exchange with members. Enjoy a late morning snack along with the discussion.
- 2 pm Spend the afternoon at **las Terrazas National Forest** for an overview of conservation programs and a discussion with local residents in the area. **We will enjoy a vegetarian meal with Tito Gomez**, director of local social programs.
- 6 pm Arrive to Havana – check-in at Hotel Capri and enjoy a free evening.

Thursday, Nov 17

- 9 am **Discussion with Dr. Humberto Miranda**, scholar at the Institute of Philosophy and expert on the cooperative movement in Cuba. At Hotel Capri.
- 11 am **Visit to Organopónico Vivero Farming Cooperative in Alamar (UBPC)**. Alamar is a housing project of Soviet-style apartment blocks on the outskirts of Havana. In response to the food crisis in the 1990s, urban organic urban gardens projects were initiated throughout the country. Cooperative members will show us around the 4-hectare farm and explain the history of the project, their growing techniques, the distribution and sales of their products, followed by a discussion.
- 1 pm **Lunch at El Figaro**, a socially-conscious restaurant in the Santo Angel neighborhood.
- 2:30 pm **Discussion with barber “Papito” and tour of the Santo Angel neighborhood**, a good example of social entrepreneurship and private-public partnership.
- 4 pm **Visit to the Litz Alfonso Academy, a women-led dance company and school for local youth**, specializing in various types of dance. We will watch a private performance by the adolescent dance group, and sit

with the dancers afterward to discuss how they came to join the school and the impact it has had on them. The talent and work ethic at this school is impressive.

6 pm **Spend the evening at Café Madrigal with Frank Delgado**, renowned singer and songwriter, for a discussion about the nueva trova movement in Cuba, followed by a musical performance. **Café Madrigal**, owned and run by film director Rafael Rosales, is housed in a beautiful colonial mansion with the walls lined with captivating art work. Enjoy tasty tapas and cocktails.

Friday, Nov 18

9 am **Morning discussion with Carlos Alzugaray**, former Cuban diplomat and expert on U.S. – Cuba relations, to learn about the bilateral relationship and Cuban foreign policy. At Hotel Capri.

11 am **Visit to the Museum of Cuban Art.** We will be accompanied by **Nelson Herrera**, an art historian, who will provide an overview of Cuban art and artists over the last 4 centuries.

1 pm **Lunch at Paladar Atelier.** This restaurant is equally known for its atmosphere and exquisite cuisine. The lighting and textures of the house, which was home to a pre-revolutionary senator, coupled with walls adorned in modern art, create a cozy, but modern setting.

3 pm **Visit to the Nostalgic Cars restoration garage.** Owners Nidialys Acosta and Julio Alvarez have taken advantage of the recent economic opening to put together a fleet of 20 plus pristine “clasicos” to provide professional service to their clientele. Learn firsthand how they restore these beauties from the 1950s.

7 pm **Farewell Dinner at La Divina Pastora**, a beautiful restaurant overlooking the bay of Havana. This once state-run restaurant has been turned over to the workers, with whom we will speak about challenges and opportunities.

Saturday, Nov 19

9 am **Discussion with journalist Marc Frank.** Author of “Cuba Revelations” and the longest serving foreign correspondent in Cuba, Frank writes for Reuters, the Financial Times and the Economist, and is an authority on the Cuban economy. His will offer insight into important economic, political and social issues on the island and share colorful stories about being a reporter in Cuba. At Hotel Capri.

10:30 am Hotel check-out and depart for airport.

11 am On the way, we will **visit La Finca Vigía.** Formerly the home of Ernest Hemingway, today it still houses his expansive collection of books. It was here where he wrote two of his most celebrated novels: For Whom the Bell Tolls and The Old Man and the Sea. The beautiful grounds and bizarre tales from Hemingway’s many years in Cuba are captivating. Sandwiches en route.

3:40 pm **Depart Havana on American Airlines 9471**, arriving in Miami at 4:40 pm.