

**“Exploring Health, Wellness & Culture in Cuba”
A MEDICC Gateways Professional Research Opportunity
February 16-22, 2020**



Cuba!

Join MEDICC for an insider’s look at intersections between health and culture in Cuba’s unique and historic capital!

MEDICC welcomes all whose area of expertise and/or profession is medicine, health or wellness; as well as artists, photographers, actors, musicians and other cultural workers whose professional life includes culture as a component of health, contributing to improved social determinants of health or individual/population wellbeing.

An extraordinary itinerary is in the works on the tail end of Havana’s 500th Anniversary year, including learning from participatory community projects, natural/traditional medical therapies, artists’ cooperatives, mental health centers, neighborhood family doctor-and-nurse offices, children’s theaterand finally, the HistArtMed program that brings together Cuban health professionals and the country’s vibrant culture, past and present.

**Draft Program in Cuba
(Subject to change)**

Sunday, February 16

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| Morning / Afternoon | ARRIVAL
Check-in Hotel Sevilla |
| Morning / Afternoon | Orientation Meeting: Background on Cuban social development and your program, Hotel Sevilla |
| Afternoon / Evening | Welcome Lunch or Dinner |

Monday, February 17

Morning	Primary care in Cuba's National Health System Visit a community-based multispecialty polyclinic and a family doctor-and-nurse office nearby. Both are accredited for teaching medical and other health professionals. Take time to talk with patients, too.
Lunch	Lunch in a privately owned restaurant
Afternoon	Community cultural projects Visit to the community transformation cultural project "Fuster's Alley" in the Jaimanitas neighborhood
Evening	Dinner on your own followed by an optional selection of cultural offerings recommended by MEDICC

Tuesday, February 18

Morning	Gender equity in Cuba Meeting and exchange with sociologist Marta Núñez and Mareleen Díaz Tenoria (Master's in Social Sciences), Deputy Director of Social Equity, Gender and Development at the Oscar Arnulfo Romero Center.
Lunch	Lunch in a privately owned restaurant
Afternoon	Community Empowerment Visit to the "Muraleando" Project, to observe an example of a community project that integrates early childhood education, visual and other arts, and culture.
Evening	Dinner on your own followed by an optional selection of cultural offerings recommended by MEDICC

Wednesday, February 19

Morning	Migration and religiosity: Traces of African cultures in Cuba A walking tour through the neighborhoods of Old Havana, guided by a specialist from the Casa de Africa museum, who will reveal traces left by the presence of African cultures in Cuba, not only through their religiosity, but also showing their visible imprint on city spaces.
Lunch	Lunch in privately owned restaurant
Afternoon	Psicoballet: Dance as medicine that transforms lives Exchange with the ARTEVIDA Project for a Culture of Peace, directed especially toward young people with cognitive disabilities, using arts therapy methods. Casa de Africa Museum, Old Havana
Evening	Dinner on your own followed by an optional selection of cultural offerings recommended by MEDICC

Thursday, February 20

Morning	<p>Community development and the environment Head for Artemisa Province to visit a women’s farming cooperative at La Caléndula Farm, where the main crops are medicinal plants, and the main project is to educate the community on the use of natural and traditional medicine. The coop is located in the midst of the Sierra del Rosario Biosphere Reserve.</p>
Lunch	Lunch in Las Terrazas
Afternoon	<p>Walking tour of Las Terrazas community A walking tour of Las Terrazas, including exchanges with residents and artists in residence in the community.</p>
Evening	<p>Contemporary art in Cuba Visit to la Fábrica de Arte Cubano (the Cuban Art Factor), a laboratory for interdisciplinary creation, with an emphasis on the social and community; a space of exchange different artistic manifestations live together and interact in the same building.</p>

Friday, February 21

Morning	<p>Heath and Culture in neighborhoods Visit to the Cuban School of Wushu and Qigong for Health in Havana’s Chinatown</p> <p>A social economy based in solidarity, an economy for all Meeting with a specialist in the Master Plan (for development) of the Historian’s Office of Havana, and visit to the community project “ArteCorte” in the Santo Ángel neighborhood in Old Havana.</p>
Lunch	Lunch in a privately owned restaurant
Afternoon	<p>Cuban traditions up close A meeting and exchange with specialists from the Research Center on History, Art and Medicine (HISTARTMED) and from the Unit for Health Promotion and Disease Prevention.</p>
Evening	<p>A unique encounter with Cuban folkloric arts A music and dance performance by Obini Batá, an all women’s group who combine traditional drumming, dance and song in their shows. The Yoruba Museum and Association of Cuba</p>

Saturday, February 22

Morning	Check out from the Hotel Sevilla
Morning / Afternoon	Departure for the U.S.