



Join *MEDICC* in Cuba for this People-to-People Gateways Trip
‘At the Heart of Health in Cuba:
Professionals, Communities, and Culture’

You are invited to join MEDICC in Havana for an unforgettable journey through Cuba's healthcare landscape and vibrant culture.

You can expect to hear from Cuban scientists on details of their research and innovations, while health and medical professionals share their experiences, strategies, and challenges. Joined as well by environmental leaders and community leaders, we hope that you will take advantage of this unique opportunity to explore with Cuban colleagues the pivotal roles of science, culture, community, and health in achieving global health security, equity, and the health of our planet.

WHEN & WHERE: December 1-7, 2024 in Havana, Cuba

LODGING: Casa Italia, Miramar, Havana

COST: 6 nights \$3,800 – \$4,100 (see page 2 for more details)

WHO: This people-to-people travel is organized by MEDICC, a U.S. nonprofit with over 25 years of experience sponsoring travel to Cuba for health professionals, writers, policy makers, foundation executives, planetary health activists, artists, community leaders, and more. This group will be kept small to ensure more in-depth exchanges in Cuba and with each other.

U.S. LEGAL REQUIREMENTS: MEDICC abides by US regulations for travel to Cuba, this trip covered under the general OFAC/Department of the Treasury general license for “educational travel”, specifically “people-to-people” exchanges, with maximum opportunity to meet and dialogue with an array of Cubans. US law requires each participant to complete a full-time schedule of professional activities.

PROGRAM: The itinerary takes advantage of MEDICC’s experience providing an inside look at Cuba, and of relationships built with the island’s leaders in health and health policy, community engagement, scientific research and culture. You’ll be able to engage Cuban scientists and communities, too—and assess for yourself both results and challenges of efforts to harness science and culture for health, health equity and sustainable development.

Opportunities include site visits to medical, research and biotech centers; local participatory projects focused on climate change, the environment, community leadership and gender; and to international programs in areas such as medical education, chronic diseases, epidemic response and disaster preparedness. You’ll also have front-row seats to how Cuba’s culture and its deep roots contribute to wellbeing, even amidst serious economic challenges. The final itinerary will be tailored to the fields of interest represented by our group.

Your evenings will be free to explore Havana's thriving cultural scene, including concerts, jazz sessions, dance, and the fine arts.

COSTS: HERE'S WHAT YOUR PAYMENT COVERS

- A MEDICC itinerary tailored to your group's interests
- Pre-trip registration details, Cuban academic visa, virtual orientation, tips for travel and background readings
- Scheduling of all site visits and meals, plus an updated schedule of evening cultural options
- Welcome and in-person orientation on arrival
- Six nights lodging with wifi
 - Your lodgings are permitted under US travel regulations and vetted by MEDICC
- All meals (including tips)
- Five days of full-time program activities
- Expert interpretation
- Air-conditioned chartered bus to all scheduled activities, including airport transfers in Havana

A MEDICC representative will accompany the trip and we'll also be joined by professors from the National School of Public Health and a bilingual guide from AMISTUR, ensuring smooth travel logistics.

COSTS DO NOT INCLUDE

- Airfare
- Outings not included in trip itinerary
- Housekeeping (tips and additional services)
- Telephone charges (local or roaming outside wifi)
- Personal purchases and gifts
- Tips for guide, interpreter or driver

HOW: Reply to this email if you are interested in this MEDICC trip, and we will be glad to provide you with registration information. Space on the trip is limited, so we will accept participants on a first come-first served basis.

Join us in Havana for this once-in-a-lifetime opportunity!

Join MEDICC in Havana!

*“At the Heart of Health in Cuba:
Professionals, Communities & Culture”*

December 1-7, 2024



Possible Themes and Visits

- **Primary Health Care: Pillar of Cuban Health Care:** During a site visit to a community polyclinic and family doctor-nurse offices, learn from primary care providers about their responsibilities, daily routine, and role in the community. Hear from local residents who are the patients they care for, and compare to US primary care opportunities.
- **Gender and Race in Cuba:** In conversation with local anthropologists, sociologists, activists, and civil society leaders, discuss the intersections between gender and race in historical and contemporary Cuba.
- **Cuban Experiences in Communicable Diseases:** Explore programs for prevention, diagnosis, and treatment of communicable diseases, including an update on the National Childhood Immunization Program and strategies to address epidemics.
- **Art, the Environment and Health in Artemisa Province:** Travel to the Sierra del Rosario Biosphere Reserve. Take a walking tour of Las Terrazas community and exchange with neighbors and artists-in-residence.



Polyclinic: Primary healthcare in Cuba.

- **Cuba’s Global Health Cooperation:** Hear from Cuban health professionals who have volunteered abroad, including those who joined medical teams addressing COVID-19 in various countries. Exchange with faculty at the Latin American School of Medicine and scholarship students there from the world over.



Innovations in prevention and treatment.



Behind the scenes at a family doctor-and-nurse clinic.

- **Biotechnology and Public Health in Cuba:** Engage with developers of Cuba’s vaccines and novel biotech applications to assess the results in Cuban population health, and explore collaboration opportunities.
- **Striving for Greater Equity in Cuba:** Exchange with civil society leaders to learn about Cuba’s New Family Law and local initiatives to enhance equity. Consider similar efforts in your own communities.

Community Cultural Projects: Visit a local development project to learn more about Cuban history, traditions, and cultural expressions at the community level. And enjoy the music that has made Cuba a worldwide sensation...from the mambo and son to salsa!

What Our Participants Say

“Life-changing trip to be remembered always!” -Wendy W.

“Enlightening, inspirational, awakening.”-Tomás M.

“Trip of a lifetime!” -Rick B.



Enjoy mambo, son, and salsa!

For more information, contact Gisele Coutin Marie at gcoutinmarie@mediccglobal.org