

CUBA

Exploring Public Health in Cuba

2 Credits

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Travel Dates: May 4-11

Estimated Travel Fee: \$5,400

DAY 1 | Arrive in Havana

Fly from Boston to Havana, where you will enjoy a light lunch. After an orientation meeting with the Medical Education Cooperation with Cuba (MEDICC) team, visit Old Havana, a UNESCO World Heritage Site. Settle in at your Cuban hotel, Casa Italia Boutique Hotel. Dinner.

DAY 2 | Havana

In the morning, visit the Dr. Cosme Ordoñez community polyclinic, a pillar of the national health system, and a fair on comprehensive health in young people and adolescents. Light lunch with health professionals. In the afternoon, visit the offices of a family doctor and nurse. Dinner.

DAY 3 | Havana

Participate in a practical birthing class at the obstetric ward at the Artemisa Ciro Redondo García General Teaching Hospital. After lunch with health professionals, learn about agro-ecology as an incentive for Food Sovereignty at Finca Marta (Marta's Farm). Dinner.

DAY 4 | Havana

Learn about diabetes management in primary health care before lunch. Then learn about mental and social rehabilitation therapy with the Cuban Pyschoballet Therapeutic Project. In the evening, visit Almacenes San José handicrafts market followed by dinner and music.

Sample Itinerary

DAY 5 | Havana

Exchange information about postgraduate programs for nurses in Cuba and in the United States. Lunch. Visit Casa de Abuelos, Plaza Polyclinic, a senior center where you can observe occupational care. Dinner then an evening visit to Fábrica de Arte Cubano.

DAY 6 | Havana

Exchange at the Dr. Guillermo Fernández Hernández-Baquero Dermatological Hospital and San Lázaro sanctuary. Lunch. Learn more about the *Habitat Project*, a public space that promotes responsible parenting. Farewell dinner with Cuban guests.

DAY 7 | Havana & Artemisa

Hear a presentation on the Cuban Literacy Campaign, then tour *Las Terrazas* community in the Sierra del Rosario Biosphere Reserve in Artemisa. Lunch, then return to Havana. Dinner.

DAY 8 | Return Home

Take a morning flight back to Boston.