

**University of Pennsylvania - School of Social Policy & Practice
Cuba Program – May 2018**



About Us

Cuba Educational Travel (CET) is a leader in educational travel to Cuba. CET unlocks the best of the island country by providing access to top academics, community programs, government organizations, leading cultural figures and everyday Cubans. CET's tailor-made programs enable travelers to experience Cuba's vibrant culture and gain a deeper understanding of the island, while ensuring full compliance with all U.S. regulations.

CET has been on the frontlines of educational and cultural collaboration for a number of years. With wide ranging experience and contacts in educational exchange, CET has organized short term study abroad program for hundreds of American universities undergraduate and graduate programs spanning from international relations, business, economics, law, the arts and more. CET also specializes in coordinating academic conferences, research delegations and visits by University leadership teams. CET believes strongly in promoting multi-faceted exchanges and has organized dozens of academic exchanges for Cuban academics, students and entrepreneurs in the US.

Our Value Proposition

By leveraging this expertise and curated travel capabilities, Cuba Educational Travel offers a product that is unrivaled. Our strong presence on the island and in important academic and cultural circles allows us to provide unparalleled access and knowledge. This combined with the beauty and intrigue of Cuba and its people make for truly unforgettable experiences.



UPENN - School of Social Policy & Practice - May 17-31, 2018

Thursday, May 17

- 9:40 am **Depart JFK on Delta flight**, arriving to Havana at 1:35 pm. **Meet your CET guide** at the exit of the terminal and transfer to lodging.
- 3 pm **Check-in at bed and breakfasts, known as “casas particulares,” or “private homes.”** Since the 1990s Cuban families have been permitted to rent rooms out of their family homes to foreigners. Featuring comfortable accommodations and ample privacy, it's a great way to interact with everyday Cubans.
- 7:30 pm **Welcome dinner at Paladar San Cristobal.** Located in the heart of Central Havana, this paladar has a reputation of excellence in both atmosphere and local cuisine. Enjoy great food while the local takes you back to the 1940s and 50s.

Friday, May 18

- 8:30 am **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.

9:30 am - 12:30 pm – *Classroom time*

- 1 pm **Lunch at Doña Eutimia paladar.** Famous for its *ropa vieja* and frozen mojitos, this cozy paladar made Newsweek Magazine's top 100 restaurants in the world in 2012. The restaurant's location in the beautiful cathedral square is unbeatable.
- 2:30 pm **Visit the Taller Experimental de Gráfica.** The Taller is Havana's printmaking and lithographic workshop. It is a studio, a school and most of all, an art institution that preserves and develops the sophisticated art of print making with relative freedom of spirit and form.
- 3 pm **Behind the scenes tour of Old Havana.** Walk around old Havana to witness Cuban life first-hand. We will visit places such as:
- **The Biblioteca “Ruben Martinez Villena”.** A local library that coordinates a myriad of impactful social programs for young and elderly communities around Havana.
 - **Visit the “Young Brothers of Florence” Gymnasium.** Located in the heart of old Havana, take a journey into a local gym few tourists visit.
 - **Home visit with Havana residents**, visit/tour home, discussion of ration cards, jobs, *el paquete*, transportation, and other topics of their daily life.

Late afternoon and evening free

Saturday, May 19

Free day

Sunday, May 20

Free day

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Monday, May 21

8:30 am **Morning discussion with** Cuban diplomat, essayist, educator and political analyst **Carlos Alzugaray**, about the Cuban Revolution and U.S.-Cuba relations and the change in power on the Cuban government after the 2018 elections.

9:30 am - 12:30 pm – *Classroom time*

1 pm **Lunch at Chachacha**, located between the Museum of the Revolution and the Museum of Fine Arts in Old Havana, it is known for the exquisite cuisine dishes and the variety of national and international cocktails served at the bar.

2:30 am **Visit to the Museum of the Revolution**, which holds hundreds of artifacts from pre- and post-revolutionary times, and highlights the tense relationship between the U.S. and Cuba.

Late afternoon and evening free

Tuesday, May 22

9 am **Visit to the Literacy Museum**, which outlines the history of the revolutionary-era programs to guarantee 100 percent literacy on the island. **Discussion with Norma Guillard**, director of ARAAC (Cuban branch of La Articulacion Regional de Afrodescendientes de Latinoamerica y el Caribe), and a leader in the literacy campaigns of the 1960s.

11 am **Visit to the Faculty of Artes Plasticas at ENA**, National School of Arts, considered by historians to be one of the most outstanding architectural achievements of the Cuban Revolution. Built on the site of a former country club in the far western Havana suburb of Cubanacán, the school served as the primary incubator for Cuba's artists, musicians, actors and dancers.

1 pm **Lunch at El Aljibe**, a government-run restaurant famous for its black beans, baked chicken and large family style portions.

Afternoon and evening free

Wednesday, May 23

8:30 am **Discussion with Ricardo Torres**, Economist from the Center for the Study of the Cuban Economy. Get an overview of the Cuban economy, reforms, and growth outlook from the leading economic minds in Cuba.

9:30 am - 12:30 pm – *Classroom time*

1 pm **Enjoy lunch at Havana's 21 restaurant**, in Vedado neighborhood.

2:30 pm **Visit a centuries-old mansion in Vedado neighborhood**. Step inside this stately residence to discover what lies behind the crumbling facades of Havana's impressive mansions. Josie, who has lived in the house for over 60 years, will show us around and explain its rich history. **Discussion about the complex Cuban real estate market**.

Late afternoon and evening free

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Thursday, May 24

- 9 am **Discussion with Dr. Marcelino Feal**, a Professor of General Surgery at the University Hospital Calixto García. **Dr. Feal** will provide an overview of the Cuban health care system, followed by a discussion.
- 10:30 am **Community Health tour of Old Havana with Barrio Habana**, a nonprofit organization that leads a community sports, health and art initiative for citizens of all ages. Visit to local pharmacy and nursing home and discussion with locals about community health programs.
- 12:30 pm **Lunch at 5 Esquinas Trattoria**. Situated in the northern part of *Habana Vieja* “Five Corners” name refers to its physical location; at an intersection forming a 5-pointed star, just 2 blocks away from the Museum of Revolution. This Italian *paladar* is part of rapid growth drawing more visitors to this part of old town that was off the tourist map just a few years ago.

Afternoon and evening free

Friday, May 25

9 am - 12 pm – *Classroom time*

- 12:30 pm **Enjoy pasta, pizza and salad** at Centro Asturiano’s Italian restaurant XANA.
- 2 pm **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 four centuries.
- 3:45 pm **Visit to the Lizt 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.

Late afternoon and evening free

Saturday, May 26

Free day

Sunday, May 27

Free day

Monday, May 28

9 am - 12 pm – *Classroom time*

- 12 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.

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2 pm **Socio-Political Lecture by Rafael M. Hernandez**, historian, author, and editor of *Temas*, a Cuban quarterly in the field of social sciences and humanities. Hernandez will talk to us **about the Cuban immigration history** (Mariel Boat Lift, Special Period, etc.).

Late afternoon and evening free

Tuesday, May 29

9 am **Discussion with La Reyna y Real**, a female hip hop/jazz duo. The group's music focuses on breaking down stereotypes in Cuban society, including machismo, healthy relationships, gender relations and race. They will share info about their interesting musical journey and insight into the challenges and opportunities young Cubans face.

11 pm **Visit to the Martin Luther King Center**, an organization that promotes Christian social responsibility and progressive change throughout the region through the distribution of medicines, HIV prevention programs, and housing projects. In the spirit of popular education, it runs extensive training workshops to empower Latin Americans and promote social involvement.

12:30 pm **Lunch at Starbien restaurant**, located in a two-story colonial house in Vedado neighborhood.

Afternoon and evening free

Wednesday, May 30

9 am - 12 pm – *Classroom time*

12:30 pm **Lunch at El Polinesio**. Located in the Habana Libre Hotel, it was inaugurated in 1958 as The Havana Trader Vic's. Now open and still Polynesian as a state-owned restaurant, much of its original décor is still intact.

Early afternoon free

6 pm **Spend the early 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 artwork. **Enjoy tasty tapas and cocktails.**

7:30 pm **Farewell dinner 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.

Thursday, May 31

10:30 am Check out and depart for the airport.

12:55 pm **Depart Havana on Delta flight**, arriving to JFK at 3:54 pm.