



CalypsoKronos
USA

HEALTH, SCIENCE &
EDUCATION IN CUBA



CUBA





HEALTH, SCIENCE (7 DAYS) & EDUCATION IN CUBA



DAY 1 | HAVANA

- Arrival in Cuba at José Martí International Airport, welcome by the guide.
- Lunch at local restaurant or paladar.
- Check-in and briefing with guide and representative to review the itinerary.
- Orientation meeting with the guide in a meeting room to discuss details of itinerary activities and schedules.
- Meeting with MINSAP representative in a conference room to learn about the functioning and structure of our health system.
- Welcome dinner at local restaurant or paladar.



Meals: lunch, dinner.

DAY 2 | HAVANA

- Breakfast.
- Visit to a Family Doctor's Office, exchange with doctor.
- Panoramic tour of the city.
- Lunch at local restaurant or paladar.
- Visit to a polyclinic, exchange with health care personnel.
- Visit to Hamel's Alley with artistic presentation and a liquid included.
- Return to hotel and free night.

Meals: breakfast, lunch.





AUTOS CLÁSICOS



DAY 3 | HAVANA

- Breakfast.
- Departure to the Plaza de la Revolución, time to take pictures and old cars.
- 1 hour tour in antique cars through Modern Havana, ending in Old Havana.
- Visit to the Museum of the Revolution.
- Visit to the Museum of Fine Arts, Cuban Art Building.
- Lunch at a local restaurant or paladar with tasting of Cuban cocktails.
- Visit to a mother’s or elderly care home.
- Visit to the handicraft markets of Almacenes de San José, shopping time.
- Return to hotel.
- Dinner at local restaurant or paladar.

Meals: breakfast, lunch, dinner.



DAY 4 | HAVANA

- Breakfast
- Visit to the Latin American School of Medicine (ELAM), exchange with students and professors.
- Visit to the Fuster community project.
- Lunch at local restaurant or paladar.
- Visit to Habana Compas Dance, presentation of the company and exchange with dancers and teachers.
- Meeting with Cuban specialist to learn about the lung cancer vaccine developed by our scientists, as well as other national products such as Heberprot-P to treat patients with diabetic foot ulcers.
- Dinner at local restaurant or paladar.

Meals: breakfast, lunch, dinner.



DANCING CLASS HAVANA



CIUDAD LIBERTAD

DAY 5 | HAVANA

- Breakfast
- Visit to an elementary school in Ciudad Escolar Libertad
- Visit to the Literacy Museum, where the history of our country’s literacy campaign led by Comandante Fidel Castro is displayed.
- Lunch at local restaurant or paladar.
- Visit to the community project Angels of the Future, a children’s project that participates in the circus.
- Dance classes for 1 hour at the Almendares Club.
- Return to hotel and free night.

Meals: breakfast, lunch.

DAY 6 | HAVANA

- Breakfast.
- Meeting with MINSAP specialist on Cuba’s response to the COVID-19 pandemic, vaccines and the work of Cuban physicians.
- Departure to Old Havana, guided walking tour through the notorious squares of Old Havana.
- Lunch at local restaurant or paladar with Cuban cocktail tasting.
- Visit to the Taller de la Gráfica, exchange with artists.
- Visit to artists’ gallery.
- Free time for shopping.
- Return to hotel.
- Farewell dinner at local restaurant or paladar.

Meals: breakfast, lunch & dinner.



PLAZA VIEJA HAVANA

DAY 7 | HAVANA

- Check-out, accommodation and departure to José Martí International Airport, to take the flight back to the USA.

Meals: breakfast

END OF TRIP



HIGHLIGHTS INCLUDE:

- Alojamiento: Hoteles 5, 4 y 3 estrellas y Casas Particulares
- Encuentro con representantes del Ministerio de Salud Pública (MINSAP).
- Instituciones de la salud: Consultorio Médico de la Familia y Policlínico.
- Escuela de Educación Primaria.
- Escuela Latinoamericana de Medicina (ELAM) Visita a un hogar materno o de atención al adulto mayor.
- Encuentro con especialista del MINSAP sobre la labor de Cuba ante la pandemia de COVID-19, las vacunas nacionales desarrolladas y el desempeño de los médicos cubanos en el mundo.
- Encuentro con especialista cubano para conocer sobre la vacuna para el cáncer de pulmón desarrollada por nuestros científicos, así como otros productos nacionales como el Heberprot-P para tratar a pacientes con úlceras del pie diabético.

PLACES OF INTEREST

- Literacy Museum
- Community projects
- Museum of Fine Arts and Museum of the Revolution
- Dance classes and dance companies





SUGGESTIONS

- Nightlife options: Tropicana, Parísien, Habana Café, Jazz Club la Zorra y el Cuervo, Gato Tuerto, Jazz Café, Café Taberna, El Tocooro, La Bodeguita del Medio, among others.
- Light clothing and comfortable shoes for walking tours.
- Hats and sunscreen for the ride in the old cars, most of them can be convertibles.



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Contact us for more info:
Yolexis Torres
Office Manager, Miami



Travel@CubanGateway.com

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