

## **Cuban Public Health & Healthcare Up Close**

### **November 26 – December 4, 2016**

**A People-to-People Educational Exchange in Cuba for  
Alumni of the Harvard T.H. Chan School of Public Health**

**Organized by [Medical Education Cooperation with Cuba \(MEDICC\)](#)**



**Travel authorized under the provisions of the General License for travel to Cuba of the Office of Foreign Assets Control (OFAC), U.S. Treasury Department. Travel services provided by [Marazul Charters, Inc.](#), a licensed travel service provider.**

Medical Education Cooperation with Cuba (MEDICC) invites alumni of the Harvard T.H. Chan School of Public Health to participate in a special 7-day people-to-people travel exchange focusing on the Cuban national health system, which produces health status measures comparable to those of developed countries -- at a fraction of the cost. The exchange will highlight elements of the Cuban system that are applicable to U.S. settings, including emphasis on prevention; care delivery that combines public health and clinical medicine; neighborhood-based access to care; robust health data collection and analysis; and active community engagement. Travelers will participate in a full-time schedule of activities during the exchange, and will have many opportunities to get to know Cubans in the settings where they live and work.

**The program will be designed according to participants' interests, and may include the following site visits, exchanges, and activities:**

- *Consultorios* (neighborhood doctor-nurse offices), *policlinicos* (multi-service secondary-level clinics), and hospitals to understand Cuba's primary, secondary, and tertiary health care delivery sites.
- Exchanges with members of community and neighborhood organizations promoting health for Cubans of all ages
- Exchanges with residents of maternity homes and/or senior centers
- Visits to specialized medical centers for the management of chronic diseases such as diabetes
- Site visits and exchanges in both Havana and provincial areas
- An exchange with U.S. students of Cuba's Latin American Medical School (ELAM)
- Participant-only discussions with experienced MEDICC Staff to reflect on the implications of the Cuban health system for outcomes in the US.

**Registration:**

This educational exchange will accommodate a maximum of 32 people (divided into two groups of 16). A Harvard Chan School staff member, and a MEDICC representative will accompany each group. MEDICC will collect essential travel information and poll participants about their interests via the online application form, and the Harvard Chan School may arrange the groups to best match participant interests. Applications will be accepted on a first come, first served basis and we expect that the trip will fill to capacity quickly. No deposit is due at the time of application but MEDICC will contact you shortly after registration is complete to request a \$500 deposit, which will be fully refundable until September 27, 2016. **The application deadline is August 1, 2016. The deposit, a passport scan or photocopy, and required documents are due no later than September 1, 2016. Please apply online by clicking [here](#).**

**Travel arrangements and costs:**

Once you have applied to and been accepted for the exchange, you will sign a Participation Agreement, and send MEDICC a \$500 deposit to guarantee your place. **Participants make their own domestic flight arrangements to Miami, as well as their own overnight arrangements there, if needed.** The total cost for a one-week program varies depending on the number of participants, hotel and ground transportation costs, but will be around \$5,000-\$5,700 depending on accommodations selected (see below for description of options). Marazul Charters will inform you of the final cost and invoice you closer to your travel date.

**Cost estimate includes:**

- Pre-trip orientation webinars, detailed travel advice, and a packet of relevant readings
- Roundtrip airfare between Miami and Havana
- Lodging for seven nights, all breakfasts and weekday lunches—5 nights in Havana and 2 nights in Matanzas province
- Legal travel fully authorized under the U.S. Treasury Department/OFAC General License
- Full-time program of educational exchanges tailored to the group's expressed interests
- Ground transportation in Cuba for all program activities
- A MEDICC expert and a specialized medical interpreter to facilitate your communication with the many Cubans you'll meet on the exchange
- Cuban visa and health insurance to cover you while in Cuba

**Cost estimate does not include:**

- Domestic airfare to/from Miami and accommodations in Miami
- Dinners
- Incidentals such as taxis, bottled water, telephone/internet fees, tips
- Optional activities and expenses

**Important notes:**

**A passport valid through 6/5/2017 is required;** if your passport expires before then, please [renew early](#), or your Cuban visa may not be processed on time. Spouses and companions of primary travelers may attend the program. In order to be eligible, they must complete a separate application form, pay separate fees, and participate in all the official activities of the exchange. Travel companions of primary travelers should have experience in public health or health care delivery or at least a deep interest in these topics. To ensure the maximum number of Harvard Chan alumni who can experience this unique opportunity, we ask that each primary traveler only register a maximum of one travel companion.

**Travelers must arrive in Miami on Saturday, November 26, 2016.** Return flights from Havana to Miami are sometimes delayed, and it is suggested that travelers plan to depart from Miami for their home cities no earlier than 7:30 pm on Sunday, December 4—this schedule could result in a layover of several hours in Miami, but is preferable to a missed connection. MEDICC and Marazul cannot guarantee the charter flight itinerary until 45-60 days before departure. The Harvard Chan School plans to arrange a first night meet-and-greet at the Hilton Miami Airport prior to departure where the School has reserved a block of rooms that travelers can book on their own. Time and location will be announced shortly after registration closes, and in plenty of time to book your flight to Miami. The Harvard Chan School has also reserved a small block of rooms at the Hilton Miami Airport for the night of December 4 for those who wish to spend the night in Miami upon our return from Havana earlier that day. MEDICC also expects to organize welcome and farewell dinners in Havana, with both groups together, on November 27 and December 3. For those who wish to stay

**Options for accommodations in Cuba:** MEDICC and Marazul have reserved accommodations for participants in the Meliã Cohiba (5 stars), the Hotel Presidente (4 stars), and rooms in private homes in the Vedado neighborhood (*casas particulares*—3-4 stars). Participants may choose single or double rooms, and will indicate their choice when registering. Accommodations options are subject to availability.

**Contact:**

For any questions relating to the MEDICC-Harvard Chan School People-to-People educational exchange to Cuba, please contact MEDICC's Gateways Program Director Elizabeth Sayre at [esayre@mediccgloba.org](mailto:esayre@mediccgloba.org) or 510.350.3564.