Course Number: HLTH 295

Course Title: Cuba: CAM Therapies in Cuban Health Care and Cultural Immersion

Level: Undergraduate, graduate standing or CE student

Credits: 3 credit FLPA in Havana, Cuba

Program Dates: March 10 – 18, 2018 – Registration by Nov 20, 2017

Catalog Description:
Introduction to the culturally appropriate and sustainable, integrated health system in Cuba.

Course Description
This faculty-led learning opportunity for 10 students in Havana, Cuba and surrounding country side will introduce students to CAM Therapies in the Cuban Health Care System. Students will be immersed in the life and culture of Cuba. Students will attend lectures and have an opportunity to learn from practitioners of CAM. Didactic content will include an introduction CAM in Cuban Health Care; examine historical, environmental, social, and political forces that impact the health of Cubans. Students will visit clinics; an organic urban farm; a UNESCO Bioreserve and education center; a local pharmacy where natural medicines are prepared; exchange with a Natural and Traditional Medicine Clinic; and visit at a Policlinic and family doctor’s house. Students will observe the integration of CAM and western medicine.

While we are in Havana, students will augment the rich depth and cultural exploration with Cuban food & music, art, visits to the Catedral de San Cristóbal, the Plaza de la Catedral, Monumento Ernesto Che Guevara, Museo de la Revolucion, Old Havana, and beaches. By discovering the ideologies, policies, and practices of culture and health care in a cross-cultural context, students will develop optimal health care practices for themselves.

Course Objectives
Upon completion of this course the student will be able to:

- Analyze the complexity of the Cuban Health Care system and integration with western medicine.
- Examine complex interactions among social, medical, environmental, economic and political forces as they affect health care in Cuba.
- Explore the complex physical/psychosocial/spiritual impact of health, illness, and health care in Cuba.
- Identify common health problems and access issues for people living in Cuba.
- Maintain professional, culturally conscious communication with populations, multi-disciplinary professionals and stakeholders.
Advocate for population health through policy development.

Increase understanding of these influences in their own lives, as well as others.

**Teaching Strategies:** The course will utilize lecture and discussion formats for individual classes, both pre-travel and while in Outer Mongolia. Online readings and learning activities will be utilized to enhance the preparatory aspect of the course.

<table>
<thead>
<tr>
<th>Date Due</th>
<th>Assignment</th>
<th>Percent</th>
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<tbody>
<tr>
<td>Jan - Feb</td>
<td>Readings and participation in class discussion, in-country</td>
<td>10</td>
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<tr>
<td>March</td>
<td>Student health assessment, self-care plan and daily journal, and post-travel reflective paper</td>
<td>30</td>
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<td>March</td>
<td>Cuban CAM case study</td>
<td>30</td>
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<tr>
<td>April</td>
<td>Analyze the literature on a health topic of your choice for the purpose of proposing next steps in research or program development for the Cuban community.</td>
<td>30</td>
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**Readings and Participation**

- Students will be provided electronic versions or links to course readings. Students may carry readings in electronic format via e-reader of choice or on paper and are expected to be present at all classes and prepared to discuss assigned readings for the day. Each pair of students will be expected to lead discussion of the readings for two classes. Consistent participation in discussion is expected of all students.

- **Cost:** $2759, airfare from US to Cuba and tuition are additional.

**Saturday, March 10**

Bien Venidos a Cuba

Am Departure from USA and arrival into Jose Marti International Airport. Transfer to Viñales. Along the way we will stop at the Los Jazmines hotel for a photo op of the amazing vistas.

Check in to your hotel and after a break for rest. Dinner is on your own tonight.

**Sunday, March 11**

Pinar del Rio (B, L, D)

Enjoy a Day Excursion to **Pinar del Rio and the Vinales Valley, a UNESCO World Heritage Site** that was enscripted in 1999. The Viñales valley is encircled by mountains and its landscape is interspersed with dramatic rocky outcrops. Traditional techniques are still in use for agricultural production, particularly of tobacco. The quality of this cultural landscape is enhanced by the vernacular architecture of its farms and villages, where a rich multi-ethnic society survives, illustrating the cultural development of the islands of the
Caribbean, and of Cuba. In Vinales we will enjoy the beautiful sites and enjoy a walking farm tour, including a visit to a tobacco farm, and an excursion to the Indian Cave.

1:00pm Tour and lunch at Finca Paraiso

2:30pm Depart for Las Terrazas. We will spend second part of the day in a UNESCO Bioreserve, and visit the Las Terrazas community. Enjoy a community guided visit this ecological community and environmental education center. Participants will meet with reserve officials and community and student volunteers working in the reserve. We will receive an overview of the history of the project and then have time for café at El Café de Maria. Lunch will be at El Romero. Afterwards we will hike through the community to meet with local artists Jorge Duporte, Lester Campa, Henry Alamo and Ariel Pinelli. Opportunity to interact with the local community, visit local artists in their studies and engage in leisurely people to people exchanges.

5:00pm Return to Havana and Check in at the Hotel

7:30pm Dinner at Cafe Laurent.

Monday, March 12 Havana (B, L, D)

9:00am Overview Briefing on Havana Past, Present and Future by Cuban Arthitect and Urban Planner Miguel Coyula. Learn about the historic development of the Capitol, and about the Master Plan for Restoration of Old Havana through the salvaging of neglected buildings, tourism for restoration investment, and the accompanying social services for local residents http://www.american.edu/american today/campus-news/20101123-cuba-scholar-Miguel-Coyula.cfm

11:00am Visit to a local pharmacy. (To prepare natural medicine)

1:00 pm Lunch and Visit to Finca El Divino (an ecological farm and restaurant in the city). Learn about their social program.

3:30pm Exchange with the CFN (National Folkloric Conjunto). We will enjoy a dance demonstration. Then Enjoy a Afro cuban dance lesson and Percussion Lesson.

5:00pm Return to the Hotel.

7:30pm Dinner at el Torre

Tuesday, March 13 Havana (B, L)

9:00am Exchange with the Centro de Investigación y Desarrollo de Medicamentos (CIDEM) to learn about plant medicine.

11:00am Our day in Cuba begins with a City Tour of Havana. Our guided tour includes a brief history of the city’s important sites with a focus on the diverse architecture of the city. Walk takes us through Havana’s oldest neighborhood to learn about the historic, architectural, and cultural significance of this area which was declared a World Heritage Site in 1982 by UNESCO. Explore the four main plazas of the 18th-century colony: Plaza de Armas, which originally housed the main administrative buildings of the colony; Plaza Vieja, the oldest of the plazas; Plaza de la Cathedral, site of the baroque cathedral of Havana, and Plaza de San Francisco, site of the basilica of San Francisco and the old Havana stock exchange.

1:00pm Lunch at the Bodequita del Medio.

3:00pm Visit and community service exchange with FANJ, The Antonio Nunez Jimenez Foundation. FANJ is a cultural and scientific non-governmental institution, dedicated to research and promotion of programs and projects for the protection of the environment as it relates to culture and society. Dialogue and exchange with staff about important issues facing Cuba today. Learn about environmental education, science, urban agriculture and food security in Cuba. Then we will volunteer at one of their agroecology or watershed restoration projects. (with Roberto Perez)

5:30pm Time to rest.

7:30pm Dinner on your own.
Wednesday, March 14 (B, L, D)
9:00am    Morning Yoga Exchange with the Cuba Yoga Cooperative (by Altruviistas)
11:00am   Casa de Abuelos, visit and community service opportunity.
1:00pm    Lunch location tba
3:00pm    Enjoy time to shop at the San Jose Artisan’s fair or to rest.
4:00pm    Cooking class to prepare your Dinner (by Altruviistas)
desire to the independent community art space, the Fabrica de Arte, ($20 entry)
and you will taxi back.

Thursday, March 15     Matanzas Excursion (B, L, D)
8:30am    Check out of hotel.
9:30am    Exchange with an organic urban farm in Alamar, on the outskirts of Havana and exchange with local gardeners. At the Organopónico Vivero Alamar we will engage with one of Havana’s largest and most successful urban garden, a Unidad Básica de Producción Cooperativa (Basic Unit of Cooperative Production). Covering 11 hectares in Alamar, a residential suburb, the allotment’s rows of vegetables are overshadowed by grey Soviet-style blocks of flats. Though small, the garden (really more of an urban farm) is incredibly productive. As well as fresh vegetables, fruits, ornamental plants, seedlings, timber and medicinal and spiritual plants, the cooperative also produces dried herbs, condiments, garlic paste, tomato sauce and pickles; vermicompost, compost and substrates; goat and rabbit meat and mycorrhizal fungi. The Organopónico also welcomes tourists and holds workshops and courses in organic agriculture. Products are sold to local restaurants and directly to community members from the farm shop. (request to meet with Isis Salcines).
3:00pm    Meeting with ICAP – the Cuban Institute of Friendship with the Peoples to discuss US/Cuban relations and the role of the embargo on healthcare in Cuba.
4:30pm    Depart for Varadero and check in at Hotel (Sun Beach or similar)
Dinner is on your own.

Friday March 16     Matanzas Excursion (B, L, D)
9:30am    Exchange with a Natural and Traditional Medicine Clinic.
1:00pm    Lunch in a local paladar.
3:00pm    Visit and exchange at a Polyclinic and family doctor’s house.
Dinner is at the hotel.
Evening free for a group discussion circle and beach time at Varadero.

Saturday, March 17     Havana (B, L, D)
9:30am    Check out of Hotel.
Lunch    on your own in Matanzas then we will return to Havana.
4:30pm    Check in to Hotel
7:00pm    Farewell Dinner at Le Chansonnie Paladar (transfer by classic cars).
Am       Breakfast and Check out of hotel. Check in for return flight.