

## A sample itinerary

### Cuba for beginners: History, politics, culture



#### Day 1 Cuba history and economy

**AM:** Visit to Centro de Estudios Sobre los Estados Unidos (CESEU – Centre of Studies of the United States). Introductory talk about history of Cuba and Cuba – US relations

**PM:** Centro de Estudios de la Economía Cubana. (CEEC – Centre for the Study of the Cuban Economy) Lecture on Cuban economy.

#### Day 2 The History and Architecture of Havana

**AM:** Guided visit to the Maqueta de la Habana (Scale model of the entire city)

**PM:** Guided tour of Old Havana with expert from the City Historian's office.

#### Day 3 Cuba as a medical power

**AM:** Guided tour of the Instituto Finlay (Finlay Institute) and explanation of Cuba's advances in biomedical science.

**PM:** Transfer to la Escuela Latin Americana de Medicina (ELAM – Latin American School of Medicine. Guided tour and possibility to meet with some foreign students to talk of their experiences.

#### Day 4 Ecology and conservation

Transfer to Las Terrazas community in Pinar del Río.

Talk on the history and work of the Las Terrazas biosphere restoration project.

Guided tour of the community and eco hotel.

#### Day 5 Art and culture in present day Cuba

**AM:** Conference at the Union of Artists and Writers on art and culture in Cuba today.

**PM:** Guided tour of the Instituto Superior del Arte in Havana.

#### Day 6 Rest and relaxation

**AM:** A day at the Beach.

**Evening:** A trip to a Salsa club for some well earned dancing!

PD2452 08/07

## The International Institute for the Study of Cuba

The International Institute for the Study Cuba is located at London Metropolitan University. Please fill out the form below if you wish to receive more information about us.

Or visit our website: [www.cubastudies.org](http://www.cubastudies.org)

Name

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Please tick

I would like more information on Cuba Study Tours by the IISC

I would like to be kept informed of IISC events and activities

**Please return to:**

The International Institute for the Study of Cuba  
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London Metropolitan University  
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London N7 8DB

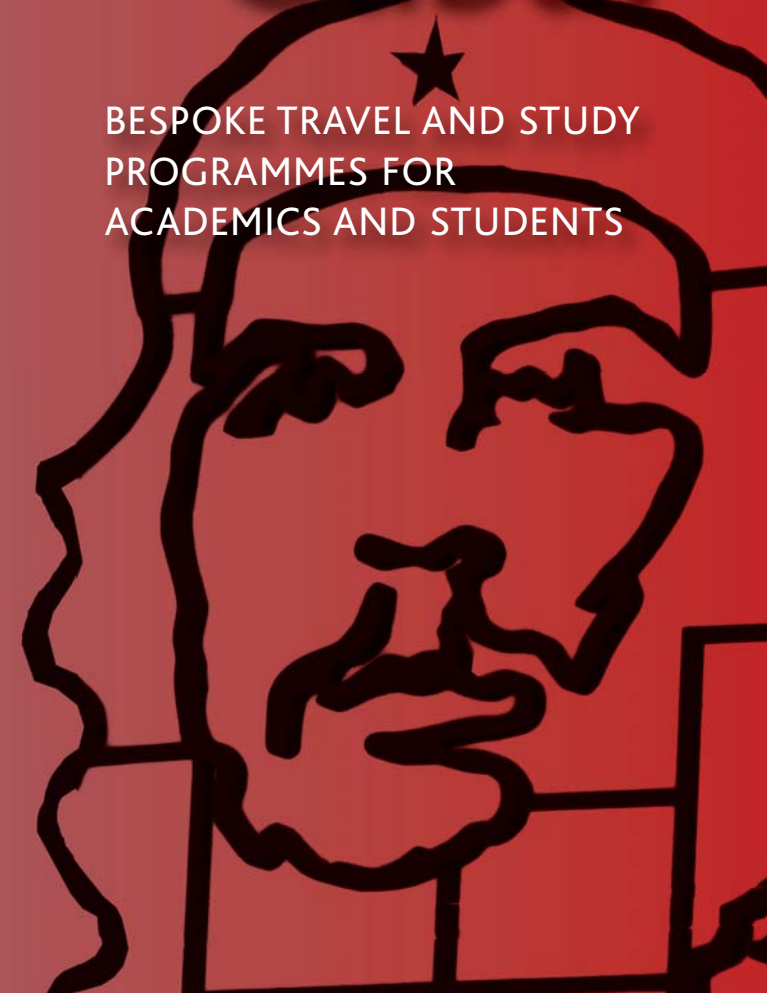
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# Study Cuba!

BESPOKE TRAVEL AND STUDY PROGRAMMES FOR ACADEMICS AND STUDENTS





## The International Institute for the Study of Cuba

The International Institute for the Study of Cuba at London Metropolitan University was established in May 2007 for the purpose of providing an in-depth and comprehensive appraisal of the Cuban 'social experience' within the rigours of truly academic and objective enquiry. The project counts on the support of numerous and highly qualified academic experts in a wide variety of disciplines.

Part of the Institute's brief is to foster academic exchanges and to this end offers its expertise to other academic bodies by providing advice, support and personnel to those wishing to visit the island for educational purposes.

Whether it is to arrange a period of study for an individual student or to put together a group study experience for a class of undergraduates, the IISC, with the help of its friendly counterpart at the University of Havana, will be delighted to help.



### What we can do

- Arrange an itinerary of visits to suit your specific requirements
- Provide an expert and experienced bilingual guide to accompany your group
- Place individual students on courses in Cuban universities and institutes
- Support students while they are in Cuba
- Give clear and objective advice on flight bookings and tour operators
- Liaise with Cuban counterpart institutions
- Give pre- and post-travel lectures and guidance to travellers
- Provide an immediate contact service while students are in Cuba

### What we don't do

We are not a travel agency and do not sell flights or hotel accommodation, but we can recommend tour operators to you who can and in some cases obtain special discounts for you. As part of the service, we can liaise and negotiate with the tour operators for you.

### Fair pricing policy

We are dedicated to giving the best service for the best value for money. Educational outcomes, not profits, are the driving force of our endeavours and proceeds from this service are invested in developing the Institute. Please contact the IISC assistant director Stephen Wilkinson, to discuss your needs and remuneration for our services.

[stephen.wilkinson@cubastudies.org](mailto:stephen.wilkinson@cubastudies.org)

## The Cranfield International Business Experience

In June 2007 the IISC organised an itinerary for MBA students from the world renowned Cranfield University School of Management. The tour comprised a week of visits to academic institutions, companies and factories for an in-depth look at how business within the Cuban economy works.

The tour was accompanied by Dr Stephen Wilkinson, Assistant Director of the IISC.



Here is what some of the students and Cranfield representatives had to say about the experience and the IISC service:

*'I really enjoyed our visit to Cuba and your depth of knowledge of Cuba and its people made a significant difference in our ability to assimilate so much in such a short period of time.'*

Babi Subair, (student)

*'It was a great experience that I won't forget for a long time: your knowledge of the place is, frankly, frightening.'*

Simon McMillan (student)

*'This was our first time to Cuba and it would not have been possible without the help of the IISC. We highly recommend them.'*

David Simmons, MA, PGCE, JP,  
International Development Director,  
Cranfield School of Management

*The visits to the academic institutes were especially interesting and provided us with a lot of insights into this "isolated" country.*

Yan Li (student)

*'It was a fantastic week, so fascinating and well-organised. The IISC has provided a really comprehensive and valuable insight into how the country works.'*

Tamsin Bromley-Ralke,  
(student)

