



# International Bicycle Fund

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A non-governmental, nonprofit organization promoting bicycle transport, economic development and understanding worldwide.

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## El Corazon de Cuba Educational Program Curriculum

Small group, multidiscipline, educational program. The objective of the program is to strengthen your knowledge to better enable you to participate in important public policy discussion on a wide range of topics that affect your life. The program provides and opportunities to comparing and contrasting the work environment, quality of life, social programs, political structure and policies, economic policy and structure, environment, and culture that you are familiar with, to those of Cuba. Day-to-day, on an ongoing basis throughout the program there will be opportunities to meet people, small group discussion with Cubans and excursions and presentations on history, architecture, culture, ethnic diversity, social systems, gender rights and roles, politics, agriculture, mining, industry, fisheries, music, language, religion, geology, botany, and ecology.

The following curriculum fails to include literally hundreds of serendipitous people-to-people encounters when we purposefully visit small towns and villages to by snacks and refreshment to talk to people, and ask questions and strike up conversations. Ironically, some of the most meaningful and enlightening people-to-people contacts are the hardest, and virtually impossible, to document.

### Day 1:

“Anatomy of the capital of the Capital: Introducing information on the history and change of Havana, and specifically *Vedado*”: architecture (residential and commercial), use patterns (park boulevard, parks, residential and commercial), public institutions (schools, hospitals (8, including cardio and oncology)), religious institutions (churches, convents and two synagogue), monuments and statues (John Lennon, socialist world leaders, military, politician, intellectuals, Jose Marti) and transportation. The contrast between similar government businesses and private businesses. It is also interesting what is prevalent (micro-stops, *cafeterias*, restaurants, *creameria* and cinemas (Ave, 23 has six)). And what is absent (consumer *tienda / bodega / stores*; boutiques, cell phone stores, chain stores, etc.) Buying and selling of real estate and private items.

Dinner: Family restaurant, in a converted driveway.

### Day 2:

Breakfast at family restaurant and discussion with revolutionary family.

“Havana: 1500 to the present.” All of Cuba’s major historical events have eventually left finger prints in Havana, be there be conquered, attempted revolts, successful revolts, ethnic immigration and economic ups and downs. This fascinating story are reflected in our in-depth visits and discussions with experts:

Morning program covers: Colon cemetery (lessons in history, sociology, art, architecture, social structure, and beliefs), Revolution Square (started by Batista, national gathering point for important occasions), José Martí Memorial (national hero for both nationalists and revolutionaries), National Bus Terminal (history of mass transportation), *Relay* by American sculpture Anna Huntington, *Quinta de Los Molinas* (residence of the hero Máximo Gómez and botanical garden), Central Havana architecture: Renaissance, Baroque, Beaux-Arts, Art Nouveau and others, Mason's Lodge (associated with leaders since José Martí, a frequent cell of decent), Church of the Sacred Heart of Jesus, Chinatown (post-slavery immigrant workers), Fraternity Sq. (Marks a conference of the fraternity of countries of Spanish-America), Cebia Tree, Cigar Factory, Capitol (architecture inspired by USA, now repurposed), Gran Teatro de la Habana, Payret Teatro, Belle Arts Museum, Central Park, José Martí by José Vilalta de Saavedra., Floridita (originator of daiquiris and an Ernest Hemingway hangout), Engineer Francisco de Albear y Lara by José Vilalta de Saavedra, Havana Club (consumer beverage), Russian Orthodox Church (ethnic and religious diversity), Synagogue, Casa Blanca, el Christo de Habana viewpoint (history and geology lecture); Che's post-Revolution command, defensive fort for Habana Bay, limestone outcropping #1.

Lunch at family restaurant.

Afternoon program: Old Habana; architecture, economy, markets, infrastructure, the four squares and their unique history and place in history (San Francisco Sq., Old Sq., Army Sq., Cathedral Square), El Templete, *Malecon*, National Hotel (historically significance), limestone outcropping #2, *Tribuna Antimperialist* José Martí (Cuba – USA relationship), American Embassy, and *Ave de los Presidentes* (reflection of political values and culture).

Dinner at Cuban cafeteria and discussion on architecture, housing, economy, urban planning, traffic management and history of Habana.

Day 3:

Petroleum and power production.

Agro-industry: history of sugar cane, sugar cane farming, sugar cane cleaning, sugar cane factory.

Lunch at family restaurant and discussion with revolutionary women (organizer, literacy trainer).

Agro-industry: Citrus orchards; oranges, lemons, limes and grapefruit. Other fruits salad: banana, mango, papaya.

Dinner at family restaurant and discussion: Slavery, slave trade.

Day 4:

Breakfast at family restaurant and discussion.

Australia: Fidel's headquarters during Playa Giron invasion.

Look at the impact of human infrastructure and economic development on the coastal ecology and mangrove ecology. Mangrove: salt tolerant trees, adapted to life in harsh coastal conditions, contain a

complex salt filtration system and complex root system to cope with salt water immersion and wave action, and are adapted to the low oxygen (anoxic) conditions of waterlogged mud. Cuban varieties are: red (*Rhizophora mangle*), black (*Avicennia germinans*), white (*Laguncularia racemosa*) and button (*Conocarpus erectus*).

Endangered fish (*Atractosteus tristoechus* / manjuari /Cuban gar): threats, habitat, breeding program, rearing/feeding (algae ponds), release (1yr), life expectancy (35yrs) and nature preserve

Endangered Cuban crocodile: threats, habitat, breeding program, rearing/feeding, release (5yrs), life expectancy (50yrs) and program management.

Lunch at family restaurant and discussion.

Playa Giron Museum. Planning, participants, decoys, and failures (misjudged attitude of local civilians and there, choice of invasion location (landing sites and proximity to Havana and military concentration), lack of expected air support from USA), by Cuban exiles attempting to over-throw the Revolution. Cuban martyrs.

Dinner at family restaurant and discussion: History of Playa Giron and the Cienaga.

Evening discussion on “Literacy Pre- and Post-Revolution”: Literate people from urban areas were trained to teach literacy in rural areas. The teachers would live with rural families, often in conditions much more basic than they were used to. After literacy was maturing, expansion of the primary schools was undertaken. Subsequent post primary education programs included free university education. Literacy campaign benefit both men and women.

Day 5:

Breakfast at family restaurant and discussion.

Observation of capital intensive agriculture.

Observation of organic farm; history, purpose, intercropping, raised bed gardens, irrigation and crop variety.

Visit to Primary school and meet staff and student. Observe education, teaching aids and educational materials, school organization, instruction schedule, class size, instruction in specialty subjects. Allocation of resources in rural areas where schools have one or two teachers, low enrollment and multiple grades. Observation, evaluation, testing and instruction plans for students with special needs.

Henry Reeves Memorial: (1850 - 1876). Though he fought slavery in the US and Cuba, in the twist of politics, it is the Cubans, not the USA, that keep his memory alive. In his early years, Reeve was a drummer in the Union Army, during the American Civil War. He arrived in Cuba in 1869 aboard the vessel *Perrit* as part of an Expeditionary Force. The expedition was ambushed by the Spanish Army while unloading and Reeve was taken prisoner, along with many others. A Spanish firing squad shot the group, and left them unburied and presumed dead. Reeve was wounded but had enough strength to creep away, and was found by units of the Cuban Army. In one critical action, he leaped over an artillery battery, lifting the morale of the Cuban fighters, but sustained a serious leg wound. He was told he

would never walk or ride a horse again. Reeve persevered and with metallic braces he was able to walk, but had to be strapped to his mount in order to be able to ride his horse. He eventually achieved the rank of a Brigadier General in Cuba's 'Ejército Libertador' (Army of Liberation) - more commonly known as the 'Ejército Mambi' - during the First Cuban War of Independence (Ten Years' War) (1868-1878). He kept leading the famed Camagüey Cavalry Corps throughout the balance of his life. Under Máximo Gómez' command Reeve participated in the failed invasion of Western Cuba. Stranded in the province of Matanzas in 1876, the Spanish annihilated his small escort at Yaguaramas; unable to ride, Reeve shot himself with his handgun before being captured. Reeve was 26 years old at the time of his death, and had served in the Cuban Army for 7 years, having participated in over 400 engagements against the Spanish Army. The memorial is near the site of his death.

Lunch at family restaurant and discussion.

Catfish farm.

Acacia forest: invasive, nitrogen fixing, suitable only for cattle.

Dinner at family restaurant and discussion with family and local residents.

Evening: Panel presentation on "Women After the Revolution". Topic addressed included: Social, political, economic and quality of life profile, of urban and rural woman before the Revolution. Women role of authority in the liberation movement. The creation, leadership and impact of the Cuban Women's Federation soon after the revolution. The change in definition for women roles in Cuba. Details and impact on expanded day care, literacy and maternity programs. The revolution incorporation of gender equality; right to study, equal opportunity in society, equal pay for equal work, gender equality in the law, and reproductive choice. Political versus social change: Generally, acceptance of the cultural change was a slower process. Cultural norms still control roles in the household. Reflections on "the new wave of male chauvinism on the island."

Day 6:

Breakfast at family restaurant and discussion with family.

School for Children with Special needs. Regional school for children with Autism Spectrum disorders, hear impaired, communication challenged and other learning challenges. Provides room and board for children from distant locations. Lower student teacher ratios.

Castillo Jagüay: Spanish settlement, location, design, construction, and operations of fort. Corsairs and pirates around Cienfuego and the Caribbean.

Lunch at family restaurant and discussion with family and local residents.

Central Cienfuego: History and economy; traditional town layout, central square, architecture, significant buildings and personalities, and church. Statue of Jose Marti, Palacio Ferrer (Culture House), Thomas Terry Theatro, Church of Purisima Concepcion, City Hall, Union Hotel, Boulevard de Cienfuego

Dinner at family restaurant and discussion.

Visit Palacio de Valle (Moorish, with influences of Gothic, Romanesque, Baroque, Andalusian and Mudejar arts and architecture).

Day 7:

Breakfast at family restaurant and discussion.

Jardín Botánico de Cienfuegos (optional side trip): Expert provides a guide tour through a portion on the collection's endemic and exotic species, medicinal plants, ornamentals, tropical fruits, and edible spice and food plants. Among its most complete collections are orchids (400+), palms (230+), ficuses (65+) and bamboos (29). It is considered the third most important tropical plant collection. Founded in 1901 by sugar cane mogul Edwin F. Atkins and his wife, who funded Harvard University botanists to research improve sugar cane and establish the Atkins Fund for Tropical Research in Economic Botany, which in turn funded the "Harvard Botanical Station for Tropical Research and Sugar Cane Investigation". When the sugar cane mill closed, Harvard University continued the research station until the 1961. Since then, it has been managed by the Government of Cuba. New possibilities for collaborative with Harvard teaching and research may now be coming to life.

Clinic visit and discussion.

Family farm: tour family farm and have homemade coffee with family.

Lunch at family restaurant and discussion.

Shrimp farm

Dinner at family restaurant and discussion.

Visit Santero: learn about Santeria religion, inter-weaving with Christianity, hierarchy, rituals, and its gods, and view Santeria shrine. This is one of several Afro-Caribbean religions.

Discussion on LGBTs in Cuba with member of the LGBT community: Learn about government repression after the Revolution, the campaign for LGBTs rights, and the reversal of the government on its position on LGBT rights, and LGBT status in Cuba society.

Day 8:

Breakfast at family restaurant and discussion.

Visit mirador el Valle de los Ingenios or Valley of the Sugar Mills. It is actually three connected valleys; San Luis, Santa Rosa, and Meyer. It was a center for sugar production from the late 18th century until the abolition of slavery in the late 19th century. At the peak of the industry in Cuba there were over fifty sugar cane mills in operation in the three valleys, with over 30,000 slaves working in the mills and on the sugar cane plantations that surrounded them.

Visit Manacas Iznaga: It was constructed sometime in 1816 by the owner, Alejo Maria Iznaga y Borrell. Legend says tower was made as a jail for an unfaithful wife, or in competitions between two brothers for a woman, or as a lookout over the valley. The bell that formerly hung on top of the tower, that now

rest at the foot, announced the beginning and the end of the work day for the slaves, as well as the times for prayers to the Holy Virgin in the morning, midday, and afternoon. It was also used to sound an alarm in case of fire or slave escape.

Meet craftspeople of Trinidad drawn thread embroidery, traditional craftwork, of Canarian origin.

Birds of the day: kestrel, woodpecker, vultures and a variety of others.

Santander Pottery factory. Trinidad is known for its pottery. This factory has been in the family since it opened in the 1892.

Lunch at family restaurant and discussion.

Visit Maternity Health Center (pregnant women): Monitoring of pregnancy, risk factors that get woman to the center, outcome oriented treatment plans.

Tour of old Trinidad: Founded 1514, one of the best-preserved cities in the Caribbean from the time when the sugar trade was the main industry in the region. The program covering architecture, history, historic buildings and personalities; Plaza Mayor, Palacio Cantero, Palacio Brunet, Santísima Trinidad Cathedral and Convento de San Francisco.

Dinner at family restaurant and discussion.

Music in Cuba: One of the richest musical landscapes on the planet: Afro-Cuban jazz, Bolero (filin), Canción, Chachachá, Charanga, Conga, Contradanza, Criolla, Cubatón, Danzón, Guajira, Guaracha, Hip hop, Mambo, Mozambique, Nueva trova, Pachanga, Pílon, Pregón, Punto guajiro, Rock, Rumba (guaguancó, columbia, yambú, batá-rumba, guarapachangueo), Son (montuno), Songo, Timba, Trova.

Day 9:

Breakfast at family restaurant and discussion.

Sunday: A day of spiritual reflection and rejuvenation.

Laundry day. Passing through towns, villages, and the countryside, it is easy to pick up the pattern of people scrubbing laundry, ringing laundry, and hanging it out to dry – even when the skies look threatening. We gain some insight in the people and the homesteads get added bright colors.

Lunch at family restaurant and discussion.

Dinner at family restaurant and discussion.

Evening discussion on Cuban rituals for christenings, baptism, first communion, *quinceañeras*, weddings, death.

Day 10:

Breakfast at family restaurant and discussion.

Maciso Gúamuia ecology, microclimates, coffee, guava, birds, forest, waterfall, tobacco, health care.

Discussion: Botany: high forest plants; giant ancient ferns, giant bamboo, orchids, papyrus.

“Overview of Diverse Agricultural Economy:” This is a day long series of rural farm visits, and interactions with local residents. At successive stops we learn general aspect of some of the important crops of the regions and their role in the society and economy, and growing and processing them (coffee, yucca, rice, *mulanga*, tobacco, and a number of minor ones).

Visit small coffee farm. Talk to the owners.

Visit family medical clinic and meet medical staff. Discussion about clinics involvement community health care and prevention, prenatal care, infant care, students' health, adolescent health issues, women health (breast exams, cytological tests, HPV), pregnancy management, general adult health issues, lifestyle issues (hypertension and diabetes), communicable diseases (TB, AIDS, STD), family planning, mosquito borne disease (dengue, Zika), medical record keeping, consultation and examination rooms. Immunization program: polio, typhoid, tetanus, diphtheria, pertussis, rubella, measles, mumps, tuberculosis, hepatitis B, haemophilus influenza B, meningitis B, and meningitis C.

Lunch at family restaurant and discussion with family and local residents.

Manicaragua cigar factory: Tabaco farm, drying shed, and cigar rolling.

Che Guevara Memorial, Mausoleum, and Museum, Revolution Plaza.

Dinner at family restaurant and discussion.

Evening: Private small business in Cuba. The forces that control small business. Chronology of changes in regulations affecting business after Raul assumed the presidency. Elements for supply and demand. The most popular private businesses. Contrast in service and incentives between state and private business. Private tourism enterprises in the Cuban economy.

Day 11:

Breakfast at family restaurant and discussion.

Sugar cane farming, cleaning, railway, processing, factory.

Lunch at family restaurant and discussion.

Matanzas`City tour: Cathedral, main business street (private and state businesses to get an idea how both coexist), farmers market, Hermita Monserrate, Sauto Teatro, Faro de Maya

Frederico Gonzalez: History and application of Eastern medicine, alternative therapy, traditional and natural medicine and pain management in Cuba.

Dinner at family restaurant and discussion.

Specialist doctors in Cuba: Development of health care since the revolution; medical schools, team health care, types of health care specialty from head to toe, by disease and body part and pain, oral health care, ophthalmology, health care technology, health care equipment, prescription drugs, Cuban pharmaceutical industry. Impact of embargo on different specialties. Cuba's worldwide medical service exports. Impact of on health care in Cuba with the export of so many doctors. Latin America School of Medicine (ELAM) training students from north and south America, Africa and Asia (approximately 19,550 students from 110 countries).

Day 12:

Breakfast at family restaurant and discussion.

Bellamar Cave: Cuba geology and plate tectonics of Caribbean and North America plates, with a local expert. Cuba lies on the North America Plate. The program covered the salt intrusion of the base rock, fractures and cracks that occurred during a subaqueous period. After the base formation was pushed above sea level, the underlying materials erode, creating tunnels, and the overlying limestone/calcium dissolved and seeped through the fracture to form stalactite and stalagmites, helictite, columns, calcium ribbon wall, and dozens of other forms of mineral crystal formations. Other scouring by water etched and carved the walls and floor of the cave. This area is not seismically active. Approximately 70% of seismic activity in Cuba emanates from the Oriente fault zone, located in the Bartlett-Cayman fault system which runs along the south-eastern coast of Cuba and marks the tectonic boundary between the North American Plate and the Caribbean Plate.

Lunch at family restaurant and discussion.

Dinner at family restaurant and discussion.

Day 13:

End of program.