

SPORTS IN CUBA PROGRAM

Day 1 Arrival in Havana Bus tour of modern Havana Hotel check-in Program Briefing / Information meeting Welcome dinner at a local restaurant. Evening “on your own”. Enjoy the cultural options.

Day 2 Welcome at the venue of the Cuban Institute of Friendship with the Peoples Presentation of AMISTUR Cuba S.A, ICAP’s Travel Agency, your host in Cuba. Meeting with representatives of the National Institute of Sports, Physical Education and Recreation (INDER). Topic: The Cuban Sports System: Challenges and Goals. Lunch at a local restaurant Visit to the Higher Institute of Physical Culture and Sports “Manuel Fajardo” (the University of the Sports). Meeting with administrators, professors and students. Tour of the Coliseo de la Ciudad Deportiva, venue of the INDER and scenario of national and international sports competitions. (Meeting with athletes and/or sports “competitions” can be arranged) Return to the hotel Dinner Evening “on your own”. Enjoy the cultural options.

Day 3 Guided visit to the Museum of the History of the Cuban Sports. Bus tour of the area of Havana’s Capitolio, Central Park and Prado Promenade: emblematic places of the Havana’s marathons. Walking tour of the Historical Center of Old Havana – declared UNESCO World Heritage in 1982- including the Arms Square, the Saint Francis of Assisi Square, the Old Square and the Cathedral Square and The Bodeguita del Medio, symbolic restaurant of the city Lunch at a local restaurant. Visit to a Project for the promotion of healthy lifestyles for senior citizens, part of the Intergenerational Exercises Program of the INDER. Visit to the José Martí Memorial and to the Architectural Complex of the Revolution Square. Return to the hotel Dinner

Evening “on your own”. Enjoy the cultural options.

Day 4 Departure for the eastern province of Matanzas Bus tour of Matanzas, the City of Bridges Visit to the Provincial Center of Sports Medicine. Meeting with specialists. Topic: Medical care for athletes, trainers and “glories” of sports in Cuba. Visit and lunch at the Bellamar Caves, oldest tourist site in Cuba. Departure for Varadero. Guided visit to the Xanadú Mansion, at the Varadero Golf Club. Hotel check-in in Varadero (All Inclusive). Free afternoon for a rest at Varadero Beach. Exchange with members of a Committee for the Defense of the Revolution (CDR), community organization. Topic: Sports activities in the community

Day 5 Free time at the beach and/or other recreational options. Hotel check-out and lunch. Departure for Matanzas city. Visit to the still active “Palmar de Junco” Baseball Stadium, the oldest in the world, venue of the first baseball game played in Cuba. Return to Havana. Hotel check-in. Dinner. Evening “on your own”. Enjoy the cultural options.

Day 6 Visit to a school for high-performance athletes. Meeting with students, trainers and an outstanding Cuban athlete. Lunch at local restaurant. Visit to the Almacenes de San José

Cultural Project, in Old Havana Historical Center, example of the current Cuban economic model.
Wrap-up/Evaluation meeting. Farewell dinner at a local restaurant.

Day 7 Hotel check out and departure for José Martí International airport.