

University of British Columbia
LFS302: International Field Studies in Sustainable Agriculture
TUESDAY April 30 to WEDNESDAY May 22, 2013
Instructor: Wendy Holm, P.Ag.

DAY 0 TUESDAY. APR 30. ARRIVAL

- Check into Hotel Victoria, in the cultural centre of the city (all students met at airport)

DAY 1. WEDNESDAY. MAY 1. HAVANA

- 6:00 a.m. Bag breakfast, head off to May Day celebrations at Plaza de La Revolution.
- 10:00 a.m. Make up goody bags
- 12:30 p.m. Lunch in Old Havana
- 2:00 p.m. Walking Tour in Old Havana, UNESCO World Heritage site (1982)
- 5:00 p.m. Watch video FIDEL
- 7:00 p.m. Social evening Mavis Alvarez:

DAY 2. THURSDAY. MAY 2. HAVANA

- 7:30 a.m. Breakfast at hotel
- 8:00 a.m. Visit bustling farmer's market. (19 y B)
- 9:00 a.m. Visit organic garden (5ta y 44)
- 10:30 a.m. Visit organic farm "Vivero" in Alamar
- 1:00 p.m. Lunch at OLD HAVANA Restaurant
- 2:00 p.m. Free afternoon in Havana (craft market?)
- 5:00 p.m. Watch video: Peak Oil (Power of Community)
- 6:30 p.m. Discussion with Gregory Biniowsky
- 8:00 pm Dinner with Gregory at El Gijones

DAY 3. FRIDAY. MAY 3. HAVANA

- 8:00 a.m. Breakfast at hotel
- 9:00 a.m. Visit to INIFAT (National Institute for Research on Tropical Agriculture) presentation by INIFAT + ACTAF (Cuban Assn of Crop/Forestry Professionals)
- 12:00 p.m. Lunch at El Aljibe
- 2:30 p.m. Visit to Ministry of Agriculture. Briefing on Urban Agriculture from Juan Jose Leon Vega
- 5:00 p.m. Watch videos: Accidental Revolution
- 7:00 p.m. Dinner in Los Nardos with Juan Carlos Loyola, ANAP
- 9:00 p.m. Dance to Salsa, Son and Rumba led by band leader Elsa María
- Explore Old Havana at night

DAY 4. SATURDAY. MAY 4. HAVANA

- 8:00 a.m. Breakfast at hotel
- 9:00 a.m. Visit Havana Botanical Garden
- 11:30 p.m. Lunch at Botanical Garden vegetarian restaurant
- 1:30 p.m. Visit to the scale model of Havana. Meet with architect Miguel Coyula.
- 3:30 p.m. Visit to organic farm of medicinal plants located in 5ta e/ 110 y 112.
- 5:00 p.m. Conversation with Manuel Alonzo, former head, Int'l Relations, Ministry of Sugar
- 7:00 p.m. Dinner with Manuel Alonzo (Hotel Victoria)
- Explore Old Havana at night

DAY 5. SUNDAY. MAY 5. HAVANA

- 7:30 a.m. Breakfast at hotel
- 8:30 a.m. Departure to Las Terrazas, Sierra del Rosario (UNESCO bio-sphere reserve). Welcome at Rancho Curujey above the shores of San Juan Lake.
- 10:00 a.m. Presentation on the history and ecology of the region
- 11:30 p.m. Visit ruins of a French Coffee Plantation built in 1801.
- 12:00 p.m. Lunch and swimming at San Juan River cascades and pools.
- 2:30 p.m. Continue on bus ride to La Ermita Hotel in Vinales Valley. Pinar del Rio.
- 4:30 p.m. Check in at La Ermita Hotel, swim
- 7:00 p.m. Dinner at La Ermita Hotel.
Casa de la Trova in Vinales Village for salsa dancing (optional)

DAY 6. MONDAY. MAY 6. PINAR DEL RIO

- 7:30 a.m. Breakfast at hotel
- 8:30 a.m. Leave for meeting with members of UBPC cooperative Moncada in Pinar del Rio
- 11:00 a.m. Explore Cueva de Santo Tomas.
- 12:30 p.m. Lunch at La Ermita
- 2:00 p.m. Meeting with CCS and visit to Agroecological farm
- 5:30 p.m. Chapter Review: Sustainable Agriculture and Resistance
- 7:00 p.m. Dinner at La Ermita Hotel, dancing at Casa de la Trova! (optional)

DAY 7. TUESDAY. MAY 7. PINAR DEL RIO

- 7:00 a.m. Breakfast at hotel
Free day to explore Vinales, lunch on your own. Spectacular scenery, some of the most interesting and varied geological formations in Cuba. The valley is famous for its “mogotes” - freestanding rock formations. Options include trekking, horse- back riding, climbing...
- 5:30 p.m. Chapter Review: Sustainable Agriculture and Resistance
- 7:00 p.m. Dinner at La Ermita Hotel

DAY 8. WEDNESDAY. MAY 9. VINALES

- 7:00 a.m. Breakfast at hotel
- 7:30 a.m. Departure to Cienfuegos (“The Pearl of the South”) founded by French immigrants in early 1800’s; known for its 19th and early 20th century architecture.
- 11:00 p.m. Visit CPA 26 de Julio in Los Palos (Canada-Cuba cooperative dairy project)
- 2:30 p.m. Depart for Cienfuegos City.
- 4:30 p.m. Check-in at Jagua Hotel
- 7:00 p.m. Dinner at hotel.

DAY 9. THURSDAY. MAY 9. CIENFUEGOS.

- 7:30 a.m. Breakfast at hotel
- 8:30 a.m. Visit to farm cooperative
- 12:30 p.m. Farm Lunch
- 2:00 p.m. Visit to farm cooperative
- 5:30 p.m. Chapter Review: Sustainable Agriculture and Resistance
- 7:30 p.m. Dinner at the hotel

DAY 10. FRIDAY. MAY 10. CIENFUEGOS

- 8:00 a.m. Breakfast at hotel
- 9:00 a.m. Visit to Cienfuegos Botanical Garden.
- 12:00 p.m. Lunch at Casa del Chefs, typical cuisine of Cienfuegos
- 1:30 p.m. Tour of the historic square
- 2:00 p.m. Free afternoon to explore Cienfuegos, internet, etc....
- 5:30 p.m. Chapter Review: Sustainable Agriculture and Resistance
- 7:00 p.m. Dinner at the hotel
- 8:30 p.m. Visit to a CDR

DAY 11. SATURDAY. MAY 11. CIENFUEGOS

- 7:30 a.m. Breakfast at hotel
- 8:00 a.m. Departure for Trinidad
- 9:30 a.m. Check into Hotel Costa del Sur (all inclusive).
- 10:00 a.m. Morning farm visit
- 12:30 p.m. Return to hotel for lunch (AI). Free afternoon to swim in Caribbean waters,
- 5:00 p.m. Chapter Review: Sustainable Agriculture and Resistance (on the beach)
- 7:00 p.m. Dinner at hotel, live Cuban bands play salsa and son in public square, downtown Trinidad

DAY 12. SUNDAY. MAY 12. TRINIDAD

- 7:30 a.m. Breakfast at hotel
- 9:30 a.m. Board former Russian army trucks for Topes de Collantes in Escambray Mountain Range, Cuba’s second highest - reaching 3, 700 feet atop Pico San Juan. Home to small mountain villages, slopes covered in Caribbean pines, ancient tree-ferns, bamboo, and eucalyptus.
- 10:30 a.m. Arrive Hacienda Codina, once large Spanish coffee plantation, guided walk
- 12:30 p.m. Traditional lunch. Return to the hotel by bus
- 2:00 p.m. Afternoon swim in Caribbean waters,
- 5:30 p.m. Chapter Review: Sustainable Agriculture and Resistance (on the beach)
- 7:00 p.m. Dinner at hotel, live Cuban bands play salsa and son in public square, downtown Trinidad.

DAY 13. MONDAY. MAY 13. TRINIDAD

- 7:15 a.m. Breakfast at hotel
- 8:00 a.m. Morning departure to Ciego de Avila.
- 10:00 a.m. Visit to organoponico El Rancho in Sancti Spiritus.
- 12:00 p.m. Lunch in Sancti Spiritus
- 1:30 p.m. Visit to Sanidad Vegetal’s CONBIOL facility in Sancti Spiritus.
- 5:30 p.m. Check in Ciego de Avila Hotel, swim
- 7:30 p.m. Dinner at the hotel

DAY 14. TUESDAY. MAY 14. CIEGO DE AVILA

- 7:15 a.m. Breakfast at hotel
- 8:00 a.m. Visit Organoponico El Rabanito
- 9:00 a.m. Depart for Cayo Coco for swimming, riding (optional) and lobster lunch on the beach
- 5:30 p.m. Chapter Review: Sustainable Agriculture and Resistance (on the beach)
- 7:30 p.m. Dinner at the hotel.

DAY 15. WEDNESDAY. MAY 15. CIEGO DE AVILA- CAMAGUEY.

- 8:15 a.m. Breakfast at hotel
- 9:00 a.m. Visit to Ciego de Avila plant reproduction centre (next to University).
- 10:30 a.m. Meeting with students and teachers of Ciego de Avila Agricultural University,
- 12:00 p.m. Farm visit with Cuban students, lunch
- 3:00 p.m. Drop students back to University, depart for Camaguey City, check in Gran Hotel
- 7:30 p.m. Dinner at the hotel.

DAY 16. THURSDAY. MAY 16. CAMAGUEY (Agro-ecological field day organized by Cheo (ANAP)

- 7:45 a.m. Breakfast at hotel
- 8:30 a.m. Leave hotel for Farm Visit
- 12:30 p.m. On farm Lunch
- 2:00 p.m. Farm visit
- 6:00 p.m. Class discussion
- 7:00 p.m. Dinner at the Hotel

DAY 17. FRIDAY. MAY 17. CAMAGUEY (Farmer's Day).

- 8:00 a.m. Breakfast at hotel
- 9:00 a.m. Visit to Camaguey Instituto de los Suelos (soil lab)
- 12:00 p.m. Lunch Campana de Toledo
- 2:00 a.m. Visit to Camaguey Sanidad Vegetal (plant protection lab)
- 6:00 p.m. Class discussion
- 7:00 p.m. Dinner at the Hotel

DAY 18. SATURDAY. MAY 18. CAMAGUEY.

- 9:00 a.m. Breakfast at hotel
- 10:00 a.m. 2 hour tour of the historical center of Camaguey on Bicitaxis (\$5 per student)
- 12.30 p.m. Lunch at Casa del Chef at the historical centre
- 2:00 p.m. Free afternoon for internet, exploring, working on presentations
- 6:00 p.m. Class discussion
- 7:30 p.m. Dinner at a local paladar (Restaurante 1800)
- 9:30 p.m. Visit to La Casa de la Trova

DAY 19. SUNDAY. MAY 19. CAMAGUEY

- 7:00 a.m. Breakfast at hotel
- 7:45 a.m. Departure to Varadero. Lunch in Santa Clara, visit Che Guevara's Memorial.
- 6:00 p.m. Check-in and dinner at (what was the name of that hotel again?). All Inclusive

DAY 20. MONDAY. MAY 20. CAMAGUEY- VARADERO.

- Free day to relax.
- 5:00 p.m. Presentations, followed by dinner at hotel

DAY 21. TUESDAY. MAY 21. VARADERO.

- Free day to relax.
- 7:00 p.m. Farewell dinner at Hotel

DAY 22. WEDNESDAY. MAY 22. VARADERO-HAVANA-TORONTO

INCLUDED: All breakfasts, lunches (except May 7), dinners, accommodation, guide, transportation in Cuba, gratuities, airport transfers (31st and 22nd)

- 5 nights at Hotel Victoria
- 3 nights at La Ermita Hotel
- 3 nights at Jagua Hotel
- 2 nights at Costa Sur Hotel
- 2 nights at Ciego de Avila Hotel
- 4 Nights at Gran Hotel
- 3 Nights at Varadero Hotel

NOT INCLUDED: One lunch (May 7), beverages, personal items, Cuban airport departure tax (\$25)

Number Students	Cost USD	Number Students	Cost USD
8	\$3,150	15	\$2,675
9	\$3,025	16	\$2,650
10	\$2,950	17	\$2,650
11	\$2,850	18	\$2,625
12	\$2,850	19	\$2,600
13	\$2,775	20	\$2,550
14	\$2,725		