Join *MEDICC* for
"Public and Primary Health and Resilient Approaches"

Join MEDICC in Havana to dive into Cuba's internationally recognized approach to public health, medicine, community support services, environment, and culture. MEDICC is developing a customized itinerary to cater to the participants' interests and specialties. Explore together with Cuban scientists, public health professionals and social support programs to experience a model that improves health, policies, and the planet.

WHEN & WHERE: January 31 - February 5, 2027, in Havana, Cuba
All participants will be on the same flight into Havana on the 31st. The Miami to Havana flight typically occurs early in the day. Participants are advised to fly into Miami from their home airport on January 30th and stay overnight. You can also take a direct flight from your home airport to Miami as long as the flight is early enough in the morning to join the group. The flight from Miami to Havana on January 31st typically requires participants to be present at the airport three hours before departure.
All participants will be on the same flight out of Havana on the 5th. The Havana to Miami flight typically occurs early in the day. Participants are advised to book their flight out of Miami to their home airport on February 5th sometime mid-afternoon or later. Details on exact flight times into and out of Havana will be announced after registration closes.

WHO: This professional research travel is organized by MEDICC, a U.S. nonprofit with over 25 years of experience sponsoring travel to Cuba for health professionals, policymakers, foundation leaders and more. The trip is intended for health and community professionals within MEDICC's direct network. The group will be kept small to ensure more lively exchanges in Cuba and with each other.

U.S. LEGAL REQUIREMENTS: This trip abides by US regulations for travel to Cuba, with participants covered under the general OFAC/Department of the Treasury general license for "professional research." Each participant is expected to complete a full-time schedule of professional activities.

PROGRAM: The itinerary takes advantage of MEDICC's experience providing US professionals with an inside look at Cuba, and of relationships built with the island's leaders in health, science, and social policy. You'll be able to engage Cuban scientists and communities to see for yourself both the results and challenges of this uniquely successful model. Opportunities include site visits to medical, public health, and social support

centers; participatory experiences that focus on the environmental health; and exchanges with public policy experts.

Some opportunities *might* include:

- Presentation on the National Health System (NHS) in Cuba, providing an overview of the role played by primary care institutions, hospitals, and research centers within the NHS.
- Tour a neighborhood polyclinic to visit the Family Doctor and Nurse's offices and learn about their multiple functions and activities as a cornerstone of primary care.
- Meet community leaders and coordinators to discuss the experiences and results of local development projects.
- Travel west from Havana into the Las Terrazas countryside lush with tropical vegetation and visit the offices of a family doctor and nurse in the biosphere reserve.
- Visit the La Caléndula Family Agricultural Project, dedicated to cultivating medicinal plants and educating surrounding communities on natural and traditional medicine.
- Visit a maternal home, a mainstay in Cuba's efforts to reduce maternal mortality by attending to high-risk pregnancies and providing programs to encourage breastfeeding and other health practices.
- Visit a biotech center and meet with scientists involved in developing Cuba's vaccines and biotech products, including regulatory approvals and application in public health services.
- Visit the Latin American Medical School (ELAM) whose students come from some of the most medically underserved communities worldwide, including the US. You'll have the opportunity to meet with Cuban faculty and international students, including those from the United States.
- Visit the home and studio of artist José Fuster, dubbed "the Picasso of the Caribbean.
- Site visit to Old Havana, one of the jewels of the Caribbean and all Latin America. A UNESCO World Heritage Site, but also a neighborhood where families live and entrepreneurs have invested in small businesses. Visit San José Warehouses – a seaside fair where more than 300 craftsmen from the capital and around the country exhibit their work.

Final itinerary will be tailored to the fields of interest of the attendees.

LODGING, COSTS & MORE: You will stay at the gorgeous Casa Italia in the Miramar neighborhood of Havana for lodging accommodation. Cost of the trip covers: MEDICC program organization, Cuban academic visas, scheduling of all site visits and meals, a virtual orientation, written tips for travel, preparatory reading/media, airport shuttle and transportation in Cuba, five nights lodging with Wi-Fi and generator, all breakfasts, lunches, and dinners, four days of full-time programming, expert translation, and air-conditioned chartered bus to all scheduled activities. A MEDICC Representative will accompany the trip. After you arrive in Cuba, you will be joined by a bilingual tour guide and a professor from the National School of Public Health to answer any questions you have throughout the program. Cost will range from $3,100–$3,700 depending on the number of participants, final program, and room occupancy chosen. **Costs do not include air fares, any overnight stay in Miami, telephone charges, tips, or personal purchases.**

HOW: Register using the link below before **November 25th, 2026**. Keep in mind that you will receive a follow-up email with additional information requested after you submit your registration. This additional information is also to be submitted before November 25th.

Registration Link

This trip will be led by **Dr. Paul Erwin**, a former MEDICC board member and former Dean and Professor of the School of Public Health at the University of Alabama. Dr. Erwin has extensive experience leading Gateways trips, including those occurring within the past year.

Join us in Havana for this once-in-a-lifetime opportunity!

Questions? Contact Gateways Program Coordinator:
Mary Ellenberger at mellenberger@mediccglobal.org