



Wendy Holm

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Wendy is an award-winning resource economist, Professional Agrologist (Retired), author and journalist who has brought over 1,000 farmers, students and chefs to Cuba over the past 25 years.

Cuba has done so much with so little. They've transformed their agriculture from large-scale monoculture to sustainable, diversified, local and organic agriculture virtually overnight. For Canadians - facing increasingly concentrated, global agrifood markets and worried about food security, food safety, access to nutrition and a sustainable food system that respects the land and the farmer - Cuba offers many answers...

But Cuba faces new challenges. During his first term, US President Trump doubled down on Washington's 62-year old blockade, imposing brutal new sanctions. Then came COVID. Now Trump is back. Can Cuban resilience prevail?



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A Cuba Experience: Behind the Scenes with Wendy Holm

alumni UBC

January 26th	January 27th	January 28th	January 29th	January 30th	January 31st	February 1st	February 2nd	February 3rd	February 4th	February 5th	February 6th
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Varadero Melia Varadero	Varadero Melia Varadero	Varadero -> Cienfuegos: Melia San Carlos	Cienfuegos Melia San Carlos	Cienfuegos -> Trinidad Iberostar Trinidad	Trinidad Iberostar Trinidad	Trinidad -> Havana Hotel Nacional	Havana Hotel Nacional	Havana Hotel Nacional	Havana Hotel Nacional	Havana Hotel Nacional	Havana -> Varadero
ARRIVE VARADERO Private transfer to Melia Varadero	Breakfast on your own	Luggage to lobby before breakfast, load up and depart 8:15 for	Breakfast	Luggage to lobby before breakfast, load up and depart 8:15 for	Breakfast	Luggage to lobby before breakfast, load up and depart 8:15 for Havana	Breakfast	Breakfast depart 7:30	Breakfast	Breakfast	Luggage to lobby before breakfast, load up, depart 8:30
Free time	10 am introductory lecture and sort donations	Visit Museum dedicated to the battles during 1961 Bay of Pigs Invasion Playa Giron	Cienfuegos Botanical Garden founded by Harvard in 1920's	Topes de Collante - short nature walk and roast pig lunch.	Valle de Los Ingenios and Manaca Iznaga tower	Ernesto Che Guevara Museum, Santa Clara	9 am talk by Miguel Coyula on Havana Architecture	Soroa Orchid Garden founded 1940's with more than 700 species	Havana Cigar Factory	Bustling farmers' market at 19 y B	Transfer to Varadero Airport and/or Melia Varadero
Free time	Free time	Visit crocodile farm (hopefully!)			Tour Trinidad's historic core, Canchánchara Bar		Walking tour of Habana Vieja's four historic squares	Visit Finca Marta, farm tour	Havana Rum Museum	Visit Museo de Belle Artes	
LUNCH on your own	LUNCH on your own	LUNCH CUEVA DE LOS PECES	LUNCH CASA PRADO	LUNCH LA CODINA	LUNCH ESQUINA 373	LUNCH LAS CANEYES	LUNCH IVAN CHEF JUSTO	LUNCH FINCA MARTA	LUNCH LA MONEDA CUBANA	LUNCH LOS MERCADERES	
Free time	Free time	Continue to Cienfuegos, UNESCO World Heritage site	Tour Jose Marti Park, Terry Tomas Theatre, Meet with UNEAC Cuban Union of Writers and Artists	Continue to Trinidad. Founded 1514, a UNESCO World Heritage Site	Visit Cienfuegos jewelry artist Orbien On your own time: Visit a local handicrafts alley selling beautiful laces and linens, or visit Museo Romantico, or both!	Continue on to Havana.	Explore the historic San Carlos de la Cabaña fort at the mouth of Old Havana (or return to the Nacional if you prefer)	Talk by Fernando Funes (father of organic agriculture) and his son Fernando Funes Monzote (farmer)	Classic 1950's convertibles take us on a tour of Havana and Miramar then drop us back to the Nacional	On your own - explore local craft market, browse through the old city, go back to the art gallery, sit in the sun with a Mojito and people watch, stroll along the Malecon or return to the Nacional by bus	
5:30 pm "Piano Bar" for drinks	5:30 pm "Piano Bar" for drinks	Check into Melia San Carlos	Cruise Cienfuegos Bay (hopefully with local CRD Leader)	Check into Iberostar Grand Trinidad	SALSA LESSON	Check into the Hotel Nacional, our home for the next five nights		Return to Havana Drop off Donation to Havana Children's Hospital	Pre-dinner drinks in Wendy's room with Susana Hurlich		
SAKURA Melia Varadero	FUERTEVENTURA Melia Varadero	ROOF CARDEN Melia San Carlos	CAMILA'S	SAN JOSE	IBEROSTAR Iberostar Trinidad	AGUIAR Hotel Nacional	CAFÉ LAURENT	CABARET PARISIEN Hotel Nacional	LA GUARIDA (Susana joins us)	COCINA DE LILLIAM (Speakers join us)	
					Dancing in the streets...			Cabaret Parisien floor show	late nite Jazz at La Zorra y El Cuervo (block fm Nacional)		