

An Insider's View of the Cuban Healthcare System

A people-to-people educational exchange for health professionals

Organized by Medical Education Cooperation with Cuba (MEDICC)

December 11-18, 2016



Click [here](#) to apply online today!

DEADLINE EXTENDED to SEPTEMBER 19



Join in this unique opportunity for an insider's view of one of the world's best kept secrets – the Cuban health care system – with a special focus on Cuba's approach to health in all policies.

Founded in 1997, the Oakland-based non-profit organization Medical Education Cooperation with Cuba (MEDICC) has guided several thousand people in health-related programs and research in Cuba, and draws on its longstanding relationships with Cuban health professionals to provide stimulating discussions and unique site visits for U.S. participants. MEDICC invites health professionals and their spouses, partners, or adult traveling companions seeking to learn firsthand about Cuba's achievements in healthcare to join this 7-day exchange in Havana.

Several overarching Cuban philosophical approaches to health and medicine will be explored as part of the exchange.

- Integration of medicine and public health practice at all levels.
- Outcomes-based planning and evaluation.
- Continuous risk assessment at the neighborhood level
- Targeted intervention and education based on community needs
- Widespread community engagement in health promotion, education and planning
- The intersectorality of health: planning programs together with community health organizations, departments of education, transportation, public works, etc.
- Emphasis on prevention

The weeklong program in Cuba will be tailored to participants' interests and may include:

- Visiting a polyclinic and doctor-nurse neighborhood office; interchange with health providers and patients
- Discussions with public health professionals and policy makers in Cuba to understand the social determinants and risk factors affecting population health in Cuba, and their emphasis on cross-sectoral work
- Meeting with grassroots neighborhood organizations to see their community projects
- Many opportunities to meet Cubans from all sectors of society and talk with them about daily life in Cuba
- Experience Cuba's exciting end-of-year cultural life, including the Havana International Jazz Festival



Travel arrangements and costs

This educational exchange will be limited to 20 participants, accepted on a first-come-first-served basis. Applicants should have passports valid for up to six months after the dates of travel (valid through June 18, 2017). MEDICC works closely with [Marazul Charters](#), an experienced Cuba travel provider, to plan the program in Cuba. Participants are responsible for making their own flight arrangements from their home airport to Miami – an overnight in Miami is required on Saturday, December 10. The estimated cost for a one-week program will be \$4,500-\$5,200.

Cost estimate includes*:

- Round trip airfare between Miami and Havana
- Lodging for at the Hotel Presidente, including daily breakfasts
- Weekday lunches at privately-owned restaurants
- Legal travel authorized under the US Treasury Department (OFAC) General License, people-to-people category
- Full program of educational exchanges tailored to your expressed interests
- Ground transportation in Cuba for all program activities, including airport transfers
- Pre-trip orientation webinars and relevant readings
- A MEDICC expert and a specialized interpreter to facilitate your time in Cuba
- Cuban visa & health insurance

*Cost estimate does not include the domestic flight to and from Miami, **required overnight in Miami on Saturday, December 10**, dinners, incidentals like phone calls, internet access, bottled water, or additional, optional expenses while in Havana.

For more information, please contact Christian Vigil, Gateways Program Assistant, via email at cvigil@mediccgloba.org or at 510-350-3054. MEDICC will determine the final group of participants within 4 weeks of the application deadline, and will then contact participants for a \$500 deposit, a passport scan or copy, and other required documents. [The online application form](#) is due no later than **September 19, 2016 (extended)**; a non-refundable deposit of \$500 is due no later than **October 1, 2016**.