



**Join *MEDICC* for
“Equity and Health in Cuba”**

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: December 14-20, 2025, in Havana, Cuba

Participants are strongly advised to fly into Miami on December 13th and stay overnight. The flight from Miami to Havana on December 14th typically requires participants to be present at the airport very early in the morning. Details of timing to be announced after registration has closed.

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.

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 Vedado neighborhood of Havana for lodging accommodation. Cost covers: MEDICC program organization, Cuban academic visas, scheduling of all site visits and meals, a virtual orientation (written tips for travel and readings), airport transportation in Cuba, six nights lodging with wifi, all breakfasts, lunches, and dinners, six days of full-time programming, expert translation, and air-conditioned chartered bus to all scheduled activities. A MEDICC Board member will accompany the trip. We'll also be joined by professors from the National School of Public Health, and a bilingual guide from AMISTUR, responsible for smooth travel logistics. Cost will range \$3400–\$3700 depending on numbers of participants, final program and room occupancy chosen. Costs do not include air fare, any overnight stay in Miami, telephone charges, tips, or personal purchases.

HOW: Register using the link below before September 1st, 2025. Keep in mind that you will receive a follow-up email with additional information requested after you submit your registration. This is also to be submitted before September 1st.

[Registration Link](#)

This trip will be led by MEDICC's professional staff with special facilitation by **Dr. Paul Erwin**, a MEDICC board member and Dean and Professor of the School of Public Health at the University of Alabama.

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

Questions? Contact Gateways Program Director:
Mary (Berg) Ellenberger at mellenberger@mediccglobal.org