



# VERTICAL SKILLZ

## *Global Experience*

### Cuba Itinerary (July 26-August 3 2019)

#### Saturday Day 1

Bien Venidos a Cuba

(D)

a.m.: Group check in at SFO

pm Arrival into Jose Marti International Airport

Check in to Hotel

7:30p.m.: Welcome Dinner at *El Aljibe* for a traditional family style Cuban meal.

#### Sunday, Day 2

Historical Overview

(B, L, D)

9:30am *Conversation with Cuban architect Miguel Coyula* to discuss the History and Future of Havana. Learn about the historic development of the Capitol,

11:00am Our day in Cuba begins with a *City Tour of Havana*. Our guided tour includes a brief history of the city's important sites with a focus on the diverse architecture of the city. Our walk takes us through Havana's oldest neighborhood to learn about the historic, architectural, and cultural significance of this area which was declared a World Heritage Site in 1982 by UNESCO. Explore the four main plazas of the 18th-century colony: *Plaza de Armas*, which originally housed the main administrative buildings of the colony; *Plaza Vieja*, the oldest of the plazas; *Plaza de la Cathedral*, site of the baroque cathedral of Havana, and Plaza de San Francisco, site of the basilica of San Francisco and the old Havana stock exchange.

1:00pm We will have a lunch in *Old Havana*.

2:30pm Visit to the *Museum of the Revolution* to learn about the history of the Cuban Revolution.

4:00pm Enjoy a wonderful interactive community arts project *Muralleando*. Get ready to see great art, listen to live music and learn about the power of community.

5:30-7:00 Break and time to rest

6:30pm We drive to the *Fortaleza de San Carlos de la Cabaña*, known as *La Cabaña (Fort of Saint Charles)*, is an 18th-century fortress complex, the third biggest in the Americas, located on the elevated eastern side of the harbor entrance in Havana, Cuba. The fort rises above the 200-foot (60 ) hilltop, along with Morro Castle (fortress). Dinner reservations at a local paladar Canonzoa .

9:00pm *Canoñazo Ceremony*. Soldiers dressed in 18th century uniforms fire a cannon over Havana bay at precisely 9 p.m. o'clock. It is a historical reconstruction dating back to the colonial era. Back then, the cannon fire announced the official end of the day and the time to close the city gates for the night. . Here you will have a lovely view of Old Havana as the restaurant is located in Fortaleza de San Carlos de la Cabana. At the time of its construction in the 1770s it was the largest fort the Spanish had ever built, as well as the most costly. Following the occupation by the British, who used this location to secure the port for their side, the Spanish set about building Fortaleza de San Carlos de la Cabana.

Monday, Day 3 Boxeo en Cuba (B, L,D)

7:00am One Hour Work Out !

8:30am Breakfast

9:30am Official Welcome Meeting and Special Visit with a representative of *INDER-The National Institute of Sport, Physical Education, and Recreation*.

Here we will learn about the history of sports in Cuba and how it has been organized since 1961. The National Institute of Sports, Physical Education and Recreation is the body responsible for directing, implementing and monitoring state and government policy related to sports, physical education and recreational programs.

11:00am Enjoy some culture and exchange with Havana Compas Dance.

1:00pm Lunch

2:00pm Meeting and *Tour of the Rafael Trejo Boxing Gym in Havana*.

Boxing is a popular sport in Cuba. As of 1992, there were over 16,000 boxers on the island. ... From there the young boxers train throughout a very competitive youth program. The ones that graduate from the program are sent to the top school . We will learn about their program .

3:00pm Rafael Trejo Boxing Gym Sparring and Work Out.

4:00pm Bag to the Mat! With Yoga VA

5:00pm Break and time to swim or rest

7:30 pm Dinner

Tuesday Day 4 Sports In Cuba (B,L,D)

7:00am One Hour Work Out

8:30am Breakfast

9:30 am This morning we are off for a site visit at the *National Physical Education Institute* or another center to learn about sports education in Cuba. OR exchange with a visit to a school, the *Escuela de Alto Rendimiento deportivo*. We will exchange with youth and teachers.

Lunch in Old Havana and time to visit local artist galleries and *Taller Grafica*.

2:00pm Rafael Trejo Boxing Gym Sparring and Work Out.

3:00pm Bag to the Mat! With Yoga VA

4:30pm Community Play Exchange : Today we visit the *Ciudad Deportiva (the Sports City)* and this arena to get a visit of this important community sports space. This area is a major work of Cuban Civil Engineering, was built in 1957 and located in some 26 hectares. We will try to visit and play with local pro athletes.

6:00pm Break and time to rest

7:30 pm Dinner at a local *Paladar*

### Wed. Day 5

(B, L, D)

7:00am One Hour Work Out !

8:30am Breakfast

9:00am *Tour the town of Regla* to Visit the local church dedicated to the *Virgin of Regla*. Learn a about Santeria in Cuba at the local municipal museum. Meet with *Obsession*, a well known Hip Hop group.

1:00p.m. Lunch

2:00pm Rafael Trejo Boxing Gym Sparring and Work Out.

3:00pm Bag to the Mat! With Yoga VA

4:30pm Meeting with the Cuban Baseball Federation to learn about the importance of Baseball in Cuba.

5:30-7:00 Community Play Exchange : Play Baseball or Softball

7:30 pm Dinner at a local *Paladar*

### Thursday Day 6

(B, L, D)

7:00am One Hour Work Out !

8:30am Breakfast

9:00 am Exchange with the *Vivero Organic gardens in Alamar* to learn about sustainable urban agriculture in Cuba.

12:30pm Lunch in *Heminway's Cojimar*

2:00pm Rafael Trejo Boxing Gym Sparring and Work Out.

3:00pm Bag to the Mat! With Yoga VA

4:30pm Visit to the *Estadio Pedro Marrero*, that houses Cuba's Havana City Soccer team.

6:00pm Break and time to swim or rest

7:30 pm Dinner at a local *Paladar* , *Jardin de los Milagros*, with invited documentary filmmaker, *Gloria Rolando*, who will show *Dialogue with my Grandmother*.

**Friday Day 7** \_\_\_\_\_ Wrap- up (B, L, D )

8:00am Breakfast

9:00 am Morning free for the Beach Time! At *Playas del Este*.

Lunch at the *Casa de Amistad* and short brief by an ICAP (*the Cuban Institute of Friendship with the People*) representative to discuss the impacts of the US Embargo on Cuban Arts over the past 50 years and the hope of normalizations impacting future Sports Exchanges. (private if we can get A.S. or another Black Panther here!)

2:30pm Visit to the Plaza de la Revolution for a group photo.

4:00pm *Farewell Party And US vs CUBA Sparring with La Pantera and Namibia Flores Rodriguez (requested)*

<http://remezcla.com/features/film/namibia-flores-rodriguez-profile/>

7:00 pm Farewell Dinner

**Saturday Day 8** \_\_\_\_\_ *Adios Cuba!* (B)

Am Breakfast and Check out of hotel  
Check in for return flight to USA .

Global Experience Price \$2500  
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