



SMALL GROUP
MAXIMUM OF
28 TRAVELERS

Cuba

ART, CULTURE & PEOPLE

BROUGHT TO YOU BY

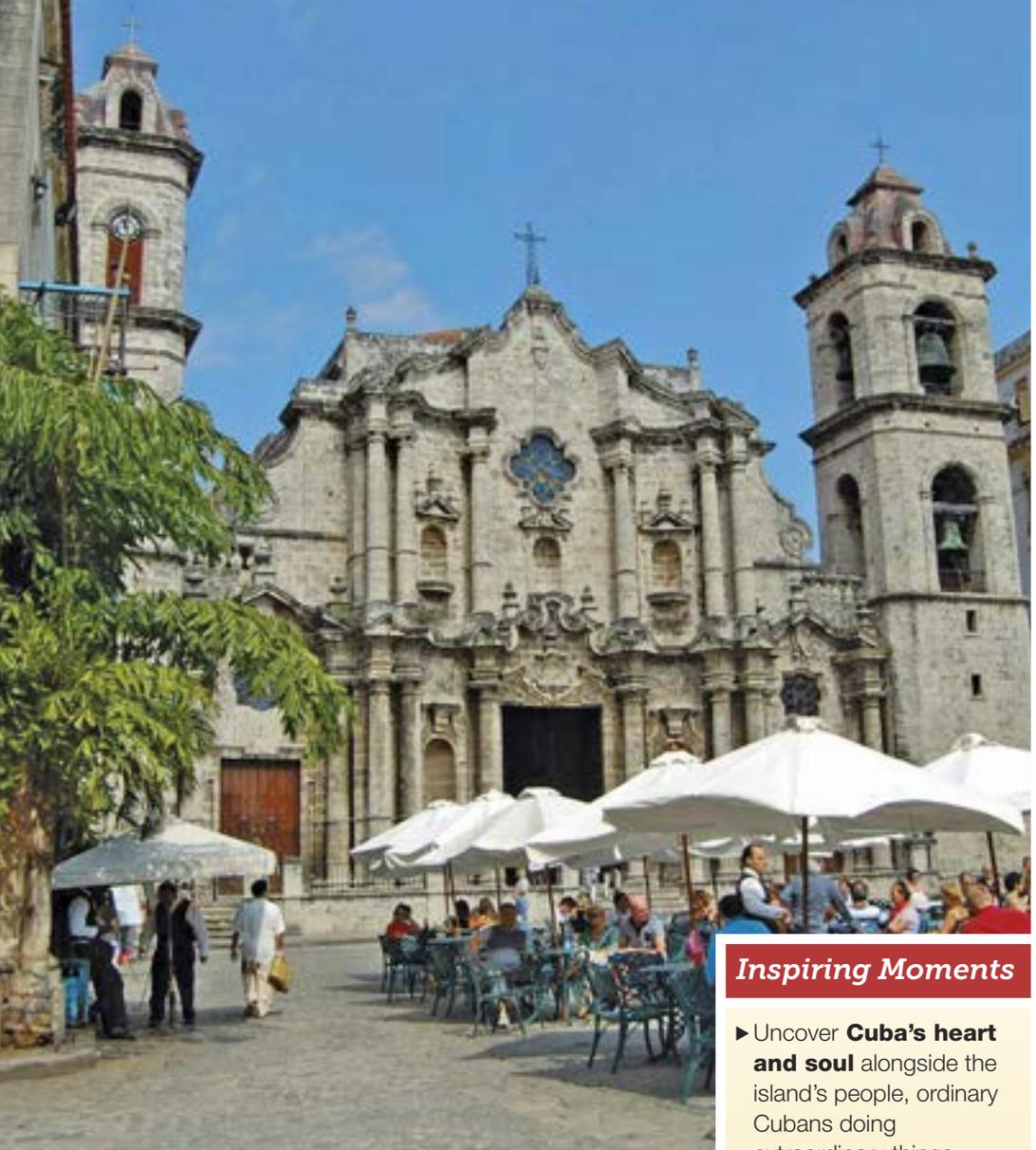
AIR INCLUSIVE
from Miami, FL



**The AMA Preferred Provider Offers
and Services Program**

February 24 – March 4, 2019

Other dates available upon request



A World Apart

Immerse yourself in the culture, art, history and people of fascinating and enigmatic Cuba. Participate in the historic evolution of the relationship between the U.S. and our closest island nation neighbor. Authorized by a U.S. Department of the Treasury general license, this People-to-People educational exchange program is brimming with opportunities to discover Cuba through its everyday people, ranging from artists and musicians to religious leaders, teachers and students. While marveling at Cuba's opulent colonial architecture, vintage automobiles and vibrant countryside vistas, you will learn first-hand the hopes, dreams and aspirations of Cuban people working to improve their lives and enhance their society.

*Above: Cathedral and plaza, Havana |
Cover photo: Antique cars in Havana*

Inspiring Moments

- ▶ Uncover **Cuba's heart and soul** alongside the island's people, ordinary Cubans doing extraordinary things.
- ▶ Delight in **Habana Vieja's** musicality, ice-cream colored façades and fascinating revolutionary history.
- ▶ **Meet members of Cuba's community** during visits with artists, dancers and musicians.
- ▶ Gain insight into Cuba's **cigar and sugar cane industries** during factory visits and interactions with workers.
- ▶ Climb aboard a **classic 1950s convertible** to ride through Havana's historic quarter.
- ▶ Savor the slow cadence of rural life in the beautiful **Pinar del Río region**.



Exclusively for AMA Physicians:

Join us on an eight-night journey to discover everyday life in Cuba's colonial cities, rural villages and colorful capital of Havana. Through expert-led excursions and meaningful encounters with locals, we'll introduce you to the unique history, culture and heritage of this fascinating nation. Uncover Cuba's heart and soul alongside the island's greatest asset: its people. These entrepreneurs, students, community leaders, artists and dancers are ordinary Cubans doing extraordinary things. Through authentic, in-depth cultural exchanges, learn about their personal challenges, journeys and insights into Cuba's rapidly changing persona.

Our long-term relationships with guides and locals combined with carefully planned excursions take you beyond the average tourist experience. Plus, our small groups are limited to 28 travelers, giving you a more intimate and enriching journey. We encourage you to make your reservation today!

AHI is a preferred provider of travel services through the The AMA Preferred Provider Offers and Services Program. Please read the AMA liability disclaimer under "Responsibility" at the end of this brochure.

Operated in accordance with regulations issued by the Office of Foreign Assets Control of the U.S. Treasury Department. This exclusive program, developed by AHI International Corp., opens the door to a neighbor country long closed to American travelers. It is designed to promote People-to-People contact and cultural exchange.

800-323-7373

ahitravel.com/ama

UNESCO World Heritage

1. **Old Havana and its Fortification System**
2. **Trinidad and the Valley de los Ingenios**
3. **Urban Historic Center of Cienfuegos**
4. **Sierra del Rosario**
(UNESCO Biosphere Reserve)





Left: School children, Havana | Above: Museo de la Revolución

Day 1

In Transit | Miami, Florida

Check in to the Crowne Plaza Miami International Airport in Miami, Florida. (Accommodations in Miami are included. Transportation to Miami is not included.)

Day 2

D

Miami | Cienfuegos, Cuba

Depart for Cienfuegos, Cuba. Upon arrival, transfer and check in to the Hotel Jagua. Tonight, discover the tastes of Cuba during a Welcome Dinner at Jardin de los Laureles.

Day 3

B | L | D

Trinidad | Cienfuegos

Discovery: Trinidad & Local Life.

In Trinidad's Plaza Mayor, see the Iglesia de la Santísima Trinidad, Cuba's oldest church, the Museo de Arquitectura and the Museo Romántico de Artes Decorativas. Be graciously welcomed into a local home, meet the family and learn about typical Cuban life.

Savor lunch at a restaurant near Plaza Mayor.

Discovery: Cienfuegos & its Music. Take a walking tour of Parque Martí, the city's main square. See the cathedral built in 1819 and admire its French stained-glass windows and striking red bell towers. Visit the Teatro de Cienfuegos and watch a performance by a renowned musical group. After the show, meet the members of the ensemble and learn about their music and training.

Enrichment & Meet the People: Gather for dinner at El Lagarto, a Cuban paladar. Join the owners and discuss their experiences.

Day 4

B | L | D

Cienfuegos | Havana

Following breakfast, depart for Havana.

Discovery: Health Care & Sugar Cane.

En route to Havana, visit a maternity home and speak with the staff about health care in Cuba. Continue to Australia, a former sugar cane factory. Cuba was the world's largest exporter of sugar in the 19th and 20th centuries. Visit this retired factory and speak with former workers and mechanics to learn about their experiences.

Dine on typical Cuban fare for lunch.

Discovery: Hemingway's Cuba. Visit La Finca Vigia, or "lookout farm," the home of author Ernest Hemingway and his wife, Martha.

Arrive in Havana and check in to the Hotel Mercure Sevilla.

Delight in the flavors of Cuban cuisine during dinner at a Havana paladar.

Day 5

B | L | D

Havana

Discovery: Historic Havana. Spanish colonists founded Havana's historic district in 1519. Here, cobbled plazas teem with locals, men play dominos and flea markets hawk art and local souvenirs. Take in the sights of Plaza de Armas, the city's oldest square, and see the Palacio de los Capitanes Generales. Admire the Fountain of Lions in Plaza de San Francisco, see Plaza de la Catedral and visit a local school to engage with faculty and students.



Havana

Enrichment: Urban Planning & Architectural Challenges. Join a discussion about contemporary city planning with a Cuban architect.

Gather with your fellow travelers for lunch.

Discovery: Revolutionary & Cultural Cuba. Cuba's museums offer insight into the country's unique political and revolutionary history. There are also museums dedicated to its remarkable artists and dancers. Visit the Museo de la Revolución to browse exhibits and learn about the Bay of Pigs. Then engage with staff and children at a cultural center for youth. Relax over a delicious dinner at a paladar.

Day 6

B | L

Havana

Discovery: Cigars, Santo Venia & Higher Education. The liaison of Cuba and cigars became known to the world after Columbus landed in Cuba in 1492 and introduced cigars to Europe. Visit a cigar factory, meet the workers and learn about their experiences. Engage with residents at La Quinta Santo Venia, a private home for senior citizens, and meet the nuns who work there. Then tour the University of Havana, Cuba's oldest university. Enjoy lunch at La Barraca in the Hotel Nacional.

Discovery: A Taste of Cuban Dance. Visit a contemporary dance studio where infectious rhythms are ingrained in everyday life. Join a discussion with some of the studio's talented dance specialists and see a rehearsal.

Enrichment: Cuba's Economy. Discuss the economy with a university professor. This evening, make your own culinary discoveries during dinner at leisure.



Day 7

B | L | D

Havana

Discovery: Classic Convertibles & Cuban Art. The streets of Havana are filled with vintage American convertibles. These 1950s classics, imported before the U.S. trade embargo began in 1960, still run because of the ingenuity of their owners. Climb aboard and enjoy a drive through Havana's historic quarter before continuing to the National Museum of Fine Arts. Tour the museum and witness compelling pieces by Cuban artists.

Enrichment: Contemporary Arts. Learn about the work of modern artists in Cuba.

Discovery: Inside an Artist's Studio. Visit Casa Fuster, the home and studio of Jose Fuster. Meet a local artist, and learn about the obstacles to opening a private studio as well as the new opportunities for artists in Cuba. Enjoy a group lunch at Casa Fuster.

Discovery: Afro-Cuban Dance. Uncover the thrill of Afro-Cuban dance from gifted local dancers. Each has been a member of Cuba's esteemed dance troupes. Now they are teachers embracing their passion.

INCLUDED FEATURES

Accommodations

(with baggage handling)

- **1 night** in Miami, Florida, at the first-class Crowne Plaza Miami International Airport.
- **2 nights** in Cienfuegos, Cuba, at the first-class Hotel Jagua.
- **5 nights** in Havana at the first-class Hotel Mercure Sevilla.

Flights and Transfers

- Round-trip flights between Miami and Cuba and all deluxe motor coach transfers in the Land Program, plus baggage handling.

Extensive Meal Program

- 7 breakfasts, 6 lunches and 6 dinners, including Welcome and Farewell Dinners; tea or coffee with all meals, plus a local beverage with dinner.
- Sample authentic regional specialties during meals at local restaurants.

Your One-of-a-Kind Journey

- Expert-led **Enrichment programs** enhance your insight into the region.
- **Discovery excursions** highlight the local culture, heritage and history.
- A personal VOX headset to hear your English-speaking guide clearly.
- Tipping of guides and drivers.
- Cuban visa.
- Complimentary travel mementos.



Havana



Tobacco farm, Pinar del Río

Delight in dinner at La Moraleja and share thoughts from the day's events with your fellow travelers.

Day 8

B | L | D

Pinar del Río

Discovery: Rural Cuba. Venture to the beautiful countryside and the Sierra del Rosario mountains where straw-hatted farmers drive ox carts and rickety bicycles through tobacco fields. Your scenic drive takes you through rural communities and past tobacco plantations to Las Terrazas, a model socialist community established in the 1980s. Explore the community, savor a cup of Cuban coffee and browse a local art studio. Lunch is served at El Romero, an eco-

restaurant that prepares dishes with locally and organically grown vegetables. Discuss Cuba's agricultural industry, visit the organic vegetable gardens and meet the community's gardeners.

Return to Havana after lunch, and gather with your group for a Farewell Dinner at the hotel's top-floor restaurant.

Day 9

B

Havana | In Transit

After breakfast, depart for the airport for your return flight to Miami.

Consistent with the requirements of the OFAC People-to-People license, this program features a full-time schedule of cultural exchange activities. This exchange does not involve tourist or self-directed activities.

Note: This itinerary is subject to change. If an event must be canceled, it will be replaced with another people-to-people event. During the walking tours, the sidewalks and other surfaces may be narrow, uneven or made of cobblestones.

B|L|D denotes included breakfasts, lunches and dinners.



Las Terrazas



CROWNE PLAZA MIAMI INTERNATIONAL | MIAMI

AHI Travel Expertise

From your reservation to your return home, we are here to ensure you have the adventure of a lifetime.

Before you go:

- ▶ **Travel Consultants** | These experts stand ready to answer your questions about activities, meals, accommodations and more as they guide you through the reservation process.
- ▶ **Passenger Service Representative** | Once you have reserved your spot, enjoy personalized assistance from this specialist, your one point of contact who will help you with everything from arranging flights to booking elective activities to fulfilling special requests.
- ▶ **Travel Information** | Receive extensive destination information and travel tips compiled by our travel-savvy team to prepare you fully for your journey.

Once you arrive:

On the ground, three layers of top-quality professionals offer their insiders' perspective. From suggesting the best café or pub to sharing a laugh over the stories of the day, our dedicated team takes your adventure to the next level.

- ▶ **Travel Director** | Throughout your journey, you will be in the care of a seasoned AHI travel professional who will manage all the logistics, allowing you to relax and simply soak up the ambience. Resourceful, knowledgeable and attentive, your Travel Director helps to ensure you enjoy an unforgettable travel experience.
- ▶ **Expert Guides** | Who better to show you around than the people who live there? We've specially selected informed and enthusiastic local professional guides who understand the needs of our educated and curious travelers. Warm and genuine, they're ready to share their passion for their country with you.
- ▶ **Lecturers** | Coming from all walks of life, our entertaining local lecturers open your eyes to history and current events. The breadth of their knowledge deepens your appreciation for the region and its heritage.



HOTEL JAGUA | CIENFUEGOS



HOTEL MERCURE SEVILLA | HAVANA

Our travel experts have selected these first-class properties, each in a prime location, for your comfort. Details in the design and décor celebrate the local culture and enhance the ambience of each hotel. Their restaurants feature menus of elegantly prepared local and international cuisine. Of utmost importance is the quality of the services, amenities and accommodations, allowing you to maximize the enjoyment of your stay.

Reserve your Cuba trip today!

Trip #:3A-24464W

Send to: Cuba
American Medical Association (AMA)
c/o AHI Travel
International Tower-Suite 600
8550 W. Bryn Mawr Avenue
Chicago, IL 60631

Please contact AHI Travel at **800-323-7373** with questions regarding this trip or to make a reservation.

Full Legal Name (exactly as it appears on passport)

1) _____
Title First Middle Last Date of Birth

Email: _____

2) _____
Title First Middle Last Date of Birth

Email: _____

Street Address: _____

City: _____

State: _____ ZIP: _____

Home: (_____) _____

Cell: (_____) _____

Sharing with _____ (Form sent separately)

This is an air-inclusive program between Miami, FL, and Cuba.

I/we reserve the Land & Air Program and request round-trip flight(s) to and from Miami, FL, to depart from:

Departure City

Please contact me regarding air options.

Single Accommodations

- I prefer single accommodations at an additional \$995 (limited availability).
 I request assistance in securing a roommate but will accept a single, if one is available at this time, and pay the single supplement. Should a roommate be found, I understand the supplement will no longer apply.

Reservations are subject to availability and processed on a first-come, first-served basis. Reservations to be paid in full by **December 11, 2018** (75 days prior to departure). Reservations received after this date must be accompanied by payment in full. Final payment may be made by personal check, MasterCard, Visa, Discover or Amex. Make checks payable to AHI Travel.

Enclosed is a deposit of _____ (\$600 pp required) to reserve _____ place(s).

- Accept my check made payable to **AHI Travel**.
 Charge my: MasterCard Visa Discover Amex

Card # _____

Expires _____ / _____

(Signature as it appears on credit card)

Please note: Any payment to AHI Travel constitutes your acceptance of the terms and conditions set out herein, including but not limited to the cancellation terms.

LAND & AIR PROGRAM

February 24 – March 4, 2019

Full Price	Special Savings	Special Price*
\$5,245	\$250	\$4,995

*Special Price valid if booked by the date found on the address panel.

All prices quoted are in USD, per person, based on double occupancy and include round-trip air service from Miami to Cuba.

Single accommodations are an additional \$995 (limited availability).

ULTIMATE FLEXIBILITY-The AHI Travel Passenger Protection Plan offers an **Any Reason Cancellation** feature. Don't worry! Travel happy!

NOT INCLUDED-Fees for passports; personal gratuities; laundry and dry cleaning; excursions, wines, liquors, mineral waters and meals not mentioned in this brochure under included features; travel insurance; all items of a strictly personal nature.

MOBILITY AND FITNESS TO TRAVEL-The right is retained to decline to accept or to retain any person as a member of this trip who, in the opinion of AHI Travel is unfit for travel or whose physical or mental condition may constitute a danger to themselves or to others on the trip, subject only to the requirement that the portion of the total amount paid which corresponds to the unused services and accommodations be refunded. Passengers requiring special assistance, including without limitation those who permanently or periodically use a wheelchair, must be accompanied by someone who is fit and able to assist them, and who will be totally responsible for providing all required assistance.

AIR TRANSPORTATION-The price of scheduled, commercial air transportation offered by AHI Travel is based on Advance Purchase Excursion fares. After tickets are issued, penalties up to 100% of the ticket price may be levied. After departure, if the reservations are changed, you will be charged the higher, all year Economy class fare. Passengers who choose to make their own airline reservations independently will be wholly responsible for any airline fees or penalties incurred as a result of program cancellation and/or change in travel dates, or airline schedule(s).

BAGGAGE-In Miami, two checked-in bags are allowed. Schedule from U.S. to Cuba, the baggage fee is \$25 for the first bag, \$40 for the second. Return to U.S.: No baggage fees. Each checked bag is limited to 50 lbs and 62 inches dimension (length + width + height), \$100 fee for a bag 51 to 70 lbs. No bag may weigh more than 70 lbs. These terms are subject to change.

AUTHORITY TO USE IMAGES AND AUDIO RECORDINGS-On occasion, AHI Travel obtains, from its staff, or from trip participants, photographic or video images of passengers and trip activities. By participating in this travel program, you authorize AHI Travel, without providing compensation to you, or obtaining additional approvals from you, to include photographic and video recordings of you, as well as voice recordings included with any videos, in AHI Travel's sales, marketing, advertising, publicity and/or training activities.

RESPONSIBILITY-Travel services described in this brochure are arranged by AHI Travel. AHI Travel and the Sponsoring Association does not own or operate any entity which provides goods or services for this program and acts only as the agent for the independent suppliers of travel conveyance, transport, accommodations or other services. All such persons or entities are independent contractors. As a result, AHI Travel and the Sponsoring Association are not liable for any negligence or willful act of any such person or entity or any third person. In addition and without limitation, AHI Travel and the Sponsoring Association are not responsible for any delays, delayed departure or arrival, missed carrier connections, loss, death, damage or injury to person or property or accident, mechanical defect, failure or negligence of any nature howsoever caused in connection with any accommodations, transportation or other services or for any substitution of hotels or of common carrier equipment, with or without notice, or for any additional expenses occasioned thereby. AMA does not arrange or provide travel services and is not responsible for damages, additional expenses or other losses due to the potential risks and hazards associated with travel such as, but not limited to, overbooking, cancellation, delays, sickness, weather, delayed departure or arrival, missed carrier connection, mechanical defect, strike, war, civil disturbances, acts or threats of terrorism, travel warnings or bans, war risks, quarantine, acts of God or other causes. Dates, Program Details and Tour costs, although given in good faith and based on tariffs, exchange rates and other information current at the time of printing, are subject to change at or before the time of departure. No revisions of the printed itinerary or its included features are anticipated; however, the right is reserved to make any changes, with or without notice, that might become necessary, with the mutual understanding that any additional expenses will be paid by the individual passenger. Baggage and personal effects are the sole responsibility of the owners at all times. If the entire program is cancelled for any reason, participants shall have no claim other than for a full refund. By forwarding the deposit, the passenger certifies that he/she has no physical, mental or other condition of disability that would create a hazard for himself/herself or other passengers and accepts the terms of this contract set out herein and in more specific pre-departure passenger information. The airlines and other transportation companies concerned are not to be held responsible for any act, omission, or event, during the time passengers are not on board their conveyances. The passage contract in use, when issued, shall constitute the sole contract between the company(ies) and the passenger and/or purchaser of this trip.

CANCELLATION-All cancellations for any reason will be subject to a \$300 per person administrative fee. You may choose, at the time of cancellation, to apply the withheld administrative fee to a future AHI Travel program that will operate in the current calendar year or year following. Cancellation from 120 days to 76 days prior to departure will result in forfeiture of 15% of the entire cost of the trip per person; 75-30 days, 50% of the trip cost per person; cancellation from 29 days up to the time of departure will result in 100% forfeiture of the entire cost of the trip. **TRIP CANCELLATION INSURANCE IS AVAILABLE. AN APPLICATION WILL BE SENT AFTER YOU RESERVE.** All cancellations must be submitted in writing to AHI Travel. **CANCELLATION OF TRIP OPTIONS**-Purchases of optional excursions, trip extensions and additional hotel nights become fully non-refundable 45 days prior to departure. Air transportation and private transfer purchases are subject only to penalties assessed by the airlines and transfer suppliers.



University of Havana



Cienfuegos

800-323-7373

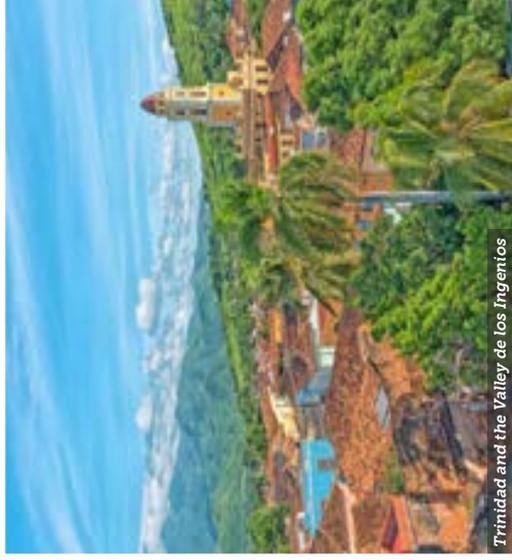
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Chicago, IL 60611-5885

CUBA 19 528

800-323-7373
ahitravel.com/ama



Trinidad and the Valley de los Ingenios



Hotel Mercure Sevilla, Havana

Experience Cuba through cultural excursions and genuine encounters with locals!

AHI Travel's mission is to deliver inspirational educational and cultural travel programs that delight travelers.

With AHI you can rely on:

- Experienced Travel Directors who attend to every detail of your journey.
- An exceptional travel value.
- Unique access to local sites.
- Flexibility and customization.
- Safety and security.



Please call or refer to our website for the most current program information, discounts and pricing.

Presorted Std.
U.S. Postage
Paid
AHI Travel