



# HOTEL LIST

- Jan 14, 15 & 16: Melia Varadero (3 nights)
- Jan 17 & 18: Jagua Hotel, Cienfuegos (2 nights)
- Jan 19 & 20: Ciego de Avila Hotel (2 nights)
- Jan 21 & 22: Hotel de Avellaneda or similar Camagüey (2 nights)
- Jan 23 & 24: Melia Santiago (2 nights)
- Jan 25, 26 & 27: Hotel Nacional Havana (3 nights)



**Wendy Holm** – Wendy is an award-winning resource economist, Professional Agrologist, author and journalist who has brought close to 1,000 farmers, students and chefs to Cuba over the past 20 years.

"Cuba has done so much with so little. They've transformed their agriculture from large-scale mono-culture to sustainable, diversified, local and organic agriculture virtually overnight. The past decade has seen an enormous shift in North Americans' perception of food. Food security and safety, concerns about nutrition and a general curiosity about food itself have become popular topics. How was my food produced? How sustainably was it produced? How far did it have to travel? Did the farmer get his/her fair share? These questions are front and centre in people's minds." - Wendy Holm

# CANADA CUBA FARMER TO FARMER PROJECT JAN 14<sup>th</sup> – JAN 28<sup>th</sup> 2019



## ITINERARY & HOTEL LIST

