

# Delegation to Cuba: Healing Our Land, Healing Ourselves

October 7-16, 2022



Frontline workers, nurses, social workers, educators, first-responders -- those who support healing and hold trauma -- will exchange with Cuban organizers, healers, and nature lovers. We will share strategies for environmental justice, community organizing and education, and nurturing. As peace-makers we will explore how capitalism, imperialism, and environmental racism challenge work for justice across the Americas and focus on the effects of the U.S. blockade as the primary obstacle to peace.

Join us in building practices and campaigns to ensure well-being, economic justice, and food sovereignty.

## Delegates will:

- visit a homeopathic pharmacy / create and apply herbal remedies
- exchange with an energy healer and medical practitioner
- learn about long-term adaptation and resiliency plans in the face of climate chaos
- confront US intervention in Cuba and the Caribbean at a historical memory museum
- explore a UNESCO-designated castle-museum dedicated to slavery and the unending resistance of the Cuban African Diaspora
- delve into an eco-community focused on reforestation, vegetarianism and natural products



Solidarity Collective  
BIPOC Delegation

**\*ALL DELEGATIONS WILL REQUIRE THAT DELEGATES BE VACCINATED & ALL DATES DEPEND ON THE UNFOLDING PANDEMIC AND ON CUBAN PUBLIC HEALTH MEASURES**

**Cost: \$1,400-2,400 fee + airfare + \$100 visa\***

Delegation fee covers all meals, lodging, transportation, interpretation, and reading and activist tools

Application and \$300 deposit due 10 wks before trip

Remaining balance due 3wks before trip

*\*Fundraising support is available\**



THE SOLIDARITY COLLECTIVE IS A POLITICALLY INDEPENDENT ORGANIZATION THAT BUILDS TRANSNATIONAL GRASSROOTS SOLIDARITY TO RESIST U.S. GOVERNMENT AND CORPORATE POLICIES THAT CONTRIBUTE TO VIOLENCE, POVERTY AND OPPRESSION IN THE AMERICAS.

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