



2019 AMHE Convention
46th Annual Convention of Association Medicale
Haitienne à l'Étranger
July 20 – 28, 2019
Havana and Varadero, Cuba

Optional activities for participants and companions
Collective activities

Departing from Havana

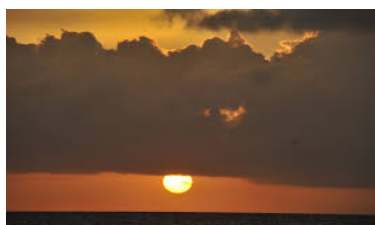
Enjoy show: "Oh La Habana" at Tropicana cabaret			
Price per person		Days	Sunday
Adults	Children	Departure time	20:00
\$ 129.00	N/A	Approx. duration	4 hours
Description			
1- Pick up at the hotel 2- Transfer on bus from Meliá Cohíba Hotel to Tropicana Cabaret 3- Dinner at Tropicana Cabaret 4- Enjoy the show: "Oh La Habana" (while enjoying the show you will receive an snack and ¼ bottle of Cuban rum) 5- Time to dance and take pictures (30 minutes) 6- Return to the Hotel			





Departing from Varadero

Enjoy sunset over the sea			
Price per person		Days	Tuesday
Adults	Children	Departure time	18:00
\$ 28.00	\$ 21.00	Approx. duration	2,5 hours
Description			
1- Pick up at the hotel. 2- Transfer on bus from Meliá Varadero Hotel to the pier. 3- Sail on yacht or catamaran over the waters of "Península de Hicacos". 4- Enjoy sunset from the yacht or catamaran. 5- Return to the pier. 6- Return to the hotel.			



The wild wild south (Matanzas province)			
Price per person		Days	Wednesday
Adults	Children	Departure time	8:15
\$ 68.00	\$ 51.00	Approx. duration	8 hours
Description			
1- Pick up at the hotel 2- Transfer on bus from Meliá Varadero Hotel to "Ciénaga de Zapata" peninsula (Biosphere Nature Reserve and Ramsar site). A stop of 15 minutes for restroom use will take place during the transfer. 3- Visit a repair shop of locomotives founded in the beginning of the XX th century. 4- Visit a plantation of sugar cane and enjoy a "Guarapo" (sugar cane juice) 5- Visit a crocodile farm (the biggest in Cuba) 6- Tour by motorboat through the Treasure Lagoon 7- Visit "Guamá" village to appreciate the human-size sculptures of "Taínos" (the first habitants of Cuba) and to know about their habits. 8- Lunch at a local restaurant in "Ciénaga de Zapata" peninsula. 9- Return to hotel in Varadero. A stop of 15 minutes will take place during the transfer.			





Cities at the center – south of Island (Cienfuegos & Trinidad)			
Price per person		Days	Thursday
Adults	Children	Departure time	6:50
\$ 88.00	\$ 67.00	Approx. duration	11 hours
Description			
1- Pick up at the hotel 2- Transfer on bus from Meliá Varadero Hotel to Cienfuegos city. A stop of 15 minutes will take place during the transfer. 3- Panoramic tour through the city with a brief stop at the central park. 4- A stop at “Valle Palace” and “Tomás Terry” theater, architectonic jewels of the city. 5- Transfer to Trinidad city (UNESCO World Heritage Site) 6- Walking tour through the center of the city. Visit the Major Square, a local museum and the Canchánchara tavern to enjoy the cocktail which named the place. 7- Lunch at a local restaurant in Trinidad 8- Free time for taking pictures and visiting the handcraft market. 9- Return to hotel in Varadero. A stop of 15 minutes will take place during the transfer.			

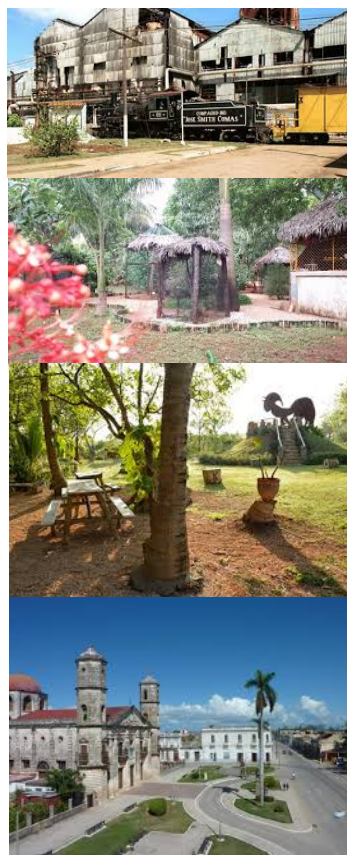


Swimming with dolphins			
Price per person		Days	Every day
Adults	Children	Departure time	9:30 / 14:30
\$ 99.00	\$ 74.00	Approx. duration	1.5 hours
Description			
1- Pick up at the hotel 2- Transfer on bus from Meliá Varadero Hotel to the dolphinarium. 3- Enjoy dolphins show (20 minutes) 4- Swim with dolphins (15 minutes) 5- Return to the hotel			





Deep Cuba			
Price per person		Days	Friday
Adults	Children	Departure time	8:15
\$ 57.00	\$ 40.00	Approx. duration	8 hours
Description			
1- Pick up at the hotel 2- Visit a former sugar factory 3- Tour through factory where you may appreciate machines and implements used in the past to produce sugar. 4- Taste of "Guarapo" (juice done with sugar cane) 5- Tour through the railway areas of factory 6- Visit "Luna" country house 7- Tour through the country house to appreciate plantations areas, ornamental plants and taste local fruits. 8- Visit a small zoo and "Mirador del Gallo" lookout inside the country house. 9- Creole lunch at the country house. 10- Free time to enjoy several activities. 11- Transfer to Cárdenas city, the municipality behind Varadero beach. 12- Panoramic tour through the city. 13- Return to hotel in Varadero.			



Varadero Golf			
Price per person		Days	Every day
Adults	Children	Departure time	-----
\$ 133.00	N/A	Approx. duration	-----
Description			
1- Green Fee. Included sharing car for transportation inside the course and set of clubs. This activity does not include transportation from and to the hotel.			





Jeep & Cave adventure			
Price per person		Days	Saturday
Adults	Children	Departure time	8:25
\$ 90.00	\$ 68.00	Approx. duration	8 hours
Description			
1- Pick up at the hotel 2- Tour by jeep through terraces, irregular ways and country ways. You will appreciate country town and isolated houses of people who live in the countryside. 3- Visit an agroecology country house 4- Visit "La Dionisia" coffee plantation 5- Tour by motorboat through "Canímar" river 6- Enjoy a performance where the people simulate the costumes of "Taínos" (the first habitants of Cuba). 7- Lunch at "La Arboleda" 8- Free time to ride a horse or walk through nature spaces. 9- Panoramic tour through Matanzas city 10- Visit "Saturno" cave. This cave has a natural swimming pool inside the cave. 11- Time to take a bath at "Saturno" cave. 12- Return to hotel in Varadero			



Boat Ride and snorkeling			
Price per person		Days	Saturday
Adults	Children	Departure time	8:15
\$ 39.00	\$ 30.00	Approx. duration	6 hours
Description			
1- Pick up at the hotel 2- Transfer on bus from Meliá Varadero Hotel to the quay. 3- Sail on yacht or catamaran over the waters of "Península de Hicacos". At the boat you will have open bar and snack (soft drink, beer, water, rum). 4- A stop near a reef with coral and fish to do snorkeling (the necessary equipment will be available on the boat). 5- Return to the quay 6- Return to the hotel			





Seafari to White Cay			
Price per person		Days	Every day
Adults	Children	Departure time	8:15
\$ 67.00	\$ 33.00	Approx. duration	7 hours
Description			
1- Pick up at the hotel 2- Transfer on bus from Meliá Varadero Hotel to the quay 3- Sail on catamaran over the waters of "Península de Hicacos" towards White Cay. At the catamaran you will have open bar (soft drink, beer, water, rum) and snack. 4- Arrival to White Cay. Free time to enjoy the wonderful beaches. You will have open bar (soft drink, beer, water, rum) during the time on the Cay. 5- Lunch at the restaurant of White Cay with several options of seafood. 6- Return to the quay 7- Return to the hotel			



Important information:

- 1- N/A means this activity is not available for children.
- 2- The Organizing Committee should provide no later than 31 May 2019 a list of participants in the optional activities. The Provider will send a specific invoice before 7 June 2019 to be paid by The Organizing Committee before 14 June 2019.
- 3- As The Provider operates in Euro currency and The Organizing Committee ask to use US dollars in the prices, the invoices will be emitted in euro, using the official exchange rate of European Central Bank at the date of emission of the invoice.