

HLST 4170 3.0  
Experience Cuba:  
enacting the human  
right to health &  
health equity

2024  
York University Faculty-led Study  
Abroad Program

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## Ice-breaking



Briefly introduce yourself



Why are you interested in this program? What's your expectation?

# Today we'll discuss...



How do credits and fees work?



What about my safety and COVID19?



HLST 4170  
Cuba Study Abroad



Next steps and contact

# Overview of Program

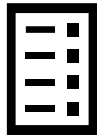
## Cuba Study Abroad Program

Costs



- Standard YorkU Tuition
- Program fees (\$1500)

Credits



- York University Credits – 3.0

Duration



- April 27<sup>th</sup> - May 11<sup>th</sup>, 2024

# Fees and Funding



## Fees

- Course Tuition Fees is paid to York University (through RO)
- Program Fee (CAD1500) covers:
  - Accommodations (Homestay)
  - Meals
  - Study trips, local transportation
- Not covered:
  - Guard.me and travel insurance
  - Return Flights
  - Bottled water
  - Personal expenses

## Awards/Scholarships

- York International Mobility Award (YIMA) - up to \$1000
- York University Scholarships  
<https://yorkinternational.yorku.ca/outgoing-global-learning-funds/>

# Safety Abroad – Supports all International Travel

## Risk assessment and safety are taken seriously

- Consult the [Safety Abroad](#) web page for all the required Risk Management steps
- Attend a Safety abroad Training at YI
- Purchase [guard.me](#)<sup>®</sup> medical and emergency insurance: Students must register directly with [guard.me](#)<sup>®</sup>.
  - Coverage must run from the date you leave Canada until the date you return
- Purchase travel cancellation and interruption insurance.
- Add Your trip to the [York International Travel Registry and Informed Consent \(moveonca.com\)](#)

**guard.me**<sup>®</sup>  
International Insurance



*All York University and Partner programs that require travel is subject to Government of Canada and York University Travel Guideline*

## A note about covid-19 and travel safety...

### Build Covid-19 into your travel planning

Please be advised the COVID-19 related restrictions continue to impact international travel and operations

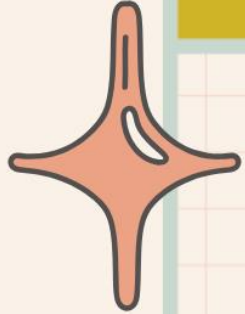


#### Risks of International Travel

- Being exposed to a high number of people will increase the risk of being exposed to COVID-19
- Proof of Vaccination required to enter the US
- It is important to have a plan to cover the costs associated with cancelling your trip, delayed flights, and all medical expenses should you be impacted by COVID-19 just before or during your trip
  - Guard.me (medical)
  - Cancellation and interruption insurance or travel insurance (usually purchased when getting your Plane ticket)
- Make sure your passport is valid for at least 6 months after your return.
  - If you need to renew its best to do it early and must be done before applying for Visas

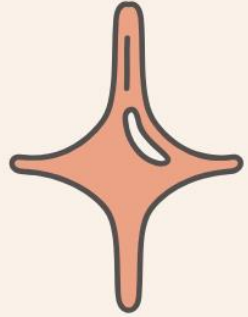
# Sharing by Prof. Jessica Vorstermans





# HOLGUIN, CUBA MAY 2024

what will it \* look \* like!





# PARTNERSHIP WITH:



UNIVERSIDAD  
CIENCIAS MÉDICAS  
HOLGUÍN

*La Universidad del Sistema de Salud*



Universidad  
de Holguín

York and:  
University of Holguín  
AND  
Medical School of Holguín



Holguin airport



ARRIVE APRIL  
27TH





# CITY OF HOLGUÍN

The city of Holguín is known as the *Ciudad de los Parques* (City of Parks). It has a gorgeous historic centre.

The city stands out because of its beautiful parks where you can find very significant buildings and institutes. Around the [Céspedes Park](#), [Peralta](#), [Calixto García](#) and the [Plaza de la Marqueta](#) there are various museums and art galleries.

An interesting festival *Romerías de Mayo* takes place in the beginning of May during which the entire city puts its party clothes on.





# WHERE YOU WILL STAY



CASA PARTICULAR  
(like a bed & breakfast)  
2 students per room

with a Cuban family!

Families all connected to the  
University & welcome students  
from Canadian universities

breakfast each morning there

simple accommodations:  
air conditioning, bathroom,  
safe & secure



# WHAT YOU WILL EAT!



breakfast at home:  
bread, eggs, coffee

lunch: brought to where we are  
could be simple sandwiches or  
simple Cuban cuisine

dinner: together at hostel la  
Palma

seasonal, rice & beans, meat.

\*let me know about dietary needs\*

gathering space



# HOSTAL LA PALMA



sometimes eat  
together here

debriefing sessions

gathering space

share with Western  
students



la playa! start off with some vitamin d!



**SUNDAY 28TH**





# Cuba: A hopeful case of health rights & health equity on the front lines



### Quick stats:

Education expenditures: Public expenditure on education as a percent of GDP. **12.8% of GDP** (2010)

Country comparison to the world: **1**

Literacy: total population: **99.8%**  
SAME for women and men.

Current Health Expenditure: **12.2%** (2016)

Physicians density: 8.19 physicians/1,000 population  
(2017)

Life expectancy at birth: total population: **79.2** years

*These numbers are typical of countries in Global North – but Cuba is a small country in Global South.*

GDP - per capita (PPP): \$12,300 (2016 est.)

Same as: Egypt, Tunisia, Ecuador, Paraguay, Namibia



## CUBA & HEALTH AS A RIGHT

HOW is Cuba - a small island in the Global South, under a US blockade for over 60 YEARS - able to have the health outcomes it does?

Healthcare in Cuba is free and universal, enshrined in the Cuban constitution as a fundamental human right, guaranteed by the state.

And the foundation of their preventative health care model is at primary care level, the family doctors who oversee the health of those who live around the clinic.

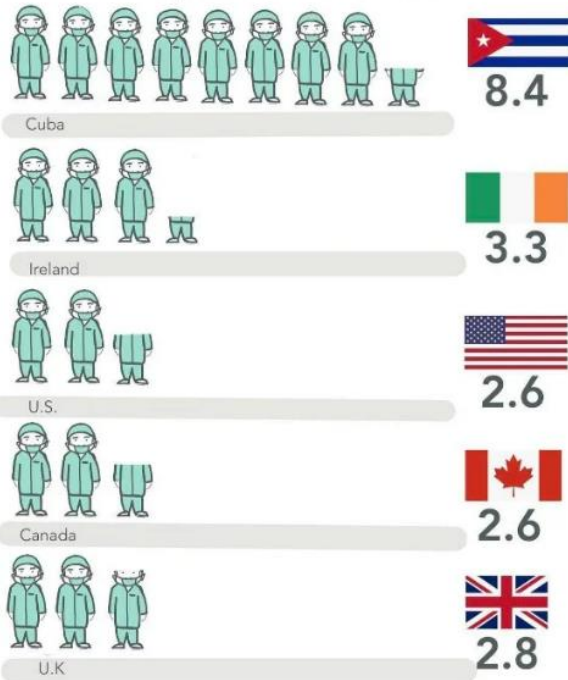
And Cuba does have lots of doctors.



# HEALTHCARE IN NUMBERS

Doctors available per 1,000 people

<https://data.worldbank.org/indicator/SH.MED.PHYS.ZS?locations=CU>



Cuba Support Group Ireland CSGI

Jan 11, 2021 · 🌐



Despite spending a fraction of what the United States spends on healthcare (the World Bank reports Cuba spends \$431 per head per year compared with \$8,553 in the US) Cuba has a lower infant mortality rate than the US and a similar life expectancy.

In terms of having healthy people, the Cuban health service outperforms other low and medium income countries and in some cases, outperforms much richer ones too.



**Imagine your doctor knocking at your door to give not just you, but your whole family, an annual health check-up.**

As well as taking blood pressure, checking hearts and asking all sorts of questions about your job and your lifestyle, this doctor is also taking careful note of the state of your home, assessing anything which could be affecting the health of you and your family.

This is what happens in Cuba and although it might not go down well everywhere, it's a pro-active approach to healthcare that yields some impressive results.



# WHERE WE WILL LEARN:





# WE WILL LEARN IN:



And many of these doctors are based in neighbourhood medical centres and, along with a nurse and support from visiting specialists, they monitor closely the health and wellbeing of every single Cuban.

Tanya Rosa de la Cuevas Hill is a specialist in comprehensive medicine and she runs a neighbourhood clinic in Old Havana. Along with her nurse, she looks after 334 families who live in the surrounding streets.

"Being a family doctor, I love it," she says. "The first mission we have is to prevent illness. That's the wonderful thing about my job. Prevention of diseases, prevention of accidents, that's what I like best".

Key to the prevention model is the annual health assessment, a full health check-up which every single one of their 1,287 patients will undergo, often at their homes.

And there's no getting out of it either.

doctor's consultorio, Cuba





# WE WILL LEARN IN:



international worker's day parade!





# WE WILL LEARN FROM:

Cuban professors in the University of Holguin (on campus)

Cuban medical school professors (on campus)

Cuban university students & student union members

Cultural workers & artists

Trips to historical sites, revolutionary sites of importance

We will be accompanied by UofH translation students, who will be translating!

you will have rest time & time to visit museums, restaurants & spend time with classmates & new friends.

weekend off in middle of course - beach? museums? rest?

[questions?jessvort@yorku.ca](mailto:questions?jessvort@yorku.ca)

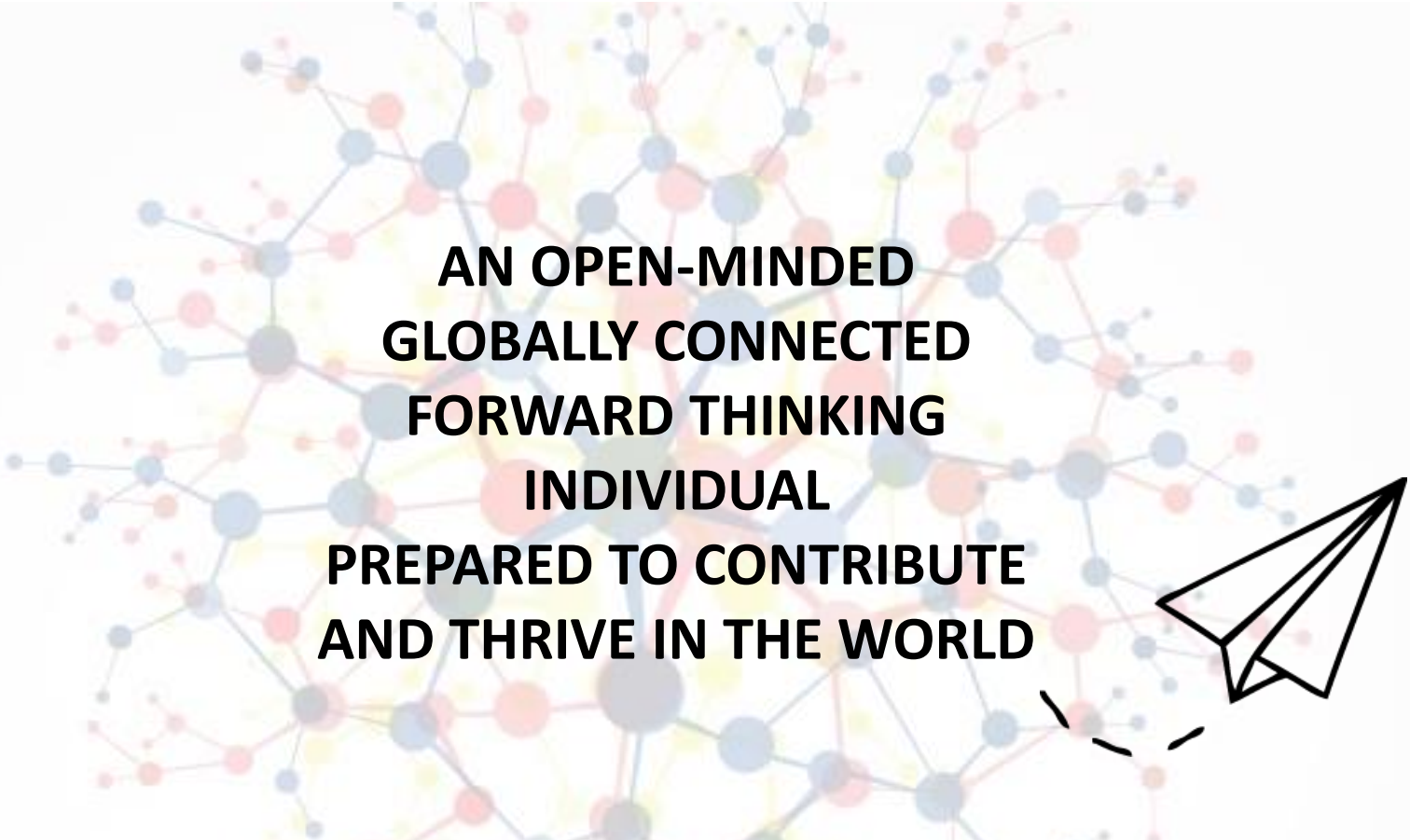


# Next steps:

- Fill out the Student Application Form by **December 15, 2023**:
  - <https://yorku.moveonca.com/form/647734baa5554f5f9b03ff65/eng>
- Make your deposit (**CAD500**) to secure your place by:
  - **December 15, 2023**
  - Contact Sharon Sammy [ssammy@yorku.ca](mailto:ssammy@yorku.ca) for scheduling payment
- Screening interview might be conducted, eligibility to be determined.
- Attend safety abroad and pre-departure session in-person/virtual in January.
- Program fee final installment (**CAD1000**):
  - **February 16, 2024**
  - Contact Sharon Sammy [ssammy@yorku.ca](mailto:ssammy@yorku.ca) for scheduling payment
- For questions, [yuabroad@yorku.ca](mailto:yuabroad@yorku.ca)



# Q&A



**AN OPEN-MINDED  
GLOBALLY CONNECTED  
FORWARD THINKING  
INDIVIDUAL  
PREPARED TO CONTRIBUTE  
AND THRIVE IN THE WORLD**

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