

Registration Form

Please sign me up!

Name: _____

Address: _____

Phone Number: _____

Email: _____

I prefer:

Double Occupancy

Single Occupancy (Add \$350)

A \$500.00 non-refundable deposit is required to confirm your registration by the following dates:

Early Bird Deadline: September 30, 2017
(subtract \$300.00 from the final cost!)

Final Deadline: December 31, 2017

Please send deposit cheque payable to:

The Urban Farmer
6370 Oak Street
Powell River, BC, V8A 4L9

Or scan and email the registration form and send payment by Interac E-Transfer to: theurbanfarmer@shaw.ca

Final payment (\$2150 early birds, \$2450 regular) is due January 20, 2018. Payment by cheque, bank transfer or Interac E-Transfer only.

This program is open to all, including Americans.
Please register early to avoid disappointment!

Final dates and itinerary are subject to change.



FOR MORE INFORMATION CONTACT

Ron Berezan at +1 604 223-4800
theurbanfarmer@shaw.ca



The Urban Farmer

For over 12 years, Ron Berezan has been offering organic gardening, urban agriculture and permaculture services throughout Canada and internationally. He has taken over 25 groups to Cuba to experience first hand the amazing organic revolution happening there. He is a fluent Spanish speaker and will be the overall coordinator of this program.

TheUrbanFarmer.ca



The Antonio Jimenez Foundation for Nature and Man

This Cuban NGO has been promoting the protection and enjoyment of Cuba's incredibly diverse and rich natural heritage for the past 25 years. In addition to facilitating the country's vibrant permaculture movement, FANJ promotes environmental education and sustainable alternatives for Cuban society. FANJ is our official partner organization for this program and will secure our visas and undertake all in-country logistics on our behalf. FANJ.org



The Lavastida Centre

Based in Santiago de Cuba, this ecumenical centre undertakes a wide range of community development, social justice, educational and environmental activities. For the past 6 years, they have been promoting permaculture, agro-ecology, natural food preserving and alternative energy as participatory forms of local change and self sufficiency for families and communities.



To see photos of past tours, testimonials of past participants and more on the agro-ecological movement in Cuba, please visit our website:

TheUrbanFarmer.ca



CUBA!
Food, Farms and Forests

Explore Cuba's
Organic Revolution!

★

FEBRUARY 11-26, 2018

Cuba's quest for an organic and sustainable agriculture began in earnest with the collapse of the Soviet Union in the late 1980's.

Faced with a looming food shortage due to the sudden loss of agrochemical and food imports from the eastern block, the Cuban people were at a critical crossroads: somehow the country needed to produce far more of its own food with far fewer outside in-puts or face widespread starvation.

This crisis sent Cuba firmly down the path towards a widespread organic and localized food model. Massive educational campaigns and numerous demonstration farms were established to teach Cuban farmers organic methods. Comprehensive land reform measures were also set in place, transforming large state farms into worker-owned cooperatives and small independent family farms. The urban agriculture movement emerged to provide thousands of Cubans with the opportunity to turn vacant urban lands into productive organic micro-farms.

Cuba's journey into an organic and sustainable agricultural paradigm continues today. Tens of thousands of scientists, researchers, agricultural technicians, agronomists, permaculture practioners and farmers across the country continue to pioneer new agro-ecological strategies for creating long-term food security.



Cuba: Food, Farms and Forests 2018 will provide a unique opportunity to explore Cuba's organic revolution in a manner not normally available to tourists. In close partnership with key Cuban organizations in the organic agriculture and permaculture movements, we will have direct access to the heart of Cuba's organic transformation.

Included in our 16 day itinerary:

- **Orientations to Cuba and the emerging organic and sustainable agriculture movements**
- **Visits to small farms, cooperatives and demonstration sites**
- **Visits to agro-forestry, permaculture and urban agriculture projects**
- **Sharing and dialogue with Cuban permaculturalists and farmers**
- **Trips to farmers' markets and family run restaurants (paladars)**
- **Opportunities to explore Cuba's rich history, culture, music, beaches, ecological reserves and natural areas**

Following orientations in Varadero and farm visits in Matanzas, our itinerary will take us to the beautiful colonial city of Sancti Spiritus in central Cuba where we will encounter the permaculture and urban agriculture projects of the Antonio Nunez Jimenez Foundation. From there we head further east to Santiago, Cuba's second largest city and cultural hot spot. While we explore the agro-ecology, urban agriculture and permaculture projects of the region, we'll enter into deep dialogue with local farmers and permaculturalists and "dig in" for a couple days of hands-on learning and permaculture work. Finally, we travel to Baracoa, the far eastern tip of the island, to experience the unique culture, geography, food and agro-forestry projects within and around one of Cuba's most beautiful national parks. Flights home will be out of the city of Holguin or Santiago de Cuba.

Independent travel in Cuba can be included following the end of the official program.

Final dates and itinerary are subject to change.



Are you...

An organic farmer, gardener or permaculture practioner?

Eager to experience the rich culture, ecology and beauty of the real Cuba?

Interested in local food security and sustainable agriculture?

Ready to share an alternative eco-agricultural experience with a group of other Canadians and Cubans?

If you answered "yes!" to any or all of the above then this tour is for you!



Tour Cost

\$2450⁰⁰ per person

Based on double occupancy - add \$350 for singles.
Room sharing will be arranged.

Early Bird Discount

Register by September 30, 2017 and reduce the cost by \$300!

ALL PRICES IN CANADIAN DOLLARS

What's included in the cost?

- All accommodations (Bed & Breakfasts with Cuban families and non-profit centres)
- All food except for 6-8 independent meals
- All land transportation within Cuba ending in Santiago and Holguin
- Special visas and permits for farm visits and non-tourism activities
- Local Cuban guides and support people
- Spanish-English translation
- Financial contributions to our host organizations and local projects
- Access to leading players in Cuba's organic agriculture and permaculture movements

What's not included?

- International flights to Cuba
- Supplemental travel and medical insurance
- Gratuities, optional outings, 6-8 independent meals

