

# Healing Our Land, Healing Ourselves

**October 29th - November 7th**

Essential workers, 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 healing, community organizing, environmental justice, and nurturing. As peace-makers we will explore how capitalism, imperialism, and environmental racism challenge work for justice across the Americas. And, we will focus on the effects of the U.S. blockade as the primary obstacles 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
- interface with youth permaculture organizers and promoters
- meet Afro-Cuban popular educators and share cultural work and organizing strategies
- explore a UNESCO-designated castle-museum dedicated to slavery and the unending resistance of the Cuba African Diaspora
- delve into an eco-community focused on reforestation, vegetarianism and natural products



**\*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 August 1

Remaining balance due October 1

\*Fundraising support and partial scholarships are 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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