

REGISTRATION FORM

Please sign me up for GO Organic Cuba 2010!

Name:

Complete Address:

Phone Number:

Email Address:

I prefer:

- Double Occupancy
 Single Occupancy (Add \$275.00)

A \$300.00 **non-refundable** deposit is required to confirm your registration by the following dates:

Early Bird Deadline: August 31, 2009
(subtract \$200.00 from the final cost!)

Regular Deadline: October 30, 2009

Please make deposit cheques payable to The Urban Farmer and mail along with registration form to: 10926 – 93 Street Edmonton, Alberta T5H 1Z2

Final payment (\$2200 early-birds, \$2400 regular) is due on January 31, 2010. Payment by cheque or cash only

Space is limited and a balance of rural and urban participants will be upheld. Please register early to avoid disappointment!

Final dates and itinerary are subject to change.



THE URBAN FARMER 🌱 Ron Berezan operates the Urban Farmer, an Edmonton based organic gardening, edible landscaping and permaculture design service. Ron has extensive organic food gardening and permaculture experience and training and has been a long-time promoter of urban agriculture. He worked for several years with NGO's promoting community development work in Latin America and has led and managed many delegations to Central America and youth exchange programs throughout the world. Ron is the tour organizer and will be the on-the-ground coordinator and facilitator in Cuba. He is a fluent Spanish speaker. www.theurbanfarmer.ca

THE ANTONIO JIMENEZ FOUNDATION FOR NATURE AND MAN 🌱 Founded by the renowned Cuban anthropologist, naturalist, environmentalist and explorer Antonio Jimenez, the foundation has become a leading player in the search for and implementation of sustainable alternatives for Cuban society. They have accomplished tremendous success in bringing the ecological design insights of permaculture to a widespread movement in Cuba's cities and rural areas. Their programs include training and capacity building of local permaculture and organic agriculture leaders, development of recycling and composting programs and support for the national movement of home gardeners and urban farmers. www.fanj.org

GOING ORGANIC NETWORK OF ALBERTA 🌱 The Going Organic Network of Alberta is a non-profit network dedicated to strengthening the organic initiative through networking, education and communication. Membership is available to everyone who wants to see organics bloom in Alberta - farmers, gardeners, chefs, retailers, processors, educators and consumers. www.goingorganic.ca

ACTAF - THE ASSOCIATION OF AGRICULTURAL TECHNICIANS AND FORESTERS OF CUBA 🌱 ACTAF is the Cuban government agency that has led the way in Cuba's transition towards an organic and sustainable agricultural model. They have over 10,000 employees across the country supporting the organic and urban agricultural movements. We are privileged to have Fernando Funes as our main ACTAF contact supporting our tour. Fernando is the author/editor of *Sustainable Agriculture and Resistance - Transforming Food Production in Cuba* and has hosted many foreign delegations visiting Cuba's organic sector. www.ipes.org/actaf



TOUR SPONSORS

The Urban Farmer
Going Organic Network of Alberta
The Antonio Jimenez Foundation
for Nature and Man
ACTAF - The Association of
Agricultural Technicians
and Foresters of Cuba



GO Organic Cuba 2010



Exploring Cuba's Organic and
Agro-ecological Revolution

February 22 to March 8, 2010



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 agro-chemical 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 practitioners and farmers across the country continue to pioneer new agro-ecological strategies for creating long-term food security.

GO - Organic Cuba 2010

will provide a unique opportunity to explore Cuba's organic revolution in a manner not normally available to tourists. Working in close partnership with two leading Cuban organizations in the organic agriculture and permaculture movements, we will have direct access to the people and projects at the centre of Cuba's organic transformation.

Included in our 14 day itinerary:

- ☛ Orientations to Cuba and the emerging organic and sustainable agriculture movements
- ☛ Visits to small independent farms, cooperative farms and state farms
- ☛ Visits to demonstration farms and teaching centres
- ☛ Visits to urban agriculture and permaculture projects
- ☛ Sharing and dialogue with Cuban organic farmers, technicians and promoters
- ☛ Visits to markets and local traditional restaurants
- ☛ Opportunities to explore Cuba's rich history, culture, music, beaches and natural areas

Centred on the western end of the island, we will journey from the coastal resort city of Varadero through the provinces of Matanzas and Santa Clara (birth place of the Cuban revolution). Near the southern coast, we will spend several days based out of the colonial centres of Sancti Spiritus and Trinidad

Are you ...

- ☛ An organic farmer or farmer in transition?
- ☛ An organic consumer, promoter or supporter?
- ☛ Interested in local food security and sustainable agriculture?
- ☛ An urban gardener or permaculture practitioner?
- ☛ 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!

(a UNESCO world heritage site). Moving further west, we will explore the state of Pinar del Rio, Cuba's traditional tobacco growing region and strikingly beautiful natural areas. Our tour will culminate in the cosmopolitan centre of Havana where thousands of "organoponicos" (small intensive urban micro-farms) are interspersed throughout the hustle and bustle of the city.

Opportunities for additional independent travel following our tour will be available.

Tour Cost: \$2700.00 per person (Based on double occupancy - add \$275.00 for singles. Room sharing will be organized for singles preferring double occupancy)

Early Bird Discount: Register by August 31, 2009 and reduce the cost by \$200.00!

Included In the Cost:

- ☛ Pre-travel orientation support
- ☛ Accommodation ranging from a dormitory style non-profit centre to 4 star hotels.
- ☛ All land transportation by bus throughout Western Cuba
- ☛ 2 meals per day (averaged over 14 days)
- ☛ Spanish-English translation
- ☛ Local Cuban guides and support people
- ☛ Financial contributions to our Cuban host organizations and to local projects
- ☛ Access to leading professionals in Cuba's organic and sustainable agriculture movements

Not Included in the Cost:

- ☛ Flights and airport exit tax
- ☛ Supplemental travel and medical insurance
- ☛ Optional outings
- ☛ 1 meal per day (averaged over 14 days)

Travel funding may be available to Alberta producers through Food and Beverage Canada's "Innovation and Technology Program."

Final dates and itinerary are subject to change.