

Cuba is an archipelago of islands located in the northern Caribbean Sea at the confluence with the Gulf of Mexico and the Atlantic Ocean. It lies between latitudes 19° and 24°N, and longitudes 74° and 85°W. The main island, set horizontally between the two Americas, makes up most of the land area. It is also known as the Key to the Gulf. The nearer lands are Haiti, on the East, 77 kms, on the north it limits with Florida peninsula, Yucatan, Mexico at 210 km to the west and Jamaica, southward, 140 kms. Cuba is 210 km across its widest points and 35 km (22 mi) across its narrowest points. The Cuban archipelago's main island has a length of about 1.500 miles from Cape San Antonio to the Punta de Maisi and a population of more than 11 million.

The insularity of the country and its location between the Tropic of Cancer makes the island weather being tropical. So that, this favors the weather being moderately warm with temperatures averaging 26°C, with two periods identified by the lower rainfall regime, called by its inhabitants a dry period extending from November to April and the rainy season between May and October. This motivates people to wear light summer clothing.

Cuba is an independent republic, with a system of socialist government, reliable of the international laws and the principles of the human rights, a state of right, with elections, laws, parliament, government, courts and instances recognized international level.

Cuba is one of the founding countries of the United Nations in 1945 and pertaining one to the Movement of Non aligned, the Group of the 77, is loyal to the agreements of the General Assembly of the UN.

The Cuban National Constitution was approved in February of 1976 and its administrative and political division consists of 15 provinces, plus the special municipality of the Island of Youth. Being Havana its capital.

The triumph of the revolutionary forces directed by Fidel Castro, 1^{ro} of January of 1959, came successfully to crown definitive the efforts of many years of fight, first against the Spanish colonialism, and soon against the imposition of a neon republic under the North American yoke,

This Cuban revolutionary triumph brought with itself the process of more radical transformation in Latin American history. For example, its ample agrarian reform, the elimination of the large estate, commercial independence, the nationalization of the foreign companies, the establishment of free services of education and health for Cuban citizens. Other positive transformations occurred in the Cuban society are the increasing solidarity with people from other countries, the Cuban solidarity with the right causes and the disinterested contribution to other countries; the straight Cuban position against the handlings of North American imperialism around the world has lead Cuba to gain affection and respect of most countries all over the world. People actually have favorable opinions about the Cuban society though the attack of mass media, which reflect critics of detractors and vilipended opinions expressed by the powerful northern neighbor and dramatically repeated by its blind followers, including those western people, who cannot stop libeling and slandering the Cuban Revolution because of achievement and consolidation as a socialist state.

It is precise to come to Cuba to watch and observe the way its society behaves. It is important to come to Cuba to meet its people, to share experiences, to enjoy the weather and the safety of its locations and resources. It is also important to get pleasure from its interesting flora and fauna. The collage of culture from Europeans

and Africans make the Cuban culture something interesting to explore. The high educational and scientific level turns Cuba as an interesting destination, which helps confirm that statement declared by Christopher Columbus: “the most beautiful land which human eyes have ever see”.

The capital of Cuba, Havana, is the political and cultural center of the island, where there are the better theaters, museums, restaurants, centers to enjoy good music and sport spectacles watching. There are also many libraries in Havana. Particularly there is one specialized library devoted to health sciences that can be reached at 23 Street and N, Vedado, Plaza de la Revolution municipality. There are also discos, cinemas, rest centers and entertainment places.

In order to travel across the island there is an ample road network. However, if you want to go from the Western provinces to the Eastern ones you can travel by plane. Yet being one of the first countries in utilizing the train as a travel source it is irregular its use. It is worth saying there are other means of transportation that not only connects the capital with the rest of the provinces the cities in the country. For example: ViAzul company, 881 Tel 1413 and car rental (cars); and with the companies such as Havanautos and Transautos and Cubacar. An important system of taxis and local busses which can be paid either in national or hard currencies.

The development in the tourism industry is in crescendo. There are two main tourist poles like Havana resources, Varadero, Holguin, and Trinidad, and the adjacent Keys. And the other pole is that modality of Health Tourism which is carried out across de the all country.

Documentations

To enter the country you must have your passport updated, that is, a qualified passport and the corresponding visa or tourist card that deliver the Cuban consulate in the country where you are. The immigration Office in Havana is located in 3ra Street and 22, Miramar Tel: 206 3218

Credit cards

Payment is generally made in cash although some of them can be made with credit cards. However, if those credit cards were issued in the USA which was not emitted in North American banks or any branches of them.

To have money in cash which was sent to you from other countries, you can have it away in Havana sent of the outside, it will be able to go to the hotels of first category: National, Habana Libre, Meliá Cohiba, Central Park or to anyone of the branches of the International Financial Bank in Street 18 and 1^{ra} Miramar, calle 25 y L, Vedado, Teniente Rey y Oficios, *Lonja del Comercio*, Lamparilla y Oficios Habana Vieja, etc. Teniente Rey y Oficios, *Lonja del Comercio*, Lamparilla y Oficios Habana Vieja, etc.

Money

In Cuba there are two currencies. Generally call national and convertible currency or CUC. All prices systems of established in the tourist sites of the country are in Cuban convertible currency (CUC), like currency of change exclusively within the country. However, there are some services to foreign tourists and personnel of temporary residence.

As the Cuban Peso is the national currency, Cuban residents in the country make all their payments of the local services in this currency.

Insurances

The ASISTUR company Tel: 8664499 management and conducts all the battles related to the effect and offers services to the citizens (national, resident tourists and foreigners in the country) who ask for it.

Electricity:

Normally the current is 110 volts with 60 cycles. Single in some hotels there is 220 volts.

Mail:

You can have mailing service through companies such as DHL Tel: 204 1578, Cubapost, Cubapack International SA.

Telephony:

Public telephones are not abundant, although in the Old Havana, Private preserve and Havana Center there is y exist a greater possibility. The cellular telephony increases to every day, exists a Cubacell company that makes the services in country 05 264

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the one that provide that service: 05 264 2266. It also offers facilities in different places of the city as well as in the most important hotels.

Purchases:

Although Havana is not an international destiny of purchasing, there are facilities where you can purchase using the Cuban convertible currency (CUC). In places such as warehouses, points of sale mini and super markets throughout the city and in across the as well you can get household-electric effects (DVD, Radiograbadoras, TVs, ventilators, microwaves, etc). Moreover, you can buy articles difficult to be acquired or to find on the other side of the ocean (tobacco, rum, articles of crafts, music and exclusive products of the island of Cuba).

Useful Phone numbers:

University of Medical Sciences: UCMH 208 3811

Students hall of residence: (Cojimar) 766 6515

International Relationship Office: UCMH 208 5801

Car rental 835 0000 & 273 2277

ETECSA (Telephone Company): 5ta Ave & 76, Miramar

For General Information: 113

Airport: 642 0576

Police: 106

Holiday days:

January 1, Day of the Liberation

May 1, Labour day

July 26, Day of National Revolt (it is celebrated next to 25 and 27 of Julio)

October 10 Anniversary of declaration of independence

December 25 Day of Familiar Festivity

Healthcare services

There is a wide system of healthcare places, which offer help and preventive orientation. There is also a broad net of institutions and XXXXX that the doctors give their services. Browse the Cuban Doctors Web Services at XXXXXXXXXX.

Foreign student's regulations in Cuba

The rights and civic duties, that they are valid for those foreigners in our country were are declared in the Cuban Constitution approved in 1976 as well as other legal rules, like in all other civilized countries of the world.

The self-financing students have the right to move freely according to his needs and interests, however, it is important they should notify teaching authorities when going on a move or just out of the province or if they have the intention to travel abroad following the actual regulations and normative.

If you think to travel either to Cuba to make studies, short or of the long duration at the University Of Medical Science Of Havana, you must consider the effective migratory regulations for this type of activity.

It is required that all people who makes studies in Cuba must be lodged in university residences, tourist facilities or particular houses (renter prevailed) that have official-legalized license of renting.

All students who wish to make studies preparatory of Spanish language and pre-doctor or to register itself in other courses (elective courses and internships) in Cuba, must ask for an academic visa. Now, this activity can be done just after obtaining the academic visa.

To get the academic visa you have to send the request to the International Relationship Department. Then you have to communicate with the following offices of International Relationships. The email you require are as follows: UCMH (relaint@infomed.sld.cu o conveniodri@infomed.sld.cu) with 45 days of anticipation to the arrival to the country. You have to provide the following data:

1. Full name a Second. Names
2. Passport number and nationality
3. Date of issue of the passport and its collapsing
4. Date of Birth
5. Date of arrival and Departure
6. Kind of study to make
7. Centre of origin
8. Consulate where the visa will be sent

The academic visa will be placed at the Consulate of Cuba in your country. That visa will have validity for a period of 30 days. In any case you want to take or extend your course to more than 30 days; you will have to show up in the Office of International in a period of 5 days after your arrival. This office will do the process of extending your visa. You have to show up:

If for any reason you arrive to Cuba with a tourist's visa when registering at the university, (no more than 48 hours as from the arrival to the country), you must show the following documents:

- Passport and tourist visa.
- 40.00 CUC in seals for the change of visa and or extension of the Guest's card of hall of residence, tourist installation or photocopy of the permission of renting of the house where you are hosted.
- 25.00 cash CUC for the payment of immediate processes.

It is important that he bear in mind that the passport will be under the University's custody and of Immigration during the time that will last for the step of a process. Hence we suggested it that he do the banking necessary negotiations before processing his visa and we recommended it that he have one of his passport's photocopies or another form of identification at hand in case any authority request for it.