

On Sat, Jan 20, 2024 at 8:15 PM:

Good evening, all!

Our group is off to a running start and already having an incredible time in Havana.

Our student leaders, elected by their peers everyday to help facilitate activities and boost morale, will be writing a summary of their day for you all.

Here is the updated from today's student leaders Adam, Sara, and Brenda:

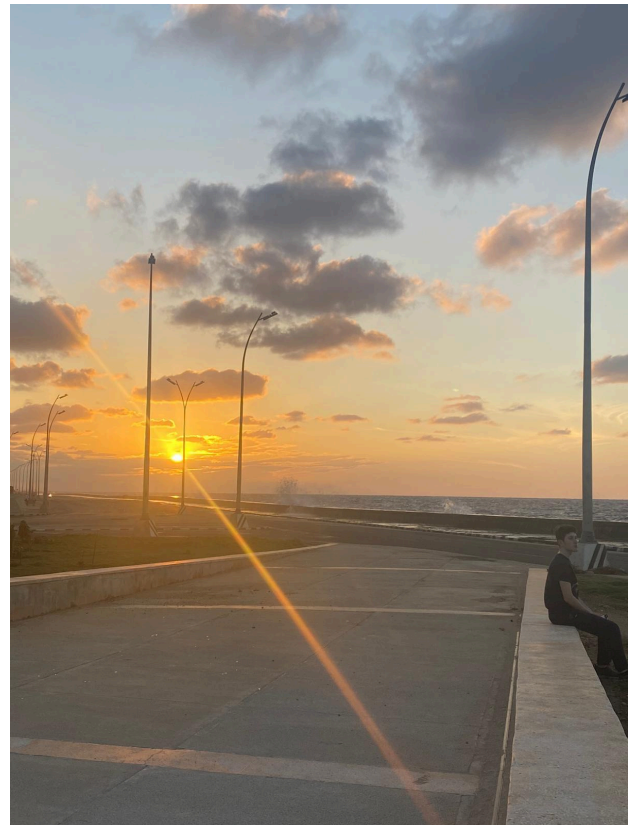
*Greetings!*

*We've made it safe and sound. No issues on the way.*

*We arrived in Havana and we saw scenery that was eye-opening for all of us. When we got to the house, we got situated and had our first proper meal of the day. Then we played some card games, socialized, and then went on a walk. The walk was peaceful and we took some time to take in the beauty of Havana and the fact that we're on an international trip with our peers and mentors.*

*We made our way back to the house and had dinner. We sang Scott happy birthday and cut a cake for him. Then we got ready for bed.*

*Here are some pictures that were taken throughout the day.*





*Adam, Sara, and Brenda*

On Sun, Jan 21, 2024 at 8:24 PM:

Good evening! Checking in with an update from Havana!

Here's what our student leaders of the day, Elias and Olivia, have to say:

*The girls slept in the other house and Rory and Charlotte slept late. Everybody had their first Cuban breakfast. We got on the bus and went to Old Havana. We saw the capital and Central train station. Ethan got serenaded, then we saw a grand church. After a little more walking, we went to lunch and got delicious tacos and meat. We went to an old statue and played soccer with some local kids. Then we went to a fort on the bay of Havana, where some of the boys raced and Lucas won. Then we went to El Barrio and played games and did some gardening. And we got jumped by a 4 year old. We came back to the house and the girls moved into their house for the rest of the trip. We ate dinner and the phys-chem leaders prepared for tomorrow's sampling.*





*Elias & Olivia*

On Mon, Jan 22, 2024 at 9:26 PM:

Good evening, everyone!

Checking in with our daily update from our group! Here's an update from today's group leaders, Rory and Lucas:

*We started with an early breakfast at 4am, where we said goodbye to Brandon and Nick and wished them well. We then set off to our first sampling location, the Martin Perez River, to collect data, which went smoothly. We then headed to a Cuban nature conservatory where we took a guided hike, stopping to collect/test data and eat lunch. After eating, we decided to visit the birthplace of a river where we learned about river health and collected the third sample while taking a dip. We ended up getting back early with extra downtime where we showered, played games, and spent time on the rooftop patio. We then had dinner and a presentation/presentation on the University of Havana and the aquarium. Along with neutralizing our waste containers and cleaning our gear, we passed the leadership duties onto the next two students.*

*-Rory and Lucas*

On Tue, Jan 23, 2024 at 8:59 PM:

Good evening, all! Here is our daily update from today's student leaders in Havana, Charlotte and Nayan:

*Hola from Cuba.*

*Today we started off with a late breakfast at 8am with an assortment of local tropical fruits. Our first agenda of the day was a lecture by Doctor Azana at the center of marine biology. She discussed the origin of the program, their 3 main research programs (Ecology, Aquaculture, Management/Conservation), and their main purpose to conserve the ecosystem. Then I took a tour of the building before lunch. After a quick lunch, we headed to another lecture at the University of Havana on the evolution of species in Cuba. After the exhausting lectures, our chaperones treated us to Cuba's best ice cream which students devoured. Back at la casa, students enjoyed some down time before setting gear for research day 2 before ending the day off with an amazing dinner by the staff.*





-Charlotte and Nayan



On Wed, Jan 24, 2024 at 8:53 PM:

Good night, everyone! Here is our daily update from our student leaders, Josiah and Scott:

*Hello everyone,*

*Josiah and Scott here, today was very productive. We worked hard and played even harder. We started off the exciting day with a tranquil breakfast followed by some tunes played by Charlotte and me, the aux king. When we landed we took our samples and had some coconut. After that we had our beach clean up before having some fun in the sun and practiced snorkeling. Some things to note—we spotted a Portuguese Man O War and befriended a crab named Jeffery. Soon we went back to la casa and ate dinner.*

*P.S. Hey Nick and Brandon, we're missing you out here. Some words for you Nick by Mauricio himself, "We will forever be lost without Moses." Also Brandon we held a toast tonight in your name. Just know your work has not gone unnoticed. Wish you both the best.*



*-Josiah and Scott*

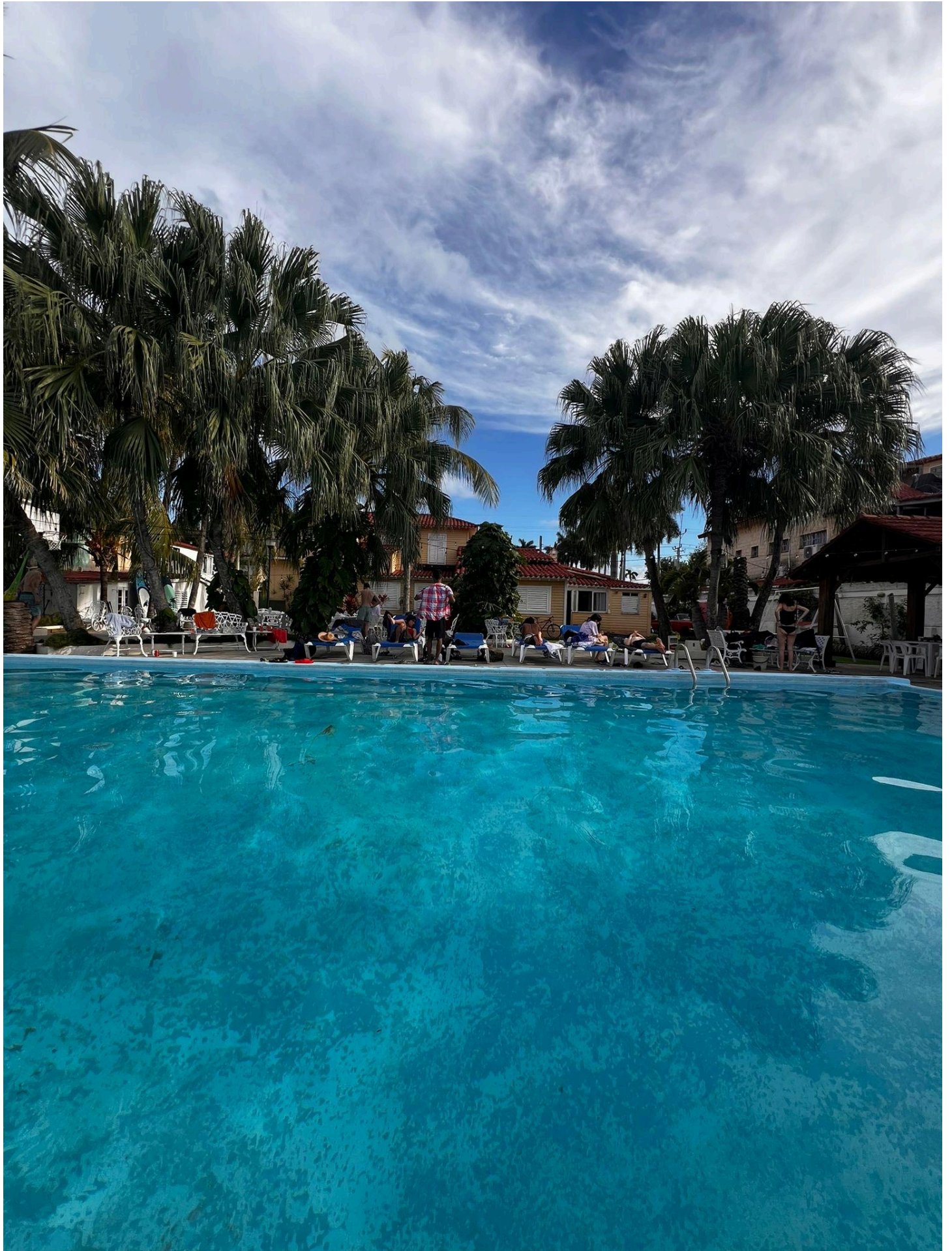




On Thu, Jan 25, 2024 at 7:00 PM:

Good night, all! Here is your daily update from today's student leaders, Emilio and Jackson:

*Today we ate breakfast at 8am. After breakfast, we left the house to head over to Santa Fe. There we tested water samples and had fun in a pool. After we finished testing the water and swimming in the pool, we had lunch. For lunch we had paella with lobster, as well as a salad with starfruit. Later, we hung out at the house and played card games, showered, and put aloe vera on our sunburns (don't worry, they're not bad). The day ended with a delicious chicken and rice meal.*









*-Emilio and Jackson*

On Fri, Jan 26, 2024 at 8:46 PM:

Good night, all! Here is an update from George and Owen, today's student leaders.

*Day 7 of Cuba.*

*Today breakfast was at 8 per usual and contained fruits, bread, eggs, and juice. After breakfast we headed straight to the Center of Marine Investigation. We analyzed the data we've been gathering the past couple of days. More specifically, we made tables and graphs of dissolved oxygen, pH, and phosphates in the water.*

*For lunch, we were greeted with steaming hot pizza that everyone loved. After lunch we went to a soccer field to play against the 15 and under Havana City team and to no surprise it was a blowout. Then we got back into our bus and drove to our dance lesson. The instructor showed us Afro-Cuban dance moves then performed for us. We went home to ice cream and a movie night.*











*From, George and Owen*

On Saturday, January 27, at 9:28 PM:

Now, an update from today's student leaders, Elias and Ethan:

*Today, another classic breakfast with jam and butter on toast. In the morning, we sat through a quick lesson on some of the meanings of physical chemical parameters. Then, we all went to the Cuban aquarium, which was quite hot, as it was outside.*

*After a lunch of yellow rice, plantain chips, and chicken, we drove to a "shopping center, where we wasted hundreds of dollars on useless trinkets." Please excuse the "Elias Flair." In the center, there was a Cuban-based store selling hand-made clothing from mostly-recycled materials.*

*Before dinner, we were treated to an antique taxi ride, seeing most city sights. At dinner, which consisted of Cuban meats and appetizers, Elias wishes to note that he "accidentally used the womens' restroom." Now, we will soon see a slideshow of trip photos. We can't wait to see you tomorrow!*

















*The end. By Elias and Ethan*