

Healthy lifestyle - life without noise and in clean air, island Cuba, 2007.

The National Noise Observatory of the Czech Republic (NNO) organized the tour of the natural beauty of the Caribbean island of Cuba in 2007. The route led from Havana to the West to Pinar del Rio, then back to East to Cienfuegos and Trinidad. The next stage headed to Santa Clara and Cárdenas. After a short rest at the Varadero peninsula, then back to Havana. Along the way we visited a number of parks, crocodile farms and other places, which can be described without exaggeration as miracles of nature.

The aim was to create a series of photos representing the harmony of a healthy young human, placed in the magical Caribbean nature, and use photos, contrasting with the consequences of the impact of noise on human health, in media campaigns.

In the contract with model Kateřina Průšová, Miss of the Czech Republic in 2002, there is literally written:

"... The project will promote the need to protect human health against a hazardous noise in the environment. The photos taken in Cuba, will serve to the raising the public awareness and education of civil society, familiarizing people with health risks, caused by long-term influence to the human body, through the NNO..."

On the tour, the unique documents of time and place were created, that deserves the attention of the world, as in comparison with the industrially most advanced civilizations, they are examples of the maximum preservation of natural beauty, with the emphasis on increasing of environmental protection, despite the state of the economy, allowing less costly measures.



Viñales National Park in the west of Cuba suggested from the first time that extraordinary experiences await us



Local beauties were excited about the offer of making photos as models.



The first big catch did not take long time. Kateřina Průšová is ploughing and on a buffalo.



The farmer of tobacco plantation become our host, who was about planting a crop of Cuban cigars of the most exciting brands (Romeo y Julieta ...) for next year.



Left photo: After the work, the farmer showed us, under oath of keeping silence, his cave with endless sources of underground water, which is necessary for growing quality tobacco. Right photo: His son taught us to roll a real genuine Cuban cigar, so that we could lovingly smoke our masterpieces.



Bizarre positions of the brilliant Czech photographer Jakub Ludvík allowed to create other magnificent shots before our night departure.



Kateřina in front of the drying room of tobacco leaves.



In no European roadhouse, anything so tempting would await us as on the road to Havana. For drivers without alcohol, for other participants of the expedition according to their tastes.



Left photo: We are in Havana and planning our program. Our fantastic guide Isys, beside her Jakub Ludvík, also Lubo Hrtuš, Kateřina Průšová with her make-up artist. Right photo: In front of the photographic exhibition of European cities in the center of Havana, we are rejoicing that Cuba did not forget their Czech friends. Charles Bridge over the Vltava River and Prague Castle are our most valuable monuments.



The husband of Isys is the President of the Cuban vintage car club that allowed us to travel around Old Havana in the most amazing American cars of the 50s of the last century.



You will not forget a visit to Cabaret Tropicana.



The visit to Havana apartment of Isys let us look into the environment of practicing Santera (female priest of Cuban religion Santeria) for the first time.



The expedition leader, Ivo Vaněk, hitched a ride with the natives that gave a rise to the contrasting photo of Kateřina with the coachman on a horse-drawn carriage.



Cubans are infinitely friendly and never refused an offer to take photos in the middle of the highway.



On the contrary, Kateřina proposed a friendship to a little Cuban crocodile (critically endangered) that did not received it and with unexpected ferocity he swung his tail at Kateřina.



Virgin freshwater lakes have allowed to make impressive series of photos, which we named „Fairy“.



At home, at school or on the street, Cubans behaved with the hospitality everywhere.



On the abandoned railway station in San Martin, we realized that the time has come to revive the colonial architecture of the 19th century.



The important stop was in the oldest Cuban city of Trinidad, founded just 22 years after the landing of Christopher Columbus, registered since 1988 in the list of UNESCO World Cultural Heritage.

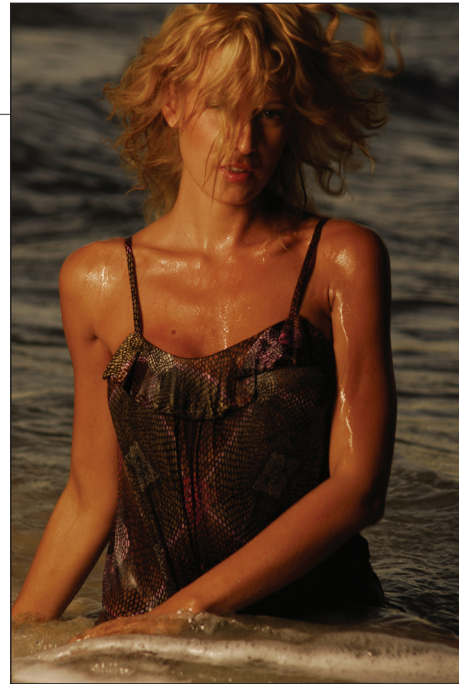


Maintenance men of beaches on the southern headland under Trinidad very responsibly cared for the convenience of visitors after each tide.



After the necessary assimilation with the local population, we started to work.

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The Caribbean atmosphere is simply inimitable.

On the way to Varadero, one unfortunate event happened.



Driving on the 6-lane one-way, a runaway horse drawing carriage suddenly raced against us in the opposite direction between cars and the carriage shaft broke the window of our expedition minibus. Fortunately, the accident got along almost without injury, but the expedition leader, Ivo Vaněk, who drove the car, had to explain to the police for more than 10 hours that the accident could not be prevented, otherwise he faced up to 10-year imprisonment.



Ivo Vanek used the two-day rest after a demanding three working weeks to visit Villa DuPont, which Thomas Coleman du Pont, great-grandson of Mr. Éleuthère Irénée Du Pont de Nemours, the founder of DuPont Company, had it built in Varadero in the 20 years of the last century.

Roadhouses in Cuba are generous to passengers. Miracles while you wait, impossible within 3 days!



Last casting took place in front of Havana's iconic restaurant La Bodeguita del Medio, so popular with the writer Ernest Hemingway.

Ivo Vaněk was unhappy when our guide Isys told him that he missed his friend, Professor Eusebio Leal Spengler, about 10 minutes, who stopped in Budeguita on his favorite mojito.



Cuban fashion models are at the absolute peak in global modeling.



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Havana's streets are in the similar position.





The visit to the major Havana Santero (male priest of Cuban religion Santería) before leaving to the international airport José Martí, combined with the purification of evil spirits, has left no doubt that it was the culmination of our Cuban mission.



Cuba has convinced us that it pays off to take care of your health. And now it is up to us if we manage to pass this belief on.