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Panama

This 10-day educational immersion in **Panama** combines cultural discovery, environmental learning, and meaningful service experiences. Students explore historic **Casco Antiguo**, visit the **Panama Canal**, and engage with Indigenous communities including the **Emberá and Guna Yala people** while learning about traditional ways of life. Through service-learning projects, nature excursions, and cultural activities such as salsa dancing and island conservation work, students gain a deeper understanding of Panama's history, biodiversity, and global significance while building cross-cultural awareness and leadership skills.

Trip Summary

Day 1

11:10 AM

Example Flight

7:31 PM

Arrival

Welcome Dinner - El Trapiche

Check in at Ramada Plaza by Wyndham Panama Punta Pacifica - Ramada Plaza by Wyndham Panama Punta Pacifica

Day 2

Breakfast

Service-Learning Project in or near the city

Lunch - The Fish Market

Casco Antiguo (Old City) Historic Walking tour - Panama Viejo

Dinner

Day 3

Breakfast

Visit the authentic indigenous village of Emberá

Visit Aguas Claras, the largest of the Panama Canal Locks

Dinner at a Metro Plaza

Day 4

Check out from Ramada Plaza by Wyndham Panama Punta Pacifica - Ramada Plaza by Wyndham Panama Punta Pacifica

To-Go Breakfast

Indigenous Kuna | San Blas Islands & Service Day 1

Arrive at San Blas Islands - Kuna Yala Tribe

Beach & island exploration

Dinner

Overnight in San Blas Island Camp Stay

Day 5

Day Two - San Blas Islands - Kuna Yala Tribe

Depart for Panama City

Dinner at a Esa Flaca Rica Restaurant

Check-in at hotel in Panama City

Day 6

Breakfast

Environmental Service-Learning Project in or near the city

Lunch

Walk the Amador Causeway

Salsa class

Dinner

Check in at Hotel Cubitá Boutique Resort & Spa - Hotel Cubitá Boutique Resort & Spa

Day 7

Breakfast buffet at hotel & check-out

Scenic hike at Cerro Ancón Hill

Depart for southern city of Chitré

Afternoon of Art and Culture in Chitré

Dinner

Check in at Hotel Cubitá Boutique Resort & Spa - Hotel Cubitá Boutique Resort & Spa

Day 8

Breakfast

Full Day Iguana Island - Beach and nature tour

Chitré Main Plaza Tour

Dinner at a Hotel with Folkloric Dance Show

Day 9

Breakfast

Check out from Hotel Cubitá Boutique Resort & Spa - Hotel Cubitá Boutique Resort & Spa

Depart for Penonomé

Visit Local Elementary School in la Pintada

Depart for Panama City

Dinner at a Local Restaurant

Check-in at hotel in Panama City

Day 10

Breakfast

Transfer to PTY airport

9:45 AM

Departure flight

¡Adiós Panama! Panama City & Home!





Day 1

**DEPARTURE 11:10 AM - Eastern Time****Example Flight****Flights to PTY Airport, Panama**

Check-in together as a group

- Have valid photo I.D. ready
- Proceed to security and gate

Published Fare

	11:10am 12:39pm	Thu, May 28th Thu, May 28th	(BTV) (EWR)	Burlington, VT Newark, NJ	Family: Eco Nonstop - 11
<i>Operated By Republic Airways Dba United Express</i>					
⌚ Layover 2h 30m					
	3:09pm 7:31pm	Thu, May 28th Thu, May 28th	(EWR) (PTY)	Newark, NJ Panama, PA	Family: Eco Nonstop - 51
Trip Time: 9h 21m					
	9:45am 4:05pm	Sat, Jun 6th Sat, Jun 6th	(PTY) (EWR)	Panama, PA Newark, NJ	Family: Eco Nonstop - 51
⌚ Layover 5h 54m					
	9:59pm 11:28pm	Sat, Jun 6th Sat, Jun 6th	(EWR) (BTV)	Newark, NJ Burlington, VT	Family: Eco Nonstop - 11
<i>Operated By Gojet Airlines Dba United Express</i>					
Trip Time: 12h 43m					

**ARRIVAL 7:31 PM - Eastern Time****Arrival****Arrive at PTY Airport**

- Immigration and customs; have passports ready
- Baggage claim; meet your Tour Manager and Tour Director

**Welcome Dinner****Welcome Dinner at Trapiche Restaurant****El Trapiche**

Via Argentina 707, Panama City
+507 269 4353

**Check in at Ramada Plaza by Wyndham Panama Punta Pacifica Location**

This hotel welcomes guests in Panama City.





Ramada Plaza by Wyndham Panama Punta Pacifica

Via Israel y Calle 71, Panama City, Panama

Day 2



Breakfast
Breakfast at hotel



Service-Learning Project in or near the city
TBD



Lunch
Lunch at a Fish Market Restaurant **on your own**

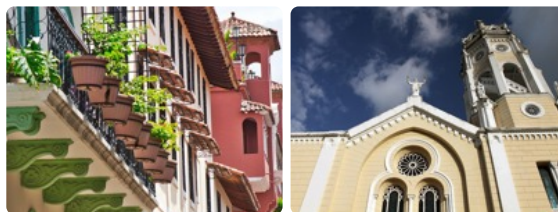


The Fish Market
Ciclovía Cinta Costera, Panama City



Casco Antiguo (Old City) Historic Walking tour

- Guided walking tour of old Panama City; find out about the city's rich history
- Learn about the culture and city life of indigenous tribes, in particular the Guna Tribe.



Panama Viejo
Vía Cincuentenario, Panama City



Dinner
Dinner at a [La Fonda Restaurant](#)

Day 3



Breakfast
Breakfast at hotel



Visit the authentic indigenous village of Emberá

- Ride up a river in a canoe with two indigenous “boteros”

- See if you can spot the toucans, sloths, or monkeys in the nearby jungle Arrive at the Emberá Village; enjoy a traditional **welcome lunch**
- Traditional musical greeting
- Spend time exploring the village; interact with local villagers
- Take a short walk through the jungle with one of the village elders; learn about the medicinal plants that the Emberá use
- Please bring a change of clothes and rain gear.



Visit Aguas Claras, the largest of the Panama Canal Locks



Dinner at a Metro Plaza

Stipend for Dinner

Day 4



Check out from Ramada Plaza by Wyndham Panama Punta Pacifica



Ramada Plaza by Wyndham Panama Punta Pacifica

Via Israel y Calle 71, Panama City, Panama



To-Go Breakfast

- Grab your to-go breakfast bag as we head out of the hotel early in the morning



Indigenous Kuna | San Blas Islands & Service Day 1

Depart for northern Caribbean Islands of San Blas in SUVs

- Stop for bathroom, snack, and water
- Immigration at Kuna Region prior to mountain road
- Cross mountain range to reach coast
- Quick nature stop to spot wildlife



Arrive at San Blas Islands - Kuna Yala Tribe

- Group registration
- Take boats for Kuna Yala community island
- Learn about how to live on a remote palm-tree island
- Check-in at Kuna Yala village cabins
- **Late LUNCH at island**
- Enjoy time relaxing at this pristine beach
- Group meeting / traditional games



Beach & island exploration

- Take boats for Kuna Yala community island
- Beach time
- Arrive at coast again; bathroom; return to your SUV vehicle



Dinner



Overnight in San Blas Island Camp Stay

Guna Yala Comarca, Panama

- Night 1
- Check-in at Kuna Yala village cabins

Day 5



Day Two - San Blas Islands - Kuna Yala Tribe

- Breakfast near lodging area
- Morning service-learning activity with local community and chief
- LUNCH at island
- Service-learning project at locals'-only island
- Enjoy time relaxing at this pristine beach
- Group meeting / traditional games
- Dinner on site



Depart for Panama City



Dinner at a Esa Flaca Rica Restaurant

[Esa Flaca Rica](#)



Check-in at hotel in Panama City

TBD

Day 6



Breakfast

Breakfast at hotel



Environmental Service-Learning Project in or near the city

Environmental restoration (beach clean up with locals, mangrove replanting, class on climate and hurricane impacts)



Lunch

Lunch in town **on your own**



Walk the Amador Causeway

Visit and walk through the Amador Causeway for panoramic views of the city.



Salsa class

- Enjoy a salsa class at an authentic dance studio in the city

Dinner

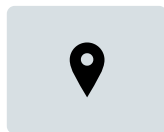


Dinner at a Local Restaurant TBD



Check in at Hotel Cubitá Boutique Resort & Spa Location

This hotel is located in Chitré. The nearest airport is Changuinola (CHX).



Hotel Cubitá Boutique Resort & Spa

Avenida Roberto Ramírez de Diego, Chitré, Panama

Day 7



Breakfast buffet at hotel & check-out

- Check-out; board coach bus



Scenic hike at Cerro Ancón Hill

- Guided walk/hike in paved terrain to the top of Cerro Ancón
- Enjoy panoramic views of Panama City and the Panama Canal
- Look out for interesting wildlife - try to find sloths, toucans, monkeys, and other creatures during your hike.



Depart for southern city of Chitré

- Long drive to the city of Chitré
- Lunch on the road on your own
- Visit fruit market



Afternoon of Art and Culture in Chitré

Learn where and who makes some of Panama's tastiest and most impressive goods such as *Diablicos* masks, and *tamboritos* drums





Dinner

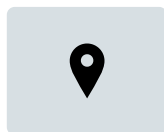
Dinner at Salsa Y Carbon



Check in at Hotel Cubitá Boutique Resort & Spa

Location

This hotel is located in Chitré. The nearest airport is Changuinola (CHX).



Hotel Cubitá Boutique Resort & Spa
Avenida Roberto Ramírez de Diego, Chitré, Panama

Day 8



Breakfast

Breakfast at hotel



Full Day Iguana Island - Beach and nature tour

- Depart for Isla Iguana; take boat to the island with local fishermen
- Learn about the life of fishermen in the region
- Optional: Coastal clean-up service
- Picnic lunch at the beach; beach time and optional hiking
- ABOUT: Isla Iguana is the top natural attraction of the Azuero Peninsula offering the only white sand beach of that region and beautiful crystal clear waters. Isla Iguana is a secluded paradise, considered a wildlife refuge, inhabited only by rare birds, giant lizards and purple and red crabs.



Chitré Main Plaza Tour



Dinner at a Hotel with Folkloric Dance Show

Day 9

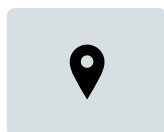


Breakfast

Breakfast at the hotel



Check out from Hotel Cubitá Boutique Resort & Spa



Hotel Cubitá Boutique Resort & Spa
Avenida Roberto Ramírez de Diego, Chitré, Panama



Depart for Penonomé



Visit Local Elementary School in la Pintada

People to people activities

- Lunch at service location

**Depart for Panama City****Dinner at a Local Restaurant**

TBD

**Check-in at hotel in Panama City****Day 10****Breakfast**

Check-in at hotel in Panama City

**Transfer to PTY airport****DEPARTURE 9:45 AM -
Departure flight****¡Adiós Panama! Panama City & Home!****Information & Documents****Your Package****What's Included**

- Roundtrip international airfare to and from Panama
- All accommodations, including hotels and community lodging
- Meals as listed in the itinerary (9 breakfasts, 5 lunches, 9 dinners)
- All ground transportation, including private buses, SUVs, boats, and airport transfers
- Professional local guides throughout the program
- 24/7 bilingual tour director
- All scheduled activities and excursions, including cultural visits, service projects, and conservation experiences
- All community service donations, entrance fees, and program costs
- Guide gratuities
- Cold filtered water (travelers bring reusable water bottles)
- Personalized, secure online payment portal for each student/family
- Single point of contact for schools and families prior to departure
- 24-hour emergency support throughout the program
- Travel insurance

What's Not Included

- Lunches not specifically listed in the itinerary
- Personal expenses and souvenirs
- Passport fees and required travel documentation

Customization Note:

Hotels, dining venues, and included experiences are flexible and may be adjusted based on availability. Itineraries can be customized with additional nights, activities, and inclusions to best match the interests and goals of your group. Programs are available year-round and can be adapted for any season.