



Exploring Global Challenges and Solutions in Panama

HGLO Study Abroad Itinerary - March 2025

Group Communications: Please download the WhatsApp app ([iOS](#) | [Google Play](#)) to your phone. That is the most common form of communication and text messaging in Latin America.

INTRODUCTION TO PANAMA	
DATE	ITINERARY
Saturday March 15, 2025	<p>Travel Day: All students will check-in, go through security, and meet at the gate of departure at one of the local airports. Please arrive 2 hours prior to departure, in keeping with international travel policies.</p> <p>Lodging: Tryp by Wyndham Panama Centro</p> <ul style="list-style-type: none"> • Check-in, unpack, and rest. All students must arrive by 4:00pm. <p>6:30 pm - Welcome Dinner & Orientation: All participants will attend a welcome dinner where we will review the schedule, update students on any changes, and introduce our host country partner, Neudy Nuñez.</p> <ul style="list-style-type: none"> • Location: <i>Mallorca 1 and 2 Room at the Tryp by Wyndham Panama Centro (Floor M)</i> • Dessert: Churreria Manolo
Sunday March 16, 2025	<p>6:30 am - Breakfast (in the lobby)</p> <p>7:00 am - City Tour: Half-Day City and Panama Canal Tour (Panama Canal - Miraflores Visitor Center, Monumento a Goethals, Amador Causeway, Casco Viejo, Metropolitan Cathedral Basilica of Santa Maria the Ancient, Arco Chato, Plaza Carlos V, France Square, Paseo de Las Bóvedas)</p> <p>12:20 pm - Group Lunch: El Nacional (Panamanian Cuisine)</p> <p>1:20 pm - Explore Casco Viejo and Cinta Costera (Casco Viejo: Museo del Canal de Panamá, Museo de la Mola, Iglesia de San Jose, and Plazas, Panamá Centro Tour: Panama Sign, Cinta Costera, and Parque Urraca)</p> <p>2:00 pm - Gatun Lake Wildlife Tour from Panama City: Observe the monkeys during this tour from Panama City. Observe different animals during this tour. Boat ride on the Chagres River from Gamboa Marina. Tour ends at 6:00pm.</p> <p>Evening: Dinner on your own.</p>

SUSTAINABLE DEVELOPMENT INITIATIVES IN PANAMA

DATE	ITINERARY
<p>Monday March 17, 2025</p>	<p>8:00 am - Breakfast (in the lobby)</p> <p>8:45 am - Depart Hotel for City of Knowledge (Ciudad del Saber)</p> <p>9:30 am - Presentation: Ciudad del Saber. Discover Ciudad del Saber, a dynamic hub for academia, research, technology, and entrepreneurship, built on a former U.S. military base in Panama City, fostering innovation and sustainable development.</p> <p>11:00 am - Presentation: Organization of American States. The OAS promotes peace, democracy, and cooperation among countries in the Americas. It works to address regional challenges through diplomatic efforts, policy development, and multilateral collaboration.</p> <p>12:00 pm - Lunch at The Plaza at Ciudad del Saber (on your own)</p> <p>1:30 pm - Presentation: International Organization of Migration. The IOM supports migrants by providing humanitarian aid, promoting migration management, and fostering safe and orderly migration. It works to protect the rights and dignity of migrants in Panama and the region, ensuring their well-being and integration into communities.</p> <p>2:30 pm - Depart City of Knowledge for Hotel</p> <p>3:00 pm - Break (on your own)</p> <p>5:00 pm - Group Reflections & Discussion (snacks provided)</p> <ul style="list-style-type: none"> • Location: <i>Mallorca 1 and 2 Room at the Tryp by Wyndham Panama Centro (Floor M)</i> <p>Evening: Dinner on your own.</p>
<p>Tuesday March 18, 2025</p>	<p>8:30 am - Breakfast (in the conference room)</p> <p>9:15 am - Depart Hotel for City of Knowledge (Ciudad del Saber)</p> <p>10:00 am - Presentation: World Food Programme. WFP is a global leader in combating hunger, providing emergency food assistance and working with communities to enhance nutrition and resilience. Through innovative strategies and partnerships, WFP strives to achieve zero hunger and ensure universal access to nutritious food.</p> <ul style="list-style-type: none"> • Important: Must bring photo ID (state ID, or some other type). <p>12:00 pm - Lunch at The Plaza at Ciudad del Saber (on your own)</p> <p>1:30 pm - Depart City of Knowledge for Fundación PROBIDSIDA</p> <p>2:00 pm - Presentation: Fundación PROBIDSIDA. Fundación PROBIDSIDA is a non-profit, non-governmental organization dedicated to promoting the well-being and dignity of individuals affected by HIV/AIDS. Through a community-based approach, the foundation leads efforts in education, awareness, and prevention, aiming to reduce the spread of HIV and combat stigma.</p> <p>3:30 pm - Depart Fundación PROBIDSIDA for Hotel</p> <p>4:00 pm - Group Reflections & Discussion</p> <ul style="list-style-type: none"> • Location: <i>Mallorca 1 and 2 Room at the Tryp by Wyndham Panama Centro (Floor M)</i> <p>7:00 pm - Group Dinner: Restaurant El Trapiche (Enjoy authentic Panama with our exclusive dinner and show)</p>

CULTURAL IMMERSION DAY

DATE	ITINERARY
Wednesday March 19, 2025	<p>7:00 am - Breakfast (in the lobby)</p> <p>7:45 am - Depart for Tour from the Hotel</p> <p>8:15 am - Check-in for Tour</p> <ul style="list-style-type: none">• Location: <i>El restaurante CANAL HOUSE PANAMÁ (restaurante del Balboa Yacht Club) al lado de TGI Friday's en Amador.</i>• Important: Must bring your physical passport. <p>8:45 am - Full-day Tour: All Inclusive Taboga Island Catamaran Tour from Panamá City Escape Panama City on the newest and largest catamaran for a day of boating, swimming and dancing. During this tour, you will swim on a beautiful virgin bay, visit the beach and the Island Village. Onboard the catamaran, enjoy sundecks, shaded areas, music, animation, morning snacks, lunch, and an open bar. This tour is the perfect choice to avoid the afternoon tropical weather and have enough time for night plans.</p> <ul style="list-style-type: none">• Easy island getaway to Taboga Island near Panama City• Enjoy snacks, and lunch included• All necessary equipment is included• Spend your day swimming, sunbathing, and dancing on board <p>5:00 pm - Depart for Hotel from Tour</p> <p>Evening: Dinner on your own.</p>

INDIGENOUS PEOPLE ADVOCACY AND CULTURE IN PANAMA

DATE	ITINERARY
Thursday March 20, 2025	<p>7:00 am - Breakfast (in the lobby)</p> <p>7:30 am - Depart for Emberá from the Hotel</p> <p>8:30 am - Canoe Ride to Emberá Community (Puru Biakiru)</p> <ul style="list-style-type: none"> ● Leaders: <i>Ivan Ruiz (Noko), Isaac Dogirama and Roberto Dogirama.</i> <p>9:30 am - Day 1 Morning Activities</p> <ul style="list-style-type: none"> ● Hiking Tour of the Community ● River Time (Swimming) <p>12:30 pm - Lunch: fried fish, plantains, and fruit</p> <p>1:00 pm - Day 1 Afternoon Activities</p> <ul style="list-style-type: none"> ● Dance and Music Presentation ● Cultural Presentation ● Shopping Time <p>3:00 pm - Canoe Ride to City</p> <p>4:00 pm - Depart for Hotel from Canoe Landing</p> <p>Evening: Dinner on your own.</p>
Friday March 21, 2025	<p>7:00 am - Breakfast (in the lobby)</p> <p>7:30 am - Depart for Emberá from the Hotel</p> <p>8:30 am - Canoe Ride to Emberá Community (Puru Biakiru)</p> <p>9:30 am - Day 2 Morning Activities</p> <ul style="list-style-type: none"> ● Sustainable Agriculture: planting seeds and herbs ● Education: English Language Classes ● Service: Community Cleaning <p>12:00 pm - Lunch: fried fish/chicken, plantains, and fruit</p> <p>1:30 pm - Shopping Time & Hiking to the Waterfall</p> <p>3:00 pm - Canoe Ride to City</p> <p>4:00 pm - Depart for Hotel from Canoe Landing</p> <p>7:00 pm - Group Departure Dinner: Palacio Lung Fung</p>
Saturday March 22, 2025	<p>6:30 am - Breakfast (in the lobby)</p> <p>Travel Day: All students will depart Panama City on March 22, 2025. Please arrive 2 hours prior to departure, in keeping with international travel policies.</p>