

TOUR:
PANAMA!
CANAL | CITY | ECO-TOUR | ADVENTURES

**PANAMA EDUCATIONAL STUDENT TRIP
 ONE WEEK**

DAY 1: MONDAY

- 13:35 Arrival Panama City from Toronto Flight:
- 14:20 Transfer from Airport to Royal Decameron
- 16:30 Arrival and Check In at Royal Decameron
- 17:00 Orientation meeting

ROYAL DECAMERON GOLF, BEACH RESORT, VILLAS PANAMÁ

Costa Blanca, Panamá

TOTAL ROOMS: 820

Tropical style rooms, featuring: two full-size beds and a sofa bed, air conditioning, cable television, telephone, safety deposit box, bathroom with shower only, hair dryer, extensive gardens and public areas, 9 pools for both adults and children, 3 whirlpools, 1 adult pool, 8 specialty restaurants and theme buffet restaurants, 3 snack grills and 2 pizzerias, and 1 discotheque, 3 front desks, one in each lobby, 3 boutiques, one in each lobby, rent a car office, nurse station/ doctor on call, water sports, gym, spa, tennis courts (reservations at activities kiosks), 2 convention centers (1,200 person capacity), 18 holes golf course, Decameron Explorer Tour desk at each lobby.

All inclusive features:

Breakfast, lunch, & dinner buffets, a-la carte dinners daily, day time and midnight snacks, unlimited domestic and international alcoholic and non-alcoholic beverages, daily activities program, non –motorized water sports (windsurfing, kayaking, paddleboats, snorkeling, and sailing), introductory scuba diving instruction at the pool, beach towels at the activities kiosks, tennis courts, beach volleyball, nightly entertainment (children’s and general audience), children’s activities.

Location: 115 km, Costa Blanca, Farallon Panamá.

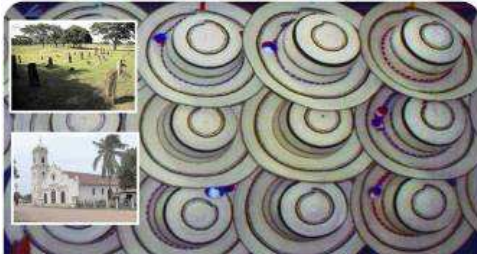
- 20:00 Dinner at Hotel (a la carte Restaurant) or Buffet style
- After dinner: Study time
- 23:00 Curfew (Room Check)



DAY 2: TUESDAY

- 07:15 Breakfast at Decameron Hotel
 08:00 Departure to Culture & Crafts Tour

CULTURE AND CRAFTS



The Panamanian manufacturing and productive sector is economically characterized because its activities range from arts and crafts to the most advanced manufacturing techniques.

In addition to being a logistics center of great importance, it is also important to note the different actors of the productive chain, vital to the country's social and economic activity. Through guided tours to different companies of the region, which belong to varied productive sectors and with very

specific characteristics, topics such as the following will be addressed: acquisition of raw materials, implementation of procedures, labor, manufacturing process, clean technologies, distribution mechanisms, and positioning in the market.

TOPICS AND ACTIVITIES

Local Economy: Contribution of the various productive units, in a larger or smaller scale, to the economic growth of the region and the country.

Cultural Patrimony: Panamanian Diversity and pluricultural characteristics. The country's tangible and intangible patrimony.

Productive Processes: Productive and commercial chain in the different local companies.

Visit to Santa Rosa Sugar Mill: Local industry whose main activity is growing sugar cane and the production of its by-products. It is the first sugar mill founded in Panama in 1911. During the tour one can see the following areas: Sugar Cane Yard, Packing Room, Sugar Deposit, and Museum.

Visit to Nestlé: A Multinational corporation that engages in the production of condensed milk and powdered milk, as well as chocolate bars, candy, instant coffee, culinary products, frozen food, instant beverages, and domestic food. It arrived in Central America in 1937 and created its first structure in Panama.

Panafrut Cashew Factory: The use of the cashew tree, a tree inherent of the region and the impact of its production in the local economy. Relevance of peasant work.

Panamanian Hat Factory: Different weaves, plant fibers that are used, natural dyes, designs, and uses. Importance of the "Sombrero Pintado" [Painted Hat] for Panamanian men and women, as well as its social significance.

Costa Cigar Factory: A company that processes tobacco leaves for the production of cigars, currently producing six different cigar brands.

RECOMMENDATIONS: sneakers, hat, sun-block, insect repellent and cash for souvenir shopping.

- 17:00 Return to Hotel.
 17:00 – 20:00 Debriefing Sessions
 20:00 Dinner at Hotel (a la carte Restaurant) or Buffet style
 After dinner: Study time
 23:00 Curfew (room check)

DAY 3: WEDNESDAY

07:15 Breakfast at Decameron Hotel
 08:00 Departure to Jungle Boat Tour

JUNGLE BOAT TOUR - ECOCANAL



The Gatun Lake area is located on the banks of Chagres River and it was the largest reservoir in the world until 1937. The Gatun Lake river basin is over 1,903 square kilometers long and is made up of sand, limestone, and volcanic rock. Around the Gatun Lake area, we find a system that presents different categories of habitats such as scrublands, thickets, secondary and mature forests, wetlands, crops, grazing grounds, forest plantations and soil without vegetation. Among its most characteristic fauna one can find different species of primates, mammals, birds, and reptiles. Exploring

this path allows students and teachers to identify flora and fauna typical inherent of the rainforest. It also has a historical value because this was the route that the conquistadors used before the lake was created.

TOPICS AND ACTIVITIES

Landscape interpretation: Differences between natural and man-made landscapes

Panamanian Flora and Fauna: Identification of different species, their classification and importance to the environment

Use of Natural Resources: Changes in the environment and economic benefits based on the resources and the environment

Throughout the journey to the lake, you will view the diversity of crops and people's markets, very characteristic of Panama, which are also the foundation of economic development.

Tour of Gatun Lake: Lecture about the history of the reservoir and its ecologic, biologic, and economic importance.

Types of Ecosystems: Identification of elements in an ecosystem and adaptation of species. Characteristics of the ecosystems present in Gatun Lake.

Economic Activities: comparison between the routes used by the conquistadors and the present routes. Traffic and logistics of vessels in the Panama Canal Route.

Identification of Species: Gatun Lake holds a large amounts of flora (573), mammals (133), birds (176), amphibious (43), reptiles (52) and fish (55) species. Throughout this journey you will be able to identify a large portion of them in their natural habitats where the following topics will be addressed: ethology, food, reproduction, and importance as elements of the Panamanian biodiversity.

Recreational Activities: At the end of the journey, one may partake in activities such as:

- Canoeing
- Fishing
- Fauna observation

RECOMMENDATIONS: light and comfortable clothing, wet shoes, sneakers, sun block, hat, sunglasses, swimsuit, beach towel, money for the cash bar and souvenir shopping.

19:00 Return to Hotel.
 20:00 Dinner at Hotel (a la carte Restaurant) or Buffet style
 After dinner: Study time
 23:00 Curfew (room check)

DAY 4: THURSDAY

- 07:15 Breakfast at Decameron Hotel
 08:00 Departure to City Tour and Panama Canal

CITY TOUR AND PANAMA CANAL



The origin of the name Panama comes from one of the indigenous languages of the territory the country occupies today. Its meaning, although variable, is associated with a village of fishermen, registered upon the arrival of the conquistadors. Its geographic position and its conditions have made Panama the scene of multiples historical events at the local and world level, which can be appreciated through the traces that we can still observe, as well as in its people, living witnesses of Panama's evolution. In this experience, the explorers will learn about the various stages the country experienced from the beginning of man in the new continent to the present.

TOPICS AND ACTIVITIES

History of Panama: The history of Panama is divided into the following eras: Ancient Era, the Discovery and Conquest Era, the Colonial Era, the Era with Colombia, and the Era of Panamanian Independence.

Cultural Heritage: Cultural icons and symbols, importance of their preservations as elements of identity.

Projection: Orientation of the various economic, social, and cultural activities and their influence on the current and future role of the nation.

Characteristics of the Casco Antiguo (Old Quarters of Panama): History of the monuments and different eras in that sector of the city:

- Origin of the settlement
- Pirate attacks: Invasion by Henry Morgan in 1671
- Architectural Styles: the Spanish, U.S., French, Caribbean, and Colombian influences.
- Icons of the Casco Antiguo: Cathedral Plaza, Municipal Palace, Presidential Palace, Plaza Bolívar, National Theater, Plaza Herrera, Plaza de Francia.

Mis Pueblitos: Visit to replicas of the dwellings of the most influential cultures in Panama: the Spanish, the indigenous, and the Afro-Antillean.

- Cultural Identity: Visit to the Pollera (typical dress of Panamanian women) Museum and tour of the Handicrafts Center.

Panama Canal: Visit to Miraflores Locks and vessel transit.

- Canal History
- Canal Construction Stages
- Future of the Canal
- Exchange of cultures in the construction of the Canal
- Thematic Areas of the Canal: Biodiversity, Simulators, Maritime and Commercial Routes

EXPLORA: Playing while you learn. Through representations, games, and exhibits, the explorers will experience the fascinating world of science and technology in an interactive way, with a guided tour of the following rooms:

- Technology and Communications, Living Earth, Panama is All of Us, the Mathematical Universe, the Marvel Machine, and Planet in Action.
- Specialized Workshop: A 30-minute workshop is offered in one of the rooms of interest to learn more about related concepts.

- 17:00 Return to Hotel.
 17:00 – 20:00 Debriefing Sessions
 20:00 Dinner at Hotel (a la carte Restaurant) or Buffet style
 After dinner: Study time
 23:00 Curfew (room check)



DAY 5: FRIDAY

07:15 – 09:00 Breakfast at Decameron Hotel

09:00 - 18:00 Community Service & volunteer work

COMMUNITY SERVICE AND VOLUNTEER PROGRAM
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Community service or volunteer work by high school students is a common graduation prerequisite established by educational institutions. Community service programs must focus on benefits for the community, based on their needs. These activities promote the characteristic of student responsibility and contribute to producing a world citizen.

SERVICE	OBJECTIVE	GOAL	TOWN BENEFITED	SERVICE TIME
Reforestation	To contribute to the development of the United Nations Development Program (UNDP) for the development of the Environment established in Panama	Planting 20 trees of native origin per participant	Farallón	5 hours
Maintenance of Public Areas	To support the Administration of the Farallón Municipality in the effort to beautify public urban areas	Maintenance to the plaza in front of the church by painting park benches and improving the gardens	Farallón	5 hours
Activity to promote environmental awareness in the beaches	To participate in an environmental awareness activity with tourists and townspeople	Clearing 200 meters of beach	Farallón Inhabitants and local tourism	5 hours
TOTAL TIME SPENT ON COMMUNITY SERVICE				15 hours

One to three activities can be selected based on the program established by the institution.

18:00 to 20:00 Debriefing Sessions

20:00 Dinner at Hotel (a la carte Restaurant or Buffet style)

After dinner: Debriefing Sessions

23:00 Curfew (room check)

DAY 6: SATURDAY

07:15 Breakfast at Decameron Hotel)
 08:00 Departure to Valle de Anton

VALLE DE ANTON

Valle de Antón [Anton Valley] is located in the province of Coclé, which according to its geological origin, is the crater of an extinct volcano and the reason why you can see mountains and volcanic rocks.

This land holds flora and fauna species typical of its altitude, 700 meters above sea level, an ideal topography for trailing and an extraordinary landscape, which complemented with the beautiful craftwork done by the natives of the area, transform this route into one of the most fruitful for academic departures. Throughout this experience, teachers and students will experience a day of direct contact with nature, additionally complimented by fun and adventure.

TOPICS AND ACTIVITIES

Interpretative Trailing: Interactions with the different ecosystems. Relations present in nature.

Identification of Flora and Fauna: Adaptations to the environment. Unique characteristics of species in accordance with the climate, soil and other physical conditions.

Importance of Natural Resources: Optimal use of resources and preservation strategies of the same. Sustainable development concept.

Visit to Chorro Macho: Interpretative trailing activities where you can observe different species typical of the tropical rainforest. Mountain climb and descent.

Ecoadventure: Through the experience of adventure and direct contact with nature, you will learn the basic techniques for the safe practice of one of the following options:

- **Canopy:** Appreciation of the different strata in the forest
- **Hiking:** “Ecological footprint” technique



Visit to the Public market: Buying and selling arts and crafts, fruits, vegetables and basic goods as the foundation for the local market. A meeting point for community members where relations emerge based on social, economic and cultural aspects.

RECOMMENDATIONS: shorts, sneakers, sun-block, hat and insect repellent.

17:00 Return to Hotel.
 17:00 – 20:00 Debriefing Sessions
 20:00 Dinner at Hotel (a la carte Restaurant) or Buffet style
 After dinner: Study time
 23:00 Curfew (room check)

DAY 7: SUNDAY

- 07:15 Breakfast at Decameron Hotel
 08:00 Departure to Embera Wounaan Indigenous Community

EMBERA WOUNAAN INDIGENOUS COMMUNITY



One of the most representative indigenous communities in Panama is the Emberá Wounaan. They arrived in the country in the 1950s from the Darien area seeking better living conditions. They settled in the Rio Chagres zone where, thanks to its physical and geographic conditions, they were able to develop their farm and handicraft activities. After a canoe with outboard motor (piragua) trip along the river, one reaches a community made up of 21 families and more than 80 inhabitants. During their visit to the

Emberá Wounaan community, teachers and students will learn about their social organization, artistic expressions and handicrafts, as well as their life style, agriculture, and education.

TOPICS AND ACTIVITIES

Cultural Identity: Indigenous communities present in Panamanian territory, their history, characteristics, and contribution to society.

Artistic Expressions: Expressions typical of the Emberá Wounaan community and how they transfer their knowledge from one generation to the next through their art and culture.

Friendly practices with the environment: Man's interaction with nature and his adaptation to the environment.

Piragua or Canoe Trip: Trip down Chagres River and observation of the environment.

Lecture about the Community: The head of the community will give the lecture discussing various topics in the introductory presentation: Origins of the Emberá Wounaan community, Social, Religious, and Economic Structure, Harvesting System, Economic Activities, Housing, and Clothing.

Botanic Tour: In the community's social structure, the Botanist is very important. He is the expert on plants and their use. During this tour the Botanist will guide the explorers on the use of plants and their multiple applications, especially with regard to traditional medicine. He will also discuss topics such as:

- Taxonomic classification of plants
- Importance of biodiversity for the planet

Handicrafts Workshop: Guided by community experts, there will be a workshop in which students will learn about the secrets of the Emberá Wounaans to work plant fibers such as the chungu, maquenque, and naguala, natural dyes and especially the work done with tagua, better known as the ivory plant.

Typical Dances: Live presentation by Emberá Wounaan community members to show their traditional, ceremonial as well as social, dances with the students' participation.

Tattoos with jagua (non-permanent; optional): Use of this natural dye to paint on the body, the different figures and animals that represent the community.

RECOMMENDATIONS: Light and simple clothing, wet shoes or sneakers, bathing suit, towel, change of clothes, sun block and insect repellent.

- 19:00 Return to Hotel.
 20:00 Dinner at Hotel (a la carte Restaurant) or Buffet style
 After dinner: Debriefing Sessions
 23:00 Curfew (room check)

DAY 8: MONDAY

- 09:00 – 10:00 Breakfast
- 10:00 to 10:30 Hotel Checkout
- 10:30 Bus Transfer to Airport
- 12:00 Flight Check in

RETURN TO TORONTO. HAVE A SAFE TRIP BACK HOME!!!

