



# SAMPLE ITINERARY



# PANAMA

## GENERAL COMMENTS:

- School the World will provide students with filtered water in hotels, during transportation, and in the community.
- Students stay in hotels fully vetted by our local staff.
- Students will be transported in vans operated by drivers regularly used and screened by School the World.
- Travel time between accommodations and the communities varies, but is 1 hour on average.
- All trips will be accompanied by either a U.S. or local nurse and a medical doctor will be on-call at all times during the trip.



**SCHOOL**  
THE WORLD

Please note this is a sample itinerary used to display how a typical trip is run. Times, dates, & activities are subject to change.

**QUESTIONS?** ✉ [MEG.GILMAN@SCHOOLTHEWORLD.ORG](mailto:MEG.GILMAN@SCHOOLTHEWORLD.ORG)

## LOCATIONS VISITING

Panama City

David

Veraguas

Las Lajas



## DAY 1

Travel day and arrival in Panama City.  
Group picked up at airport by local staff & drivers.

4:30pm Check into hotel  
6:30pm Walking tour & dinner at restaurant

## DAY 2

6:30am Depart for airport  
8:00am Flight to David  
9:00am Arrive in David and drive to community in the Comarca  
11:30am Welcome Ceremony  
1:30pm Lunch  
2:15pm Begin service work  
4:30pm Depart community & check into hotel in Las Lajas  
7:00pm Dinner & discussion





### DAY 4

7:00am Breakfast at hotel  
8:00am Depart for community  
9:00am Organization of service work  
& teaching in classrooms  
10:30am Recess with Panamanian  
students  
11:00am Resume service work  
12:30pm Lunch  
1:30pm Afternoon service work  
4:00pm Depart for hotel  
7:00pm Dinner & discussion



### DAY 3

7:00am Breakfast at hotel  
8:00am Depart for community  
9:00am Organization of service work  
10:30am Recess with Guatemalan  
students  
11:00am Resume service work  
12:30pm Lunch  
1:30pm Organization of afternoon  
service work  
4:30pm Depart community  
7:00pm Dinner & discussion



### DAY 5

7:00am Breakfast at hotel  
8:00am Depart for community  
9:00am Organization of service &  
home visits  
10:30am Recess with Panamanian  
students  
11:00am Resume service  
1:00pm Lunch  
1:30pm Organization of afternoon  
service work & home visits  
4:30pm Depart for hotel  
6:00pm Zumba class  
7:30pm Dinner & discussion

## DAY 6

7:00am Breakfast at hotel  
8:00am Depart for community  
9:00am Organization of service work  
10:30am Recess with Guatemalan students  
11:00am Resume service work  
12:30pm Lunch  
1:30pm Organization of afternoon service work  
4:30pm Depart community  
7:00pm Dinner & Discussion



## DAY 7

7:00am Breakfast at hotel  
8:00am Depart for community  
9:30am Dedication Ceremony with local Mayor & Ministry of Education  
12:30pm Lunch with community  
2:30pm Soccer game  
3:30pm Depart Community and drive to Santiago  
6:30pm Check into hotel in Santiago  
7:30pm Dinner & Discussion



## DAY 8

6:00am Depart for Panama City  
9:00am Breakfast  
10:00am Visit to Panama Canal  
12:00pm Lunch  
1:00pm Depart for airport  
  
Parent pick up upon arrival.  
Return home as an official World Changer!

