



SCHOOL
THE WORLD

SAMPLE TRAVEL ITINERARY

PANAMA



General Comments

- School the World will provide students with filtered water in hotels, during transportation, and in the community. STW water bottles will be provided to each traveler prior to departure.
- 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.

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

Please reach out to meg.gilman@schooltheworld.org with any questions.

Locations Visiting:

David, Panama
Veraguas, Panama

Day 1

Travel day and arrival in Las Lajas.
Group picked up at airport by local staff & drivers.
Check into hotel.

4:30 PM Welcome activity as a group

6:30 PM Dinner at local restaurant

Day 2

7:00 AM Breakfast

8:00 AM Depart for community in the Comarca

9:00 AM Welcome Ceremony

12:30 PM Boxed lunch

1:30 PM Begin service work

4:30 PM Depart community

7:00 PM Dinner & discussion



Day 3

7:00 AM Breakfast at hotel

8:00 AM Depart for community

9:00 AM Organization of service work

10:30 AM Recess with Panamanian children

11:00 AM Resume service work

12:30 PM Lunch

1:30 PM Organization of afternoon service work

4:30 PM Depart community

7:00 PM Dinner & Discussion



Day 4

7:00 AM Breakfast at hotel

8:00 AM Depart for community

9:00 AM Organization of service & shadow visits

10:30 AM Recess with Panamanian students

11:00 AM Organization of service & shadow visits

12:30 PM Lunch

1:30 PM Afternoon service work

4:00 PM Depart for hotel

7:00 PM Dinner & discussion



Day 5

7:00 AM Breakfast at hotel

8:00 AM Depart for community

9:00 AM Organization of service & teaching in classrooms

10:30 AM Recess with Panamanian students

11:00 AM Organization of service & teaching in classrooms

1:00 PM Lunch

1:30 PM Organization of afternoon service work

4:30 PM Depart for hotel

6:00 PM Zumba class

7:30 PM Dinner & discussion

Day 6

7:00 AM Breakfast at hotel

8:00 AM Depart for community

9:00 AM Organization of service work & home visits

12:30 PM Lunch

1:30 PM Organization of afternoon service work & home visits

3:00 PM Soccer game

4:30 PM Depart community

7:00 PM Dinner & Discussion



Day 7

7:45 AM Breakfast at hotel

8:00 AM Reflection Activity

9:30 AM Depart for Dedication Ceremony in Community

10:30 AM Dedication Ceremony with local Mayor & Ministry of Education

12:30 PM Lunch with community

3:30 PM Depart Community

7:00 PM Dinner & Discussion

Day 8

6:00 AM Depart for Panama City

8:00 AM Breakfast

11:00 AM Tour of Panama Canal

3:00 PM Check into hotels in Panama City

4:00 PM Tour of Casco Viejo & Shopping

6:30 PM Dinner at local restaurant

8:30 PM Final Discussion

Day 9

Depart from Panama City! Parent pick up upon arrival. Return home as an official World changer!

