



DAY ONE- Arrival Panama City /Homestay 4 Nights

Panama is a treasure. Although it's a small country, it has exotic tropical rainforests, beautiful mountain refuges, beaches, islands, seven living Indian cultures, a sophisticated capital city, scads of Spanish colonial historical sites and that 8th wonder of the world and engineering marvel, the Panama Canal.

Greeting by Interact's Representative in the airport lobby. Transfer to Altos de Bethania, a friendly, quiet middle class residential community. ILERI Institute serves as the meeting point and social center for all activities. Meet the Program Director as you're introduced to your host families.

MIDDLE CLASS HOST FAMILIES are neighbors or friends of our homestay director. Regardless, all families are monitored and continually evaluated. Host families provide daily breakfast and dinner. Student bedrooms are equipped with fans. Everyone speaks Spanish in the home. Students normally share with one or two other group members of the same general language ability. All homes are within a 20-minute walk from the school.

DAY TWO- Cooking *interAction* / Panama Canal

Morning practicalities briefing followed by a walking orientation of your neighborhood and El Dorado shopping district. After your cooking *interAction*, visit the Panama Canal, where you'll witness mammoth ships as they pass through the Miraflores Locks. There's a spectacular outside terrace for amazing views of the ships and locks in action.

DAY THREE- SOMOS Humanitarian & Cultural *interAction*s

Visit a "super" where you'll purchase items most-in-need. Budget a minimum of \$10. Continue to the orphanage or school where you'll interact with the children while playing games. Please bring basic school items, children's books and/or games. Later today, enjoy your dance *interAction*, including Salsa & Merengue!

DAY FOUR – Embera Village

Get ready for a canoe ride on the river to visit an Embera Indigenous Village. Enjoy an interactive dance demonstration, where you can participate. Spend time with members of the community or enjoy a swim in the nearby water.

DAY FIVE - Casco Viejo / Amador Causeway/Hotel

Farewell to your host families. Today, experience Casco Viejo, a unique walled city consisting of 16th & 17th Century Spanish Colonial Architecture. Recently, UNESCO named Casco Viejo a World Heritage Site. Meander by cafes, boutiques, shops, and beautiful buildings surrounding the plazas. Later, visit Amador, a beautiful and picturesque causeway, lined with tropical palm trees and magnificent views of the Canal and the Panama City skyline. Plus, you'll be among the first to photograph the fabulous new Biomuseo, designed Frank Gehry, best known for the Guggenheim Museum in Spain (not included). Your hotel is located along the canal.

DAYS SIX & SEVEN - Guided Adventures/Options

Your teacher confirms all group activities, such as relaxing by the pool, watching the ships and boats glide by, or meandering along the Amador Causeway. Additionally, have fun with Interact's exclusive Guided Adventures, visit the nearby Albrook Mall or select popular excursions (not included), such as the Lago Gatun-Monkey Island (\$125/\$175 with Sloth Sanctuary and Butterfly Farm), or Valle de Anton & Zipline (\$175).

DAY EIGHT- Return to USA



8 DAYS – 7 Nights



7 NIGHTS
Panama Homestay
Panama City Canal Hotel

4
3



MEALS
All meals are included during the homestay portion. During the hotel portion, daily breakfast is served in the hotel plus group meals that are specified as included in a selected optional excursion.