



EDUCATIONAL  
TOURS



# Impressions of Panama

Panama City | Portobelo

Experience the best of Panama: a country where ancient ruins, wild jungles, and modern cityscapes come together to create a culture unlike any other. Get a taste for Panamanian life as you learn about the Panama Canal, canoe along Rio Chagres, and visit a local indigenous village. Throughout your journey, you'll discover some of the plants and animals that add to Panama's biodiversity.



## Get even more bang for your bucket list

Designed with school calendars in mind, this flexible, highlight-rich tour lands in the sweet spot between a long weekend and a lengthier getaway—so you can focus less on scheduling and more on exploring.

**Your experience includes:** Full-time Tour Director; 1 sightseeing tour led by a licensed local guide; 1 sightseeing tour led by your Tour Director; 2 experiential activities; entrance fees for Panama Viejo Ruins and Museum; Biomuseo; local exchange; hike in urban park; Panama Canal Administration Building; Miraflores Locks Visitor Center; Emberá indigenous village; snorkeling; Portobelo ruins; personalized learning; round-trip flights on major carriers; comfortable motorcoach; 5 overnight stays in hotels with private bathrooms; dinner on arrival day; breakfast and dinner included days 2–5; lunch on days 4 and 5; breakfast on departure day

Anyone can see the world.

# You're going to experience it.

As you can see, your EF tour includes visits to the places you've learned about in school. That's a given. But it's so much more than that. Immersing yourself in new cultures—surrounded by the people, the language, the food, the way of life—creates inspirational moments that can't be listed in an itinerary. They can only be experienced.

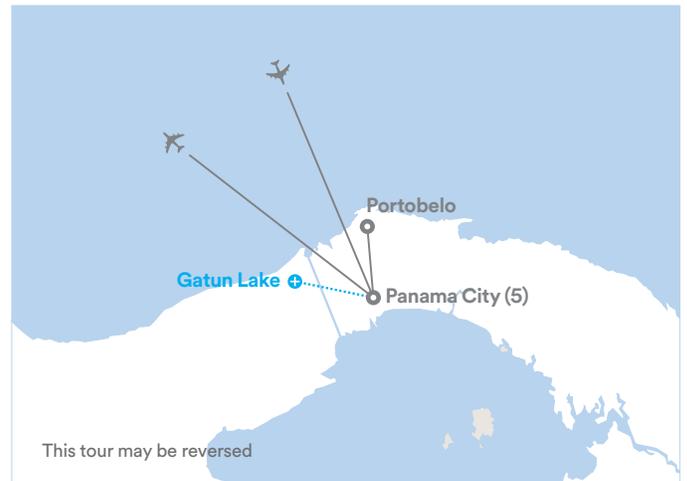
And the experience begins long before you get your passport stamped and meet your Tour Director in your arrival city. It begins the moment you decide to go. Whether it's connecting with other travelers on Facebook, Twitter, or Instagram, or delving deeper into your destinations with our personalized learning experience, the excitement will hit you long before you pack your suitcase.

When your group arrives abroad, everything is taken care of so you can relax and enjoy the experience. Your full-time Tour Director is with your group around the clock, handling local transportation, hotels, and meals while also providing their own insight into the local history and culture. Expert local guides will lead your group on sightseeing tours, providing detailed views on history, art, architecture, or anything you may have a question about.

When your journey is over and you're unpacking your suitcase at home, you'll realize the benefits of your life-changing experience do not end. They have just begun.

**“As a teacher, it's an amazing feeling to see my students light up and get excited about 'that thing we talked about in class.' Not only do they have a rich educational experience, they transform into young adults who are eager to take on more travel.”**

**Bobby, Group Leader**



## What you'll experience on your tour

### Day 1: Fly to Panama

- Meet your Tour Director at the airport in Panama City, a bustling metropolis nestled between the Pacific Ocean and a tropical rainforest.

### Day 2: Panama City

- Visit the Panamá Viejo ruins and museum.
- Take a tour of Panama City. Visit the ruins of the first colonial settlement, dating back to 1519. Remnants are now part of a UNESCO World Heritage Site along with Casco Viejo.
- Learn about Panama's geographical history during a visit to the Biomuseo.
- Spend some free time on the Amador Causeway enjoying the city skyline.
- Participate in a local exchange.

### Day 3: Panama City

- Explore on your own or [enjoy a Gatun Lake boat tour](#).
- Take a hike in one of the parks that surround Panama City.
- Visit the Panama Canal Administration Building.
- Visit the Miraflores Visitor Center at the Panama Canal. Completed by the U.S. in 1914, the 51-mile canal revolutionized international trade by bridging the Atlantic and Pacific oceans. Learn about this modern marvel and see it in action.
- Explore on your own or [enjoy a folklore evening](#).

### Day 4: Panama City | Chagres National Park

- Visit Chagres National Park. This national park was established in 1985 to protect the Rio Chagres watershed, the primary source of water for the Panama Canal.
- Enjoy a canoe ride along the Rio Chagres as you make your way to the upper reaches of Lake Alajuela.
- Visit an Emberá indigenous village, where you'll learn about the culture and customs of the Emberá people. Discover their traditional dances and music, as well as their knowledge of local plants.

### Day 5: Panama City | Portobelo

- Experience a snorkeling adventure during a day trip to the Caribbean coast.
- Visit the Portobelo Ruins.

### Day 6: Depart for home

- [Optional and excursions](#)



Visit an Emberá indigenous village

**“I will confidently book with EF knowing that they truly have the infrastructure to handle a crisis, that they care deeply for the students, and that they remain committed to sharing the wonder of travel.”**

**Jennifer, Parent**

**“This tour was amazing! Everything we saw was beautiful. It was a very good learning experience and definitely worth it.”**

**Elena, Student**



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Cambridge, MA 02141

**“My daughter has gained such an amazing view of the world and history from this experience. Thank you for all the organization, helpful hints, flexible payment plan, and knowledgeable tour guides.”**

Charlotte, Parent



## The world leader in international education

For over 55 years, EF has been working toward one global mission: *Opening the World Through Education*. Your teacher has partnered with EF because of our unmatched worldwide presence, our focus on affordability, and our commitment to providing experiences that teach critical thinking, problem solving, collaboration, and global competence. What's more:

- **We always offer the lowest prices** so more students can travel.
- **We're fully accredited**, just like your school, so you can earn credit while on tour.
- **We include experiential learning activities** and visits to the best sites on all of our educational tours.
- **We're completely committed to your safety.** We have more than 600 schools and offices in over 50 countries around the world, so local EF staff members can react quickly and in person wherever you travel.
- **We provide a full-time Tour Director** who's with your group every step of the way on tour, providing insight about your destinations as well as great local tips.

