



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 will be transported in vans operated by drivers regularly used and screened by School the World and tourism authority.
- Students will fly to David via Panama City (approximately 1 hour). Travel time between David and accommodations in Veraguas/La Comarca where service work takes place is approximately 1 hour. Travel time between accommodations and the communities is 40 minutes-1 hour on average, depending on community.
- U.S.-trained nurses will accompany service groups



Locations Visiting:

- David, Panama
- Veraguas, Panama



***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.**

Day 1

Travel day and arrival in David.

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

- 6:30 AM Depart for community in Veraguas 8:00 AM Breakfast
- 12:00 PM Welcome Ceremony 1:30 PM Boxed lunch
- 2:30 PM Begin service work
- 4:30 PM Depart community & check into hotel in Veraguas
- 7:00 PM Dinner & discussion

Day 3

- 6:15 AM Breakfast at hotel
- 7:00 AM Depart for community
- 8:00 AM Organization of service work
- 10:00 AM Recess with Panamanian children
- 11:00 PM 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

- 6:15 AM Breakfast at hotel
- 7:00 AM Depart for community
- 8:00 AM Organization of service & shadow visits
- 10:00 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

- 6:15 AM Breakfast at hotel
- 7:00 AM Depart for community
- 8:00 AM Organization of service & teaching in classrooms
- 10:00 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

- 6:15 AM Breakfast at hotel
- 7:00 AM Depart for community
- 8:00 AM Organization of service work
- 12:30 PM Lunch
- 1:30 PM Organization of afternoon service work
- 3:30 PM Soccer game
- 5:00 PM Depart community
- 7:00 PM Dinner & Discussion



Day 7

- 7:45 AM Breakfast at hotel
- 8:00 AM ReflectionActivity
- 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 David
- 8:00 AM Breakfast
- 11:00 AM Cultural Activities
- 3:00 PM Check into hotels in David
- 4:30PM Group Activity in David
- 6:30 PM Dinner at local restaurant
- 8:30 PM Final Discussion



Day 9

Depart from David for flight back home via Panama City! Parent pick up upon arrival.
Return home as an official World changer!

Please reach out to Danielle.adams@schooltheworld.org with any questions.