



EDUCATIONAL
TOURS

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This is also your tour number

EXPERIENCE PANAMA

8 or 9 days | Panama City | Chitré

Start by exploring what remains of the first European settlement on the Pacific coast at Panamá Viejo, then fast-forward to life in Panama today. Meet with a scientist at a tropical research center, travel to lesser-known Chitré to visit a local farm, and try your hand at pre-Columbian painting during a workshop with an artist. Then it's back to the city to marvel at the passage of ships through the locks of the Panama Canal and discover the region's flora and fauna in one of the lush parks that surround Panama City.

EVERYTHING YOU GET:

-  **Full-time Tour Director**
-  **Sightseeing:** 1 sightseeing tour led by your Tour Director; 1 sightseeing tour led by an expert, licensed local guide
-  **Entrances:** Panamá Viejo ruins and museum; Biomuseo; tropical research center; fish market visit; farm visit; visit with local artisans; pre-Columbian painting workshop; folklore dance show; Miraflores Visitor Center; park visit and hike; *with extension: canoe ride; Emberá Indigenous village*
-  **Personalized learning guide:** Our personalized learning experience engages students before, during, and after tour, with the option to create a final, reflective project for academic credit.
-   **All of the details are covered:** Round-trip flights on major carriers; comfortable motorcoach; 7 overnight stays in hotels with private bathrooms (8 *with extension*); breakfast and dinner daily; lunch on Day 4



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.

@EFtours I attribute my college semester abroad to the love for travel I discovered on an EF Tour in high school #traveltuesday

– MELISSA, TRAVELER



CHECK OUT WHAT A TOUR IS ALL ABOUT

Watch the videos at [eftours.com/](https://www.ef-tours.com/)

Your teacher's Tour Website



What you'll experience on your tour

Day 1: Fly to Panama City

- Meet your Tour Director at the airport in Panama City, Panama's cultural, financial, and political capital.

Day 2: Panama City

- During your time in Panama City, you'll visit the city's historic district, which dates back to 1519 when Panamá Viejo, or Old Panama, was the first Spanish city founded on the Pacific Coast of the Americas. In 1671, Governor Juan Perez de Guzman had the city set on fire before the attack and looting by the pirate Henry Morgan. Remnants are now part of a UNESCO World Heritage Site along with Casco Viejo, which was built on the rubble in the 17th century.
- Visit the Panamá Viejo ruins and museum.
- Take a tour of Casco Viejo.
- Visit the Biomuseo, where eight "devices of wonder" help tell the origin of the Panamanian isthmus and its gigantic impact on the planet's biodiversity.
- Explore the Amador Causeway on your own.

Day 3: Panama City

- Visit a tropical research center. Here, you'll participate in an interactive lesson with a scientist and learn about ongoing research.
- Visit a local fish market.
- Enjoy free time in Panama City or [enjoy a boat ride on Gatun Lake](#).

Day 4: Panama City | Chitré

- Travel to Chitré, the capital of the Panamanian province of Herrera.
- Visit an area farm to learn about the agriculture of the Azuero Peninsula. Here, you'll try your hand at milking a cow and get the chance to feed some of the animals.
- Enjoy (and help prepare) lunch with locals.

Day 5: Chitré

- Meet local artisans and get a closer look at how they bring Panama's culture and traditions to life, blending the region's Indigenous heritage with its European influences. Learn about the making of traditional Panamanian crafts such as devil masks, traditional drums, pottery, bread, and Pollera dresses.
- Participate in a pre-Columbian painting workshop.
- Enjoy a folklore dance show.

Day 6: Chitré | Panama City

- Travel back to Panama City.
- Visit the Miraflores Visitor Center and take an in-depth look at the Panama Canal, one of the most influential engineering projects ever undertaken and one of the seven wonders of the modern world. Completed by the United States in 1914, the 51-mile canal not only revolutionized international trade by bridging the Atlantic and Pacific oceans, it also signaled America's emergence as a global superpower. Learn about this modern marvel—including how 22,000 workers lost their lives during its 34-year construction—and see it in action at its Pacific entrance.
- Stop for a photo at the Panama Canal Authority Administration Building.

Day 7: Panama City

- Enjoy a hike in one of the parks that surround Panama City which is home to many animals, including birds, monkeys, iguanas, and deer.
- Enjoy free time in Panama City.

Day 8: Depart for home

📍 1-DAY TOUR EXTENSION

Day 8: Panama City

- Visit Río Chagres National Park.
- Take a canoe ride on the Río Chagres.
- Visit an Emberá Indigenous village.

Day 9: Depart for home

EF is a great company that provides awesome experiences for all involved. So glad I found EF because the world's doors have been opened for me and my students.

– MARRALEE, GROUP LEADER

“ Testimonial

Our child came home as a citizen of a global community and a greater understanding of their part in the world as an adult. Our child now understands that there is so much more out there than our everyday. We sent away a cautious child and received back an open hearted explorer.

“ CHARLOTTE, PARENT OF AN EF TRAVELER

TOP THREE THINGS I WILL SEE, DO, TRY, OR EXPLORE

1. _____
2. _____
3. _____

— The easiest ways to —
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EF Educational Tours
Two Education Circle
Cambridge, MA 02141

My daughter has gained such an amazing view of the world and history from this experience. She has not stopped talking since I picked her up at the airport. Thank you for all the organization, helpful hints, flexible payment plan, and knowledgeable tour guides.

—CHARLOTTE, PARENT OF TRAVELER

“ Tour review

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.
- **All of our educational tours feature experiential learning activities** and visits to the best sites.
- **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.
- **Your full-time Tour Director is with your group** every step of the way on tour, providing insight about your destinations as well as great local tips.



Education First