



EDUCATIONAL
TOURS



Middle School: Discover Panama

IMMERSIVE MIDDLE SCHOOL TOURS

Panama is home to diverse fauna, lush flora, and one of the most impactful engineering feats in the world: the Panama Canal.

On this tour to one of the most diverse countries in the world, have lunch with Indigenous people, snorkel along the country's Caribbean coast, and explore bustling Panama City. You'll also discover how, long before the canal was built, Panama's central location attracted pirates like Sir Francis Drake and Henry Morgan.

Help middle school students find their place in the world

Travel fuels curiosity, offers fresh perspectives, and gives students the opportunity to discover life beyond their backyards. Our middle school tours are specially-designed, with hands-on activities in exciting destinations that are popular with students aged 11-15. And with our 55+ years of experience, we know just how to keep students excited to learn more about the world, themselves, and their place in it.

What to expect on our middle school tours

HANDS-ON ACTIVITIES

Our tours offer the perfect balance of cultural exploration and experiential activities.

AMAZING DESTINATIONS

Take your students just about anywhere. Many middle school teachers especially love traveling to England, Italy, Spain, France, and Panama.

24/7 TOUR DIRECTOR

Your expert Tour Director not only knows the ins and outs of each location you visit, but also how to keep students this age active and engaged. They are with your group 24/7, and are trained to respond to every type of situation.

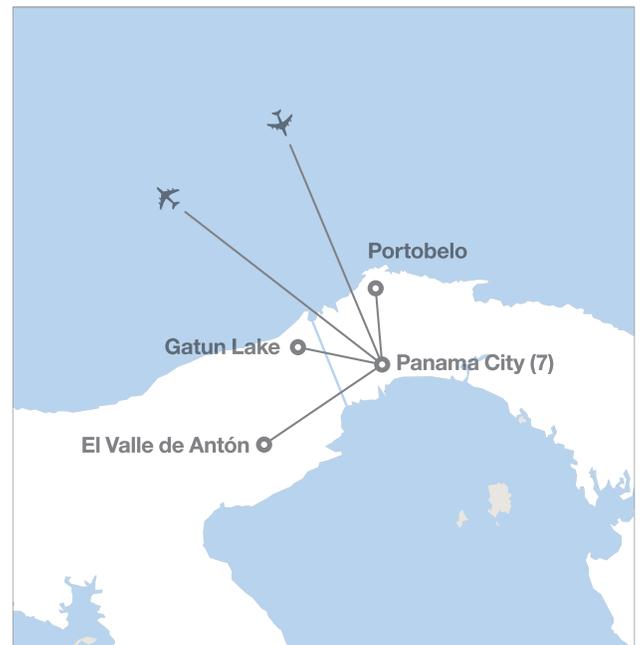
YOUR EXPERIENCE INCLUDES

Full-time Tour Director; sightseeing tours; entrance fees for Panamá Viejo ruins and museum, Biomuseo, pineapple farm, El Valle de Antón hiking trails, folklore dance show, park visit and hike, Gatun Lake boat ride, Miraflores Visitor Center, snorkeling; round-trip flights; 7 overnight stays in hotels; breakfast and dinner daily; lunch on days 3, 6, and 7

“Middle schoolers achieve more because of these trips. They take what they learn with them and that impacts them the rest of their lives.”

Gene F., Seventh Grade Teacher and Group Leader

Wander the Spanish city of Panamá Viejo, which dates back to 1519.



Day 1: Fly to Panama

Meet your Tour Director at the airport in Panama City, then check into your hotel.

Day 2: Panama City

Visit the Panamá Viejo ruins, remnants of the first Spanish city founded on the Pacific Coast of the Americas. The city was destroyed by pirates in 1671. Take a walking tour of Panama City's colorful historic quarter and UNESCO World Heritage Site, Casco Viejo. Admire the residence of Panama's president before browsing an arts and crafts market. Explore the Biomuseo, a Frank Gehry-designed building. Exhibits here delve into the area's unique biodiversity, caused by tectonic plate movement that pushed Central and South America together. Then split into smaller groups to explore the Amador Causeway and enjoy the Panama City skyline.

Day 3: Panama City | El Valle de Antón

Journey west along the Pan-American Highway, the world's longest drivable road. Explore nature trails in El Valle de Antón, and in the evening, immerse yourself in local culture with a folklore dance show.

Day 4: Panama City | Gatun Lake

Keep an eye out for toucans, sloths, and other exotic animals as you hike one of the lush parks that surround Panama City. Enjoy a boat ride on Gatun Lake, the glistening, man-made heart of the Panama Canal, and around Monkey Island, home to a variety of monkey species.

Day 5: Panama City

Visit a pineapple farm, where you'll go on a tour with the farmers and sample pineapple snacks. Then participate in a cultural exchange for a look into the day-to-day lives of local students. End the day at the famed Panama Canal, one of the most influential engineering projects ever undertaken and a seventh wonder of the modern world.

Day 6: Panama City

In Río Chagres National Park, enjoy a canoe ride on the Río Chagres, the primary source of water for the Panama Canal. Immerse yourself in the culture and customs of the native people during your visit to an Emberá Indigenous Village on the banks of Lake Alajuela.

Day 7: Panama City | Portobelo

Swim alongside colorful sea creatures during a snorkeling adventure in Portobelo, a city on Panama's Caribbean coast. Head back on land to explore the Portobelo Ruins, fortifications where exports of gold and silver passed through centuries ago.

Day 8: Depart for home



Learn about local customs at the Emberá Indigenous Village.



Enjoy a guided tour through one of Panama City's lush parks.

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.

SAFETY

We're committed to your safety. With 600+ schools and offices in over 50 countries, EF staff can react quickly and in person wherever you travel.

AFFORDABILITY

Every student should have the opportunity to travel, which is why we're dedicated to providing the lowest prices.

INSIGHT

We believe in experiential learning at the most important sites. Your Tour Director is with you at every step, providing their own perspective and local tips.

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