



EDUCATIONAL
TOURS

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ADVENTURE IN PANAMA

9 days | Panama City | Chiriquí region | Chitré

Surfing, ziplining, and whitewater rafting all in one trip. Traversing hanging bridges atop jungle canopies. Mud hut building with your own two hands. Prepare to get your hands dirty—and your sneakers, and your T-shirt—as you explore Panama, a country of natural beauty (emphasis on natural), rich culture, and of course, thrilling adventure.

EVERYTHING YOU GET:



Full-time Tour Director



Sightseeing: 1 sightseeing tour led by an expert, licensed local guide; 1 sightseeing tour led by your Tour Director



Entrances: bike tour; Miraflores Visitor Center; local farm; ziplining; canopy tour; mud hut building; Isla Iguana; folklore evening



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; internal flight; 8 overnight stays in hotels with private bathrooms; dinner on arrival day; breakfast and dinner on Days 2–3, Day 6, and Day 8; 3 meals on Days 4, 5, and 7; 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.

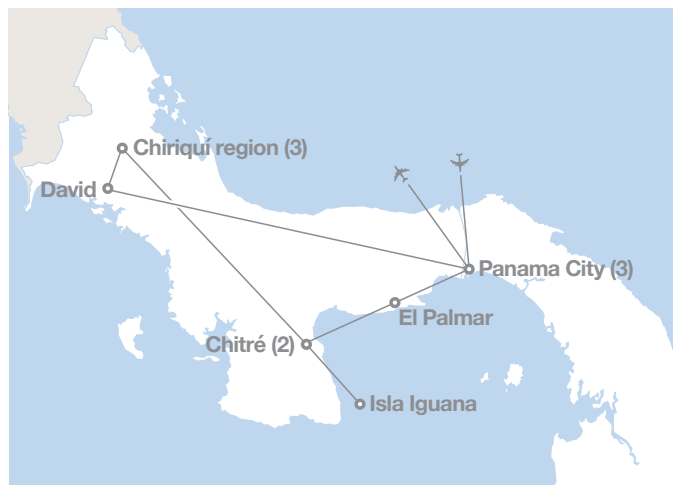
When your journey is over and you're unpacking your suitcase at home, you'll realize the benefits of your life-changing experience do not end. They have just begun.

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

— MELISSA, TRAVELER



Via Twitter



CHECK OUT WHAT A TOUR IS ALL ABOUT

Watch the videos at
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Your teacher's Tour Website

What you'll experience on your tour

Day 1: Fly to Panama

- Meet your Tour Director in Panama City, where you'll explore Panama's cultural, financial, and political capital, a bustling metropolis nestled between the Pacific Ocean and a tropical rainforest.

Day 2: Panama City

- Ride through the streets of Panama City on a bike tour.
- Take a tour of Panama City. 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 set the city on fire before the pirate Henry Morgan could attack and loot it. Remnants are now part of a UNESCO World Heritage Site along with Casco Viejo, which was built on the rubble in the 17th century. Admire the residence of Panama's president before browsing an arts and crafts market.
- 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.

Day 3: Panama City | David | Chiriquí region

- Fly to David, then take a bus ride to Boquete.
- Visit a locally owned and operated farm to learn about how organic produce is grown, harvested, and sold.

Day 4: Chiriquí region

- Fly through a Boquete rainforest during a ziplining experience. (*Participants must weigh less than 200 lbs.*)
- Take in the unique ecosystem of jungle canopies—and awe-inspiring views—as you trek from treetop to treetop amongst a series of hanging bridges. This way-more-than-a-jungle-hike is the perfect opportunity for wildlife spotting and a quick botany lesson.

Day 5: Chiriquí region

- Explore on your own or [👉 enjoy a whitewater rafting experience.](#)

Day 6: Chiriquí region | Chitré

- Travel to Chitré, one of Panama's oldest settlements named after the native Chitra tribe.
- Participate in *la junta de embarre*, a traditional mud hut building activity. For this traditional Panamanian custom, communities come together to build mud huts as a gift for newlywed couples. Today you'll work with your group to build your own hut and gain a better understanding of Panama's communal culture.

Day 7: Chitré | Isla Iguana

- Take a day trip to Isla Iguana.
- Visit the Isla Iguana Wildlife Refuge, where you'll learn more about Panama's flora and wildlife, including black and green iguanas. Later, explore the beach or enjoy a light hike on your own.

Day 8: Chitré | Panama City

- Travel via El Palmar to Panama City.
- Explore on your own or [👉 take a surfing lesson at one of Panama's premier surfing locations.](#)
- Participate in a folklore evening with authentic Panamanian food and a traditional dance show.

Day 9: Depart for home

The ziplining with the tree trek was fabulous and super easy and safe. The students enjoyed the hanging bridges and jungle walk.

– CLARISSA, GROUP LEADER

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

1. _____
2. _____
3. _____

— The easiest ways to —

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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