



20

24

# PANAMA

PRECOA ESCAPES



“

Travel is more than the seeing  
of sights. It is a change that  
goes on, deep and permanent,  
in the ideas of living.

Miriam Beard

”





# TABLE OF CONTENTS

¡BIENVENIDOS!

<b>5</b> Letter From the Editors	<b>24</b> Safety
<b>7</b> Remembering Mark	<b>25</b> Travel Day
<b>9</b> Travel Prep	<b>27</b> Customs + Immigration
<b>10</b> Packing Tips	<b>29</b> The Westin Playa Bonita Panama
<b>11</b> Baggage	<b>35</b> History + Culture
<b>12</b> Packing Checklist	<b>38</b> Panama Canal
<b>14</b> Event Schedule	<b>41</b> Culture
<b>15</b> Dress Code	<b>45</b> Panamanian Cuisine
<b>17</b> Suggested Supplies	<b>47</b> Common Words + Phrases
<b>18</b> Apps to Download	<b>49</b> Casco Viejo
<b>19</b> Pre-Trip Tips	<b>53</b> Panama City
<b>21</b> Flight Prep	<b>57</b> Closing Message
<b>23</b> Passports, Visas, + Documents	







ESCAPES  
**WELCOMES YOU**

Each year we aim to raise the bar in crafting the experience of a lifetime. From carefully chosen destinations to thoughtfully crafted events with opportunities for connection, we strive to deliver on all your travel dreams down to the smallest detail.

It is our greatest pleasure to prepare these experiences every year as it allows us to reconnect with you. The work you do matters, and we can't wait to celebrate you and honor all of your accomplishments. We hope Panama surprises you in the best way possible. Get ready to experience something extraordinary.

**Sincerely,  
The Precoa Escapes Team**







REMEMBERING  
**MARK**

Panama is truly extraordinary. From its vibrant rainforests to its chic cities, this is a country that sits at the crossroads of history and still serves as a passage between oceans and experiences.

Discovering Panama for the first time is a wonder. It was the last Escapes destination Mark chose and planned for everyone, and he and Ane explored everything the country had to offer during their scouting visit. Touring the Panama Canal, feeding native monkeys, exploring historic heritage sites—Mark was excited by the sheer range of experiences possible in Panama.

Mark loved to travel the world for many reasons. He valued how travel opens our eyes to fresh perspectives, allowing us to reflect, relax, and connect. More than anything, travel brings us back in touch with who we are and what truly matters in our lives.

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**“It’s going to be a brand-new adventure, and we’re so looking forward to sharing it with you,”**

Mark said soon after their visit.

**“Thank you for all you do to serve families and to make such a difference in their lives.”**

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# TRIP PREP GUIDE



# PACKING TIPS



## Prioritize your carry-on

Pack your carry-on with essential items, valuable belongings, and extra outfits to have peace of mind in case of delayed or misplaced luggage.

## Test your gear

Wear and test all your clothing and gear before packing. Ensure comfort and durability for the activities you plan to do.

## Keep track of your belongings

- Take photos of your packed items for insurance purposes. Consider using tracking devices like Apple AirTag or Samsung SmartTag.
- Make a note of the location of important items, like your car keys or parking ticket, for easy retrieval.

## Organize

- Maximize space and reduce wrinkles by rolling your clothes.
- Use packing cubes to compress and optimize space. Place heavier items at the bottom and lighter items on top for easier carrying.
- Keep toiletries and electronics easily accessible for TSA.

## DON'T FORGET TO INCLUDE IN YOUR CARRY-ON



Passport + ID Documents



Headphones + Electronics



Swimsuit



Medications



Phone + Charger



Travel Size Toiletries (under 3.4 oz)



2-3 changes of clothes





# BAGGAGE WEIGHT AND RESTRICTIONS

Check your airline's website for luggage dimensions, restrictions, and fees. Be aware of the carry-on and personal item allowance, and consider leaving space for souvenirs.



## Carry-on Bag

22in x 14in x 9in



## Checked Bag

62 linear inches total  
(L + W + H)  
up to 50lbs.



## Personal Item

such as a purse  
or laptop bag

# PACKING CHECKLIST

### The week before

- Purchase any needed clothing (check dress codes)
- Dry clean/tailor clothing
- Pay upcoming bills
- Laundry
- Empty refrigerator
- Download entertainment: TV Shows/Movies/Music/Books
- Copy important documents
- Download apps
- Take out cash
- Inform credit card company of travel (or use in airport)

### The day before

- Check-in for flights
- Stop the mail
- Out-of-office email automation
- Take out trash
- Charge ALL electronics

### The day of

- Close and lock all windows/doors
- Unplug small appliances
- Turn down AC/Heat
- Turn off lights/fans
- Car and house keys (safe place)

### Travel

- Carry-on
- Mid-Sized checked
- Day pack/Camera bag
- Packing cubes
- Ziploc/plastic bags
- Laundry bag
- Neck cooler
- Portable fans
- Foot rest
- Travel pillows

- Sleep masks
- Ear plugs
- Snacks
- Water bottle

### Electronics

- Phone + charger
- Smart Watch + charger
- Laptop + power cord
- Tablets + chargers
- Headphones
- Aux adapter for headphones on plane
- Batteries (AAA)
- External battery pack
- Camera w/accessories

### Toiletries

- Toothpaste/brush
- Razors
- Shampoo/conditioner
- Deodorant
- Q-Tips/Kleenex
- Facial cleanser/moisturizer
- Gel/hair spray
- Combs/brushes/hair ties
- Cologne/perfume
- Nail clippers/tweezers
- Stain remover pen/wipes
- Goldbond/body glide
- Sunscreen/aloe vera
- Lip balm w/ sunscreen
- Steamer
- Travel hair dryer

### Entertainment

- Audio books/books/magazines
- TV shows/movies/music
- Games/playing cards
- Notebook/pen

### First Aid

- Band aids
- Antibiotic ointment/Polysporin
- Cold medicine
- Moist towelettes/wipes
- Anti-itch cream/Cortisone
- Insect repellent
- Lotion for insect bites
- Antacid/Tums
- Tylenol/Ibuprofen
- Motion sickness: Bonine/bands/ginger
- Prescriptions/medications
- Jet lag pills
- Melatonin/sleep aid
- Pepto Bismol/Imodium

### Documents

- Driver's license
- Passport
- Wallet w/credit cards and cash
- Insurance cards/travel insurance
- Digital vaccination card

### For Adventure

- Binoculars
- Snorkeling gear
- Water shoes
- Dry bag
- Day pack (Cotopaxi sling)
- Sun hat/sunglasses
- Waterproof phone case
- GoPro/underwater camera



## ★ Environment

- Panama has hot temperatures in April (85°F - 90°F).
- Pack lightweight, breathable, and moisture-wicking clothing.
- Stay hydrated by drinking plenty of bottled water and electrolytes.
- Be prepared for rain showers (28% chance in April) that pass quickly.
- Protect yourself from insect bites by applying repellent daily.
- Wear long pants tucked into socks in jungle areas.

## 🔌 Adapters

- Panama uses the same power outlets as the United States (Type A and B).
- Standard voltage: 110 V, frequency: 60 Hz.
- Pack a 3 to 2 prong adapter in case Type B sockets are not available.

# EVENT SCHEDULE

April  
22

## Monday

**Arrivals**  
All Day

**Shuttle to Casco Viejo**  
5:00pm - 11:00pm

April  
23

## Tuesday

**Excursions**  
6:00am - 3:00pm

**Celebration Event**  
5:00pm - 6:45pm  
*See next page for dress code.*

**Afterparty**  
6:45pm - 9:45pm

April  
24

## Wednesday

6:00am - 8:00pm

**Shuttle to Casco Viejo**  
5:00pm - 11:00pm

April  
25

## Thursday

**Excursions**  
6:00am - 8:00pm

**MDP Cocktail Hour**  
Invitation Only  
5:30pm - 7:30pm  
*Casual dress*

**Valued Partners Mixer**  
Invitation Only  
5:30pm - 7:30pm  
*Casual dress*

**Shuttle to Casco Viejo**  
5:00pm - 11:00pm

April  
26

## Friday

**Excursions**  
6:00am - 6:00pm

**Farewell Event**  
7:30pm - 10:30pm  
*Casual dress*

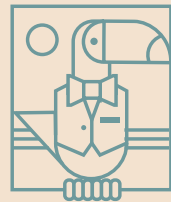
**Shuttle to Casco Viejo**  
5:00pm - 11:00pm

April  
27

## Saturday

**Departures**  
All Day





# DRESS CODE

## Casual

Around the resort, dress comfortably in shorts, skirts, sundresses, t-shirts, and sandals.

## Activewear

Swimsuit, yoga pants, t-shirt or swimsuit cover up, flip flops or other casual sandals.

## Smart Casual

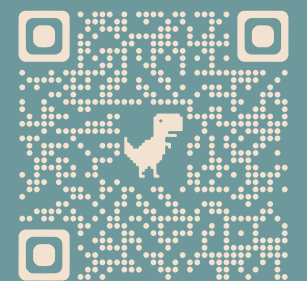
In the evenings around the resort, clothing tends to get a bit dressier. Think nicer shorts, linen tops or pants, collared or polo shirts, sundresses, skirts, and leather sandals. No swimsuits are allowed in the restaurants.



## Celebration Event

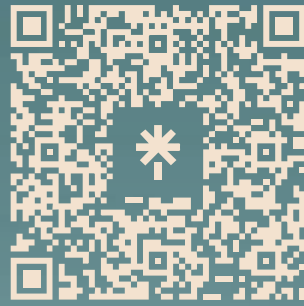
The event is semi-formal but flexible, so anything business casual or better will look great! If you can't fit a suit coat into your luggage then don't sweat it. In the spirit of Panama's vibrant culture we encourage **BRIGHT COLORS**. That could mean a bright colored tie, accessory, or a vivid outfit if you're feeling it! Please note that the afterparty will take place outdoors, so dress for the weather.

Scan for dress code

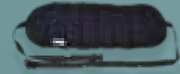




Scan for



# SUGGESTED SUPPLIES



Sleep Ride Airplane Footrest



Point 2 Points Twist Memory Foam Travel Pillow



Manta Sleep Mask



Compression Socks



Etekcity Luggage Scale



Portable Neck Fan



Airfly Bluetooth Transmitter



3-2 Prong Adapter



First Aid All-Purpose Kit



Melatonin 5mg Dual Spectrum



Sun Bum Hand Sanitizer Spray



Miers Labs No Jet Lag Tablets



Hydration Packs



No Bite Me Soap



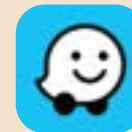
Bug Bite Suction



Money Belt



# APPS TO DOWNLOAD



**Waze**

Best app for navigating Panama.



**Uber**

Car service.



**Merlin**

Bird species identifier.



**Degusta**

Guide for restaurant reviews.



**Vessel Finder**

Vessel tracker for the Panama Canal.



**Google Translate**

Translate speech, handwriting, documents & websites.



**Marriott Bonvoy**

Information about hotel amenities.



**WhatsApp**

Free secure messaging and calling using wifi.



**LiveWalkPYT**

Discover Panama City through audio walks.





# PRE-TRIP TIPS

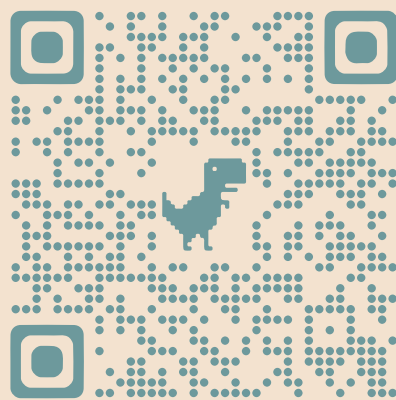
## Phone and Data

- Most cell phone carriers have daily or monthly international plans for your phone, texting and data needs. Check in with your provider before your trip to set this up if needed.
- The resort will have Wi-Fi, but cellular data is needed to text, call, and use maps while on excursions and exploring the cities.

## Your Health + Wellbeing

Check with your doctor and review all CDC recommended vaccines and medicines you might need to get before your trip.

CDC Info



## Currency+Tipping

- U.S. Dollars are accepted in Panama, and the most widely accepted credit cards are Visa and Mastercard.
- When dining out, a 10-15% tip is customarily given to the server.
- Gratuity is already prepaid for all Escapes Excursions.
- Yellow taxis aren't metered and official rates are usually ignored. Be sure to negotiate your fare in advance. Tips are not expected.
- Bargaining is not widely practiced in Panama, although you may be able to get a discount when buying handicrafts at local markets.



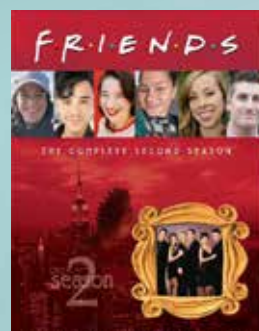




# FLIGHT PREP

To pass the time while flying, consider downloading your favorite books, podcasts, music, movies and TV shows to your device.

## Binge-worthy Shows



Friends



Yellowstone



The Office



New Girl



The Crown



Schitt's Creek



Ozark



Jack Ryan



Seinfeld



Walking Dead



## Snacks and Drinks

Consider packing a few of your favorite snacks and drinks for the flight, but be sure to check TSA guidelines before bringing any liquids through security.

**Trail Mix, protein bars, jerky, popcorn, and M&Ms are all classic travel favorites!**

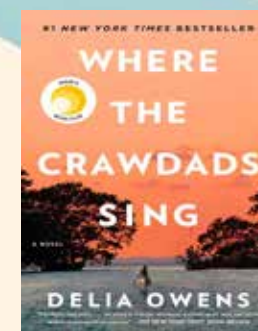


## Charge Up

Before leaving for the airport, ensure all of your devices are fully charged and charging cables are accessible in your carry-on.



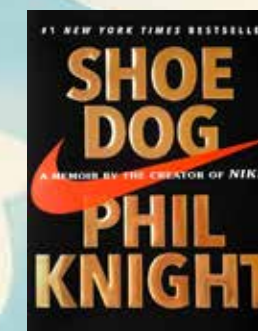
## For Bookworms



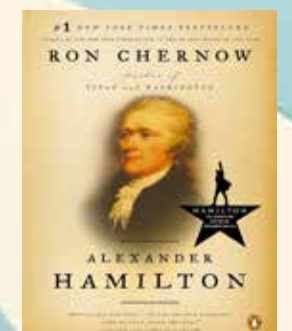
Where the Crawdads Sing  
by Delia Owens



The Nightingale  
by Kristin Hannah



Shoe Dog: A Memoir by the Creator of Nike  
by Phil Knight



Alexander Hamilton  
by Ron Chernow



## Still have time to spare?

From walking the aisles for exercise to creating a 10-year life plan with your spouse, there are some obvious and less obvious choices to keep you occupied. You might consider crossword puzzles or journaling, busting out the Nintendo Switch, deleting emails, meditation, knitting, working on a will, listening to music, and playing card games. And, of course, sleeping.





# PASSPORTS, VISAS, AND DOCUMENTS

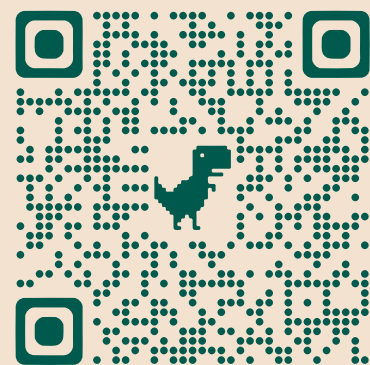
U.S. citizens require a passport to enter Panama and return home. The passport must have at least six months validity remaining to be allowed entry. Make sure the name on your boarding pass matches the name on your passport, including middle names or initials.

If you do not have a U.S. passport, additional visas and/or documentation may be required. It is your responsibility to review the Panamanian requirements for your specific passport and ensure you are set to travel.

Take photos to create a backup of all your important travel documents. These include a copy of your passport, driver's license, health insurance card, and credit cards. To keep your original documents secure, utilize the hotel safe and/or invest in a money belt.

Always keep your passport safe and secure and do **NOT** pack it in your checked bag.

Scan for Visa Requirements



# + TRAVEL SAFETY

- Panama is one of the safest countries in Central America, but it is always wise to take a few precautions when traveling.
- As in any big city, steer clear of poorly lit streets or wandering around new neighborhoods alone after dark.
- Be cautious of pickpocketing in crowded areas of Panama City.
- Avoid carrying all your credit cards or money on you and leave valuables in your hotel safe.
- Tap water is generally drinkable in Panama, but you should stick to bottled water outside of the resort.
- Always carry a copy of your passport and important contact phone numbers.

## Emergency phone numbers:

**Tourist Police:** 511-9260

**National Police:** 104

**Medical Emergency:** 911

**Fire:** 103

**U.S Embassy:** 507-317-5000

**Destinations:** 801-916-0568





# TRAVEL DAY



## Arrival Time

Most airports recommend arriving three hours prior to your scheduled departure time for international flights. Please note that checked baggage is only accepted within four hours of your scheduled departure.

## Airline Reservations

You will receive your flight information in an email as well as in your pre-trip box. Use your confirmation code to view your reservation on the airline's website or app. There you may make itinerary changes, confirm your seats, and check-in to your flight 24 hours prior to departure.

## Pre-/Post Night Transportation

If you booked a pre- and/or post-night through our registration process, we will take care of your transportation to and from the hotel. If you booked separate accommodations outside of the Westin Playa Bonita, you will be responsible for your own transportation.

## Return Instructions

You will receive your departure instructions at the resort.

## Check-In

Give yourself and your guest(s) plenty of time to check-in at the airline counter to receive your boarding passes.

## Travel Questions

If you need help **BEFORE** traveling to Panama, please contact a Destinations team member at 801.928.2332 or [precoa@destinationsinc.com](mailto:precoa@destinationsinc.com).

If you need help **WHILE** traveling to and from Panama, please text or call a Destinations team member at **801.916.0568**. Don't forget to add this phone number to your contacts for quick access.







- Proof that you have a valid passport within at least six months of expiration.
- Some nationalities must present a tourist visa before their trip to Panama. If this is the case for you, we recommend going directly to the Panamanian consulate in your country, Service of Panama page, or check with your airline.
- Return ticket to the country of origin or the next destination to visit.
- Address of your lodging and the purpose of your travel. The purpose of travel for our group is leisure and the address of the resort is **The Westin Playa Bonita at Panama Km 6 Camino A Veracruz, Panama.**



# CUSTOMS/ IMMIGRATION

When traveling to Panama, guests must pass through Customs and Immigration. A Customs Declaration Form will be handed out during your flight. Fill it out and keep it with you as you exit the plane. On the form, you will be asked about the following information:



At the immigration counters, you will be asked to show your passport and to scan your hands. Some Immigration officers do not speak English, but the process is very easy!

Once through Immigration, you will proceed to the baggage claim area. After you've collected your bags, you will be directed to the Customs area. Customs will ask for the Customs Declaration Form and may ask that your bags be scanned.

Once you've picked up your personal belongings at the end of the scan, you may exit Customs to the right. Proceed through the glass doors where you will be met by one of our transportation representatives, wearing red shirts and holding a sign with the Precoa Logo. ♦





—The—

# WESTIN

## PLAYA BONITA PANAMA

We'll be staying in comfort and style at the all-inclusive, family-friendly Westin Playa Bonita Panama. The resort also features three pools, six restaurants, and a Sensory Spa. With the Pacific Ocean and lush tropical rainforests nearby, both relaxation and adventure are just minutes away.

### AMENITIES

#### Check-in and Out

Check-in is at 3:00pm and check-out is at 12:00pm. If you are arriving prior to check-in and would like a guaranteed room upon arrival, we recommend purchasing another pre-night. Otherwise, rooms will be available to guests as they are ready.

#### Shuttles to Old Town

If you'd like to visit Old Town, we highly recommend taking our complimentary shuttle which will pick up every 30 minutes from the Westin lobby. The shuttle will be available everyday from 5:00pm-11:00pm. **The shuttle will not operate on April 23rd due to the Celebration Event.**

#### Spa and Salon

The Westin's Sensory Spa and Salon offers many services from facials to massages! We hope you took advantage of booking a treatment during registration. If not, we will have some limited availability on-site!

#### Daily Activities

A schedule of activities at the resort will be provided upon arrival. Some activities are included and some may include a fee. Please refer to the daily schedule for more information.







## Gym

**Open 7 days a week, 24 hours a day.** Includes free weights, cardio, and strength training equipment.

## Wi-Fi

Free Wi-Fi can be found throughout the resort and in guest rooms. The password will be shared with you upon check-in.

## Pool

The Westin boasts three swimming pools open **7:00am - 7:00pm**. Pool towels are provided.

## All-Inclusive

The Westin Playa Bonita is all-inclusive for our group, and on-site you will receive a wristband indicating you are part of our group. All six restaurants are included, as well as unlimited non-alcoholic and alcoholic premium drinks and wine by the glass during regular operating hours. Afternoon snacks by the pool are also served from 11:00am to 4:00pm daily. Please note that in-room dining is **NOT INCLUDED** in our all-inclusive package.

## Restaurant Reservations

Reservations are required for Asiana and Tierra y Fuego Restaurants and can be made on-site with the Concierge. Group reservations are allowed up to a maximum of 10 guests.

## Asiana

A sophisticated, serene destination specializing in curries, sushi and other dishes with an international flare.

**Monday - Saturday**  
**6:00pm - 10:30pm**

## Tierra y Fuego

Mouthwatering steaks infused with Latin spice and panoramic ocean views.

**Tuesday - Sunday**  
**6:00pm - 10:30pm**

## Starfish Grill

Fresh seafood, an expansive buffet, and ocean views.

**Monday - Friday**  
**6:00am - 11:00am and 12:00pm - 10:30pm**  
**Saturday and Sunday**  
**11:30am - 3:00pm**

## Pacifica

Casual marketplace buffet with ocean views, live cooking stations and themed buffet dinners.

**7:00am - 11:00am**  
**12:00pm - 3:30pm and 6:00pm - 10:30pm**





### Oceanica

An open-air palapa with spectacular views of Playa Bonita, the ocean and pools. Open on select dates.



### Soléo

Enjoy cocktails and varying activities including karaoke, salsa dancing lessons, and the best DJs in the city. Located on the pool terrace.

**6:00pm - 1:00am**



### Oasis Bar

Enjoy wine, beer, and crafted cocktails with a view of the ocean at the lobby bar!



### In-room Dining

Available 24 hours a day. Please note that in-room dining is **NOT INCLUDED** in our all inclusive package. Additional charges apply.



# PANAMA

## HISTORY AND CULTURE



PANAMANIAN

# HISTORY

## The Power of the Isthmus

Panama's unique and isolated geography has made it a global crossroads throughout history. The indigenous peoples lived in isolated villages bordered by thick jungles and relied on the abundant fish populations in the surrounding waters. The name "Panama" itself comes from an old indigenous word meaning "abundance of fish."

Despite the lack of influence from larger pre-Columbian civilizations, the region was part of a great Pan-American trading route. Gold, ornaments, pottery, and other goods passed through Panama.





## Spanish Colonization

In the early 1500s, Spanish colonizers discovered the land isthmus of Panama. They founded Panama City, which became a vital base for trade and exploration. With easy access to both the Pacific and Atlantic oceans, Panama City played a crucial role in their conquest of Central and South America.

## Rise and Fall

This extraordinary wealth drew a lot of attention. Panama City faced destruction in 1671 when it was attacked and burned by buccaneers led by the English pirate Henry Morgan. The city was rebuilt over time, and present-day Panama City lies three miles west of the original location.

## The Path to Independence

After years of political changes, Panama became part of the Republic of Colombia. By the late 1800s, Colombia was in the grip of a civil war and calls for Panamanian secession were increasing. The United States had already declared that it was going to build a transcontinental canal through Panama. This gave Panama's pro-independence movement a boost. In 1903, Panama declared independence with U.S. protection and granted the U.S. control of the Panama Canal Zone.

## Regaining the Canal

In 1999, the ownership and control of the Panama Canal was officially transferred back to Panama. Since then, Panama has been responsible for the operation, maintenance, and development of the canal, ensuring its continued role as a key connector of global trade.



— *The* —

# PANAMA CANAL

The Panama Canal stands as a testament to human ingenuity and perseverance. The construction of the canal began in the late 1800s, with the French initially spearheading the project. However, it was not until the United States took up the challenge, that the canal's construction gained momentum. Overcoming immense challenges, including disease and treacherous terrain, the canal was finally opened in 1914, forever altering international shipping routes.



# PANAMA CANAL

## FACTS

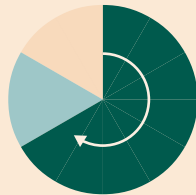
### TOP CANAL USERS

USA at  
**73%**



### AVERAGE TRANSIT TIME

**10 hrs**



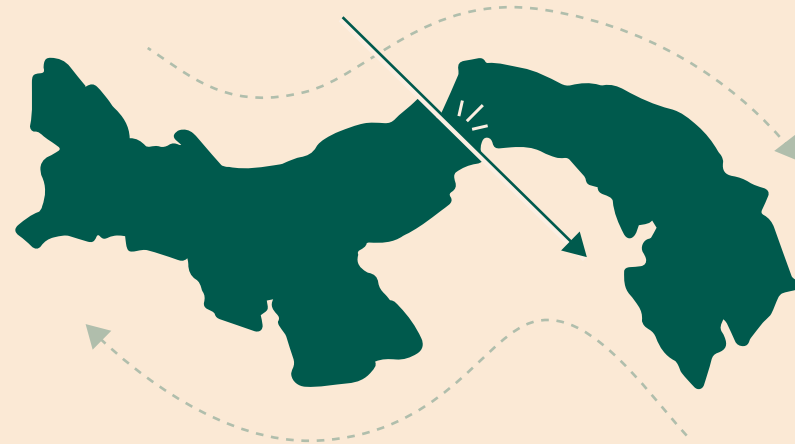
### ANNUAL REVENUE

**\$3.3 Billion**  
in 2023



### DISTANCE SAVED BY USING PANAMA CANAL

**8,000 Nautical Miles**  
(15,000 km)



### SHIPS THAT PASS THROUGH CANAL DAILY

**31**



### Canal Expansion

After an intensive construction program from 2009-2016, the Third Set of Locks were added to the operation of the Panama Canal, allowing for the passage of larger vessels and increasing the canal's capacity and efficiency.

### Global Trade

As a vital link between the Pacific and Atlantic Oceans, the Panama Canal has had a profound impact on global trade, significantly reducing shipping distances and costs. Today, roughly \$270 billion dollars worth of goods pass through the canal via cargo ships annually.

### Engineering Marvel

Utilizing a system of locks, the Panama Canal raises and lowers ships as they traverse a 48-mile-long waterway. This engineering feat, along with artificial lakes and channels, allows vessels of various sizes to seamlessly navigate the canal.

### Wildlife and Ecosystem

The region's ancient role as a land bridge allowed species to migrate between continents, which in turn has created a rich intermixture of plant and animal life. Panama's wildlife is varied with sloths, anteaters, and armadillos — which originated from South America — as well as jaguars, tapirs, and deer from North America. There are also several species of giant sea turtle that lay their eggs on the beaches.

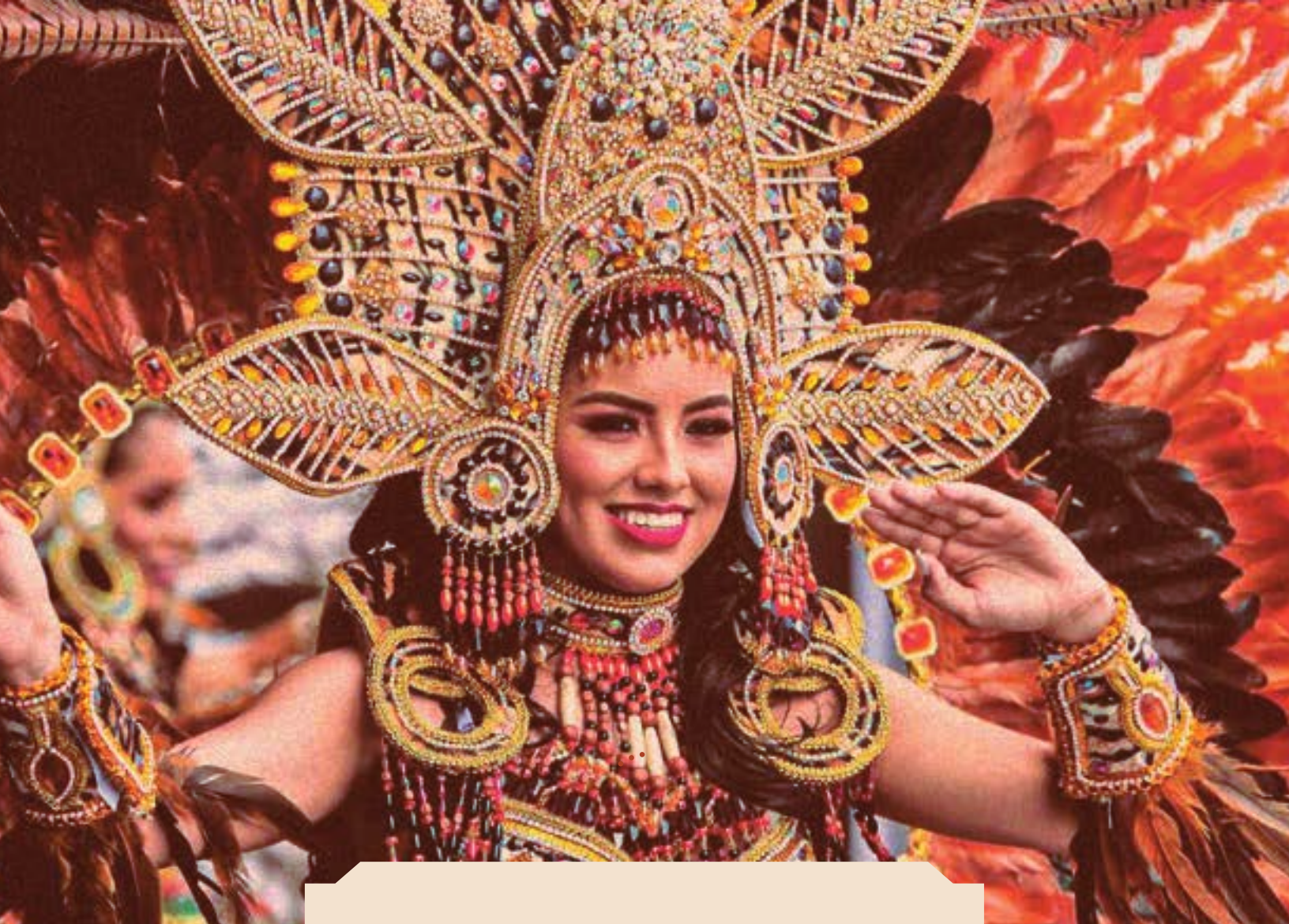
National parks and reserves occupy about one-sixth of the nation's land area, and they provide a window into the great variety of landscapes and ecosystems across the country, including tropical rainforests, savannas, cool montane forests, tidal lands, coral reefs, and beaches.

### Panama Today

Today, Panama enjoys a vivacious blend of cultural influences that are expressed in the country's cuisine, artwork, music, and literature. Its capital, Panama City, is a cosmopolitan hub where skyscrapers tower high above whitewashed bungalows. The city is located at the Pacific entrance of the Panama Canal, and it serves as the country's political, commercial, and financial center.







PANAMANIAN

# CULTURE

Panama's vibrant culture has been driven by centuries of migration and trade. The result is a rich melting pot that influences everything from language and dress to music and food. Indigenous traditions coexist with Spanish culture, and these are intertwined with Afro-Antillean influences from the country's northern provinces. Chinese and American influences can also be felt, and as more and more people call this country home, the culture continues to evolve and take new shapes.

## Folklore

Traditional Panamanian culture is vividly expressed through both dance and dress. There are a number of traditional dances, and the Gala Pollera and the Montuno are two eye-catching national outfits. Beautifully ornate, they consist of handmade skirts and shirts and are often complemented with combs, necklaces, and tembleques.

## Family and Society

Family is everything in Panama. As the most important social unit, it's not uncommon to find multiple generations living under the same roof, and many Panamanians will live at home well into adulthood.

## Perception of Time

Tranquilo is a word you may hear when traveling in Panama. It means peaceful and reflects Panamanian perceptions of time. Rather than strict adherence to a schedule, things move more fluidly, with emphasis placed on people and relationships.







## Customs and Traditions

National pride runs deep in Panama. Best summed up by the popular Panamanian phrase, puente del mundo, corazón del universo (which means bridge of the world, heart of the universe), everyone's love for the country is contagious. As unique as Panama is, many of its customs are rooted in familiar influences. Spanish

culture has influenced everything from family dynamics to religion, with several major holidays and festivals based in Catholicism. The U.S. has also made a large impact in Panama. You'll often see people wearing American clothes or listening to American music, especially in Panama City.



## Music

Music infuses Panama. The country's influential styles draw on its rich and varied cultural history, and you'll find yourself moved by the traditional cumbia-style tipico, as well as the percussive folk music known as tamborito. But no discussion of music would be complete without mention of Reggaeton. The style got its start as Reggae en Español or "Spanish Reggae," and it is by far Panama's most popular genre.

## Sports

While boxing is the sport that first put Panama on the map, the nation's most popular sport is baseball. The country's most recognizable athlete is Mariano Rivera, who was a closing pitcher for the New York Yankees for nineteen seasons. Soccer is also popular, especially with Panama's classification into the 2018 FIFA World Cup. All of Panama's Olympic medals come from track and field athletes. Its first Olympic gold medal was achieved by long jumper, Irving Jahir Saladino Aranda, at the 2008 Beijing Olympics.

## Culture Tips

The people of Panama are extremely friendly and easy-going, but it is still polite to avoid subjects involving religion or politics. This includes aspects of the country's colonial history such as the construction of the Panama Canal. Please note that while the history of the canal may be touchy, the Panama Canal itself is one of the country's most famous attractions and is a source of tremendous national pride.







PANAMANIAN

# CUISINE

You are sure to eat well in Panama! The country's world-famous cuisine is rich and multi-layered due to its many cultural influences. In fact, Panama City has been a Gastronomy UNESCO Creative City since 2017.

## Ropa Vieja

Ropa vieja translates to “old clothes.” According to a Spanish legend, when a poor man ran out of food, he cut up his old clothes to make stew. Squint and you might just see how the shredded beef evokes the image of tattered pants. Cooks simmer the shredded beef with tomatoes, onion, garlic, peppers, and sometimes olives, and season the mix with paprika, oregano, coriander, and other spices of Spanish origin.

## Chicheme

Some label chicheme a drink, while others think of the sweet liquid as a dessert. Ponder the distinction while sipping this refreshing Panamanian beverage made from boiling corn with evaporated milk, cinnamon, and sugar. Chicheme can be served ice-cold as a cool tonic on hot days, or warm, like tea. Chicheme's roots go back to Panama's indigenous peoples, who concocted a corn-based drink.

## Ceviche

“Panama,” in one of the region's indigenous languages, translates to “an abundance of fish.” As in many coastal countries, ceviche, small pieces of raw fish, often white sea bass in Panama, are marinated in a mixture of lime juice, herbs, and onions.

## Patacones

“Patacones” are a local name for fried plantains or tostones. Patacones, fashioned from twice-toasted, unripe green plantains, make for a tasty appetizer or snack. Often starchy and a little bland, locals eat patacones with ketchup, cheese, or any favorite dipping sauce.







## COMMON WORDS AND PHRASES

It's always helpful to know a few words and phrases in the language of the country you're visiting. With Spanish being the official language of Panama, some words and phrases may already be quite familiar, while others are specific to Panama.

### ***Mucho Gusto***

Used when meeting someone for the first time and means “a pleasure to meet you.” Panamanian people generally hug each other when greeting and they may also include a single kiss on the cheek. If shaking hands, don't use too tight a grip as this can be perceived as slightly aggressive.

### ***Buenas***

A catch-all term for “hello” that is the most common way to greet people. Panama is a very friendly place and even strangers greet each other in passing. In more formal settings, the form 'Buenas Dias' (Good Day) or 'Buenas Tardes' (Good Evening) should be used instead.

### ***Por favor***

Please.

### ***Gracias***

Thank you.

### ***¿Dónde está...?***

Where is...?

### ***Buen provecho***

Enjoy your meal.

### ***Buco***

A lot.

### ***Ta' cool***

It's all good or that's okay.

### ***Dale pue***

It's okay or I'm agreeable to that.

### ***Esta salada***

Literally to be salty, but in Panama it means to have bad luck.

### ***Perdóname***

Pardon me (used when apologizing).

### ***Pinta***

Beer.

### ***Vino tinto***

Red wine.

### ***Fren***

Friend.

### ***¿Que xopa?***

What's up?

### ***¡Ayala vida!***

Used to express surprise, amazement, misfortune.

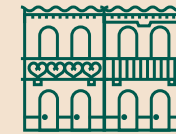


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# CASCO VIEJO

— FOR THE BENEFIT OF THE WORLD —



ÁREAS DE INTERÉS

## OLD TOWN

### Plaza de la Independencia

At the heart of Casco Viejo, this lively square is surrounded by colorful colonial buildings, cafes, and the Metropolitan Cathedral. It's a great spot to soak in the local atmosphere.

### Las Bóvedas

These arches were originally built as dungeons and later used as military barracks. Today, they house a variety of shops and art galleries. The view of the city skyline from the top is breathtaking, especially during sunset.

### Catedral Metropolitana

This stunning cathedral is a blend of various architectural styles, including Gothic, Baroque, and Spanish Colonial. Even though construction began in 1688, the building was not consecrated until 1796.

### Iglesia de San Francisco

This historic church is one of the oldest in Panama City. Its golden altar is a masterpiece, and the adjacent convent now houses a museum with artifacts showcasing the city's history.





## Museo del Canal

This museum provides a fascinating journey through the history of the Panama Canal. Located in Plaza de la Independencia, it showcases the canal's construction, its impact on global trade, and the role it played in shaping Panama's destiny.

## Teatro Nacional

If you appreciate the arts, the National Theater is a gem. The beautifully restored historic theater hosts performances ranging from opera to contemporary dance.



## Kaandela

A gastronomic experience that connects land, produce, and people through volts of deliciousness! Kaandela is purposefully a little disruptive, taking an approach to dining that is fun and encourages looking at traditional ideas from a new angle.

## La Pulpería

Well known for its outstanding cocktails, La Pulperia is a relaxed bar. Traditional Panamanian flavors combine with international influences, from local seafood to Latin American-inspired plates.

## Casablanca

Known for its rooftop terrace with stunning views of the city skyline, Casablanca offers a mix of Mediterranean and Panamanian cuisine. It's a great spot for both lunch and dinner, with a cozy ambiance and delicious dishes.

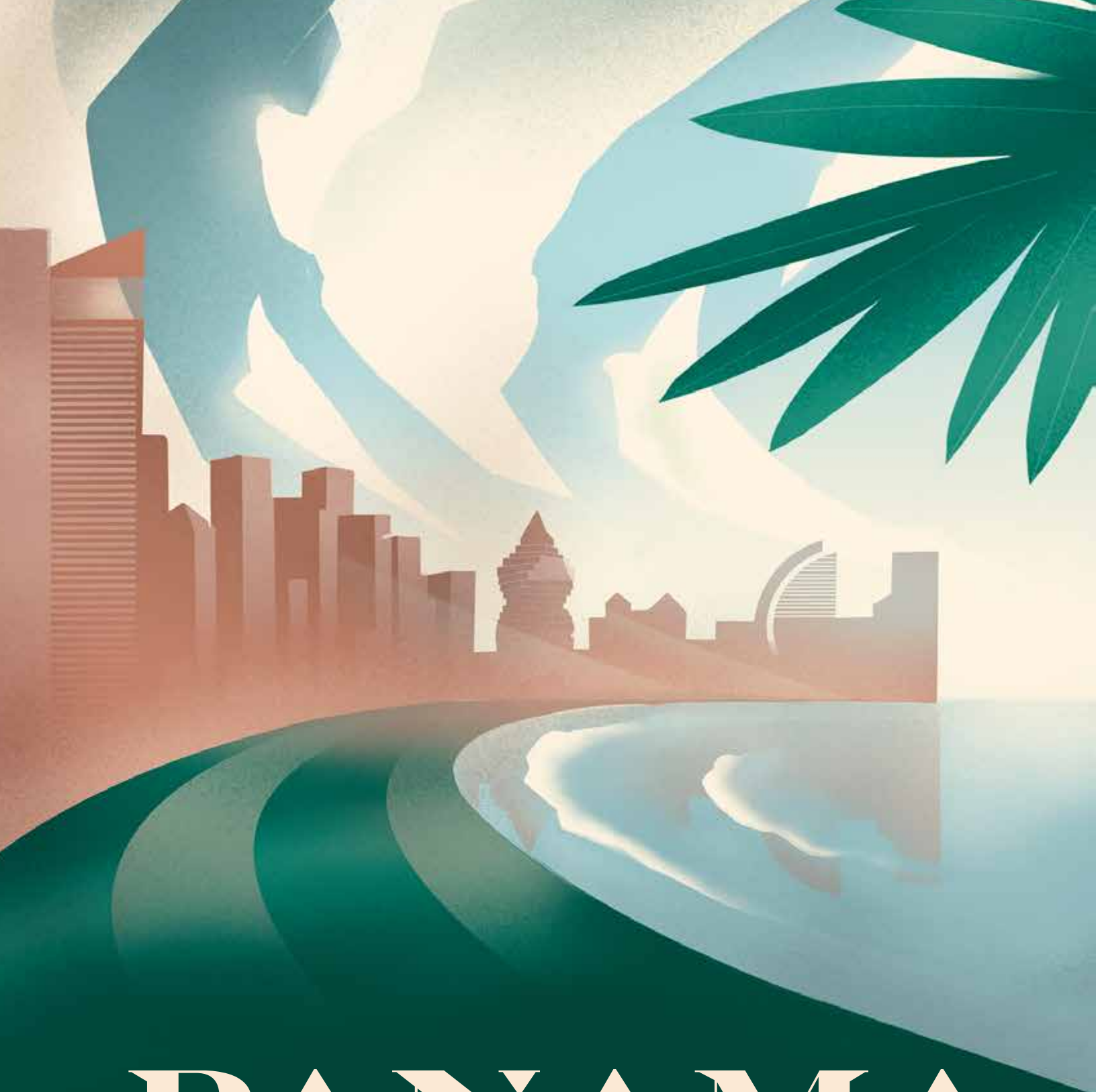
## Lazotea

Trendy rooftop bar in Panama City with upscale cocktails and small bites.

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## POINTS OF INTEREST

### Cinta Costera

This scenic waterfront boulevard offers beautiful views of Panama Bay and the skyline. It's a great place for a leisurely walk, jog, or bike ride. You can also find parks, sculptures, and recreational areas along the Cinta Costera.

### Iglesia del Carmen

Located in the heart of downtown, this historic church is known for its beautiful architecture. The church has a rich history and is a peaceful oasis amidst the urban hustle.

# PANAMA CITY

FOR THE BENEFIT OF THE WORLD



## **Bella Vista**

Although not exactly downtown, Bella Vista is nearby and known for its vibrant nightlife, dining options, and entertainment. It's a lively district that comes alive in the evenings.

## **Salvaje Restaurant**

A unique and unforgettable dining experience featuring delicious Japanese fare and tropical cocktails. Located in Costa Del Este, a new area just outside of the city.

Scan for Walking Map



## **Azahar Panama**

Western European Cuisine and Sushi Bar. The cocktails, desserts, and dishes are innovative and sophisticated! Request outdoor seating for a great view of Panama City!

## **Cantina Del Tigre**

Innovative Panamanian cuisine with high-quality ingredients. Cantina Del Tigre is an elevated gastropub with a great atmosphere and freshly brewed beers. A must-visit in Panama City!

## **Filomena**

This 6th floor Italian restaurant offers upscale, delicious food mixed with a delightful service and ambiance. Save room for dessert!

## **Al Alma Casco Antiguo**

Hip and relaxed atmosphere with delicious breakfast and coffee. This casual restaurant is elevated by its friendly staff and outstanding service.







# ADVENTURE AWAITS

Panama holds a special place in our hearts. The people, culture, and food are some of the best we have experienced for an Escapes destination. As your anticipation builds, we'll be finalizing every detail to make sure you experience all the excitement and adventure that Panama has to offer. We can't wait to celebrate everything you do and explore this beautiful country together! See you soon!

**-The Precoa Escapes Team**







EXPERIENCE SOMETHING EXTRAORDINARY