



### Sample Travel Itinerary

#### 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 reach out to [sarah.pease@schooltheworld.org](mailto:sarah.pease@schooltheworld.org) with any questions.

*\*Please note that this is a sample itinerary used to display how a typical trip is run. Times and dates are subject to change*

## Itinerary

### Day 1

Arrival in David. Group picked up at airport by local staff & drivers. Check into hotel.

4:30 PM Walk to downtown David as group and explore local sites  
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 AM 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 Reflection Activity  
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  
4:30 PM Walk around 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.