



12 Day Program

EXPERIENCE PANAMÁ WITH US!



The Program & The Company

We are a heart-centered social enterprise collaborating with local Panamanians to bring international youth & adult groups to Panamá.

Our team is a close-knit one providing hands-on, professional programs with over 15 years' experience. Our co-founders have developed innovative projects in the education, non-profit and hospitality industries within Canada, Central America, and Australia.

Learn about the interconnection between Panamanian history, culture, and politics from local experts, innovators, and changemakers! Discover Panamá's people & natural beauty on an educational, cross-cultural learning experience. A trip of a lifetime!

HIGHLIGHTS!

✓ * Visit the **Emberá indigenous village via dugout canoes**. The Emberá are gentle people that live in the middle of the rainforest. They have a unique story and heritage which they rely on sharing with visitors. They resist modern civilization and the visit offers a unique glimpse at a preserved way of life. Art, music and dance, traditional clothing, and indigenous foods are all a part of a fascinating experience.

✓ *Walk thru **Casco Antiguo**. The original OLD historical town, Casco Viejo, was settled in 1519! It was then burnt down and attacked by pirates. The new fortified Casco Antiguo was built, completed and settled in 1673. It was designated a World Heritage Site in 1997. Our young team of historians and local experts involve our group in a scavenger hunt throughout Casco Antiguo, learning about the fascinating history along the way! Our collaborating partners have a deep passion for Panamá's history, beauty, and the real people that live there.

✓ ***Stay with a local family** (in the interior of Panamá) for two days. Live and learn about a local Panamanian's family. Experience their simple way of life. Cook meals, play with the children and be involved in the Go Across Travel English learning day at a local public school. Always a very exciting time for everyone involved as they are experiencing a cross-cultural connection.

✓ *Explore the many islands and even try scuba diving or snorkeling, it's your choice, in the amazing **world heritage site of Coiba National Park**.



Program Goals.

Step away from your technology and learn to engage with your group and the countless people you'll meet in real time. Develop your interpersonal skills, start to understand the term global citizen, realize your strengths through regular group discussions, engagement with locals, a service work project, and peer to peer hang out times with other participants, leaders, innovators and change agents your age in the communities we visit.

We've traveled a lot and lived abroad, away from familiarity. We know it takes courage to decide to venture out and experience life in another culture. Our goal is for you to gain many valuable lessons about yourself and get a new perspective on wherever it is that you call home.

Enjoy each moment, seek out and celebrate life and the everyday beauty of the places we visit. Whether we're in a lake canoeing to the Emberá Village or hiking a waterfall in the crater of a volcano, teaching English in a local school or spending a day at the beach, learn to challenge your comfort zone, spread your wings, and have fun.

Participating in this program experience means you are also helping dreams come true. We are a social enterprise that gives 10% profit to our ***Panamanian Youth Travel Abroad Scholarship Fund.***



*Opportunities are like
sunrises, if you wait too
long you miss them.*

WILLIAM ARTHUR WARD



\$2,500.00 USD.



What's Included?

- ~ Flight arrangements with a group discount and on-call assistance with all your flight logistics taken care of.
- ~ Engaging guides and leaders that support our groups before, after, & during the program.
- ~ Friendly & easy pickup and drop off at the Tocumen International airport. We will be so excited to see you!
- ~ All modest accommodations for the entire 12-day program & welcome packs.
- ~ Historical Casco Antigua interactive walk with the locals.
- ~ Visit one of seven wonders of the modern world, the Panamá Canal & its museum!
- ~ Voyage to the Pacific side in a comfortable minibus to the Coiba world heritage site & quaint fishing village.
- ~ Family homestay and cross-cultural English day at a local school with our team of community liaisons.
- ~ Surf lessons /or S.U.P lesson while getting some much needed R&R in a small surf town.
- ~ Explore Crater Valley, hike past waterfalls and local homes on the mountain.
- ~ Emberá Indigenous day visit.
- ~ A trip to Colón, on the Caribbean side. Meet our collaborative team of social activists & inspiring leaders. Stay at Gatun lake with this amazing group doing interactive games and ziplining. A learning opportunity like no other!
- ~ A train ride from the Caribbean side of Panamá back to Panamá City.
- ~ 80% of meals. Meals will vary from local Panamanian cuisines such as fresh fish, plantains, beans, rice, tacos, sancocho soup (chicken, veggie, and potato soup), amazing coffee, fresh fruit every day, and a variety of international choices (when in the city). We will always have snacks & non-alcoholic drinks while traveling.
- ~ Comfortable mini coaches/transportation.



Responsible Eco-Tourism.

Our supportive non-profit campaign & promotional liaisons are located in Medicine Hat, Alberta, Canada. Our lead co-founder, program directors, expert guides, and community liaisons live in Panamá. Our entire team is well connected to Panamá which gives us the ability to offer immersive and authentic experiences that positively benefit and contribute to host communities while also ensuring the highest standards of safety for our participants. Our policies, manual, transport, and response protocols have been carefully implemented to ensure clear communication between team members and participants.

Go Across Travel Inc. Is a legal company in Panamá.



We Are Looking For Youth Group Chaperones.

Are you a teacher, youth leader or parent wanting to take a group on the program? We have 4 spots available per year to take you for no charge (with the exception of your flights). Contact us TODAY!

Contact Us!

Email: info@goacrosstravel.com

Whatsapp or call



1-236-994-7593

Web: www.goacrosstravel.com

Social Media:  **GO ACROSS**
TRAVEL





Founders

Tom Larroquette & Skye Wikjord

Community Liaisons

Saul Nuñez, Jherzzzen Agrazal, Marcela Pérez, Marisol González & Isidora Bernal

Collaborating Partners

Claus Kjerby ~ EarthTrain.org/Geo Diversity
Kathia Herrera ~ Panamanian Biologist

Roberto & Eli Hurtado ~ WalkPTY

Victor Perez ~ LocalinPTY

Meyvis Blackman ~ Artes Escenicas Colonense ~
Panamanian UN Representative

Olo Villalaz - Indigenous & Environmental affairs

Roberto Diaz ~ Panamanian Author

Rob & Yolanda Brown ~ Creators of the musical, Panamá!

Angie Chandler ~ The Joi Center

CASASC & CACAC - Non-Profit Campaign Partners

