Tierra de Exploración
13-Day Guided Language Immersion Program in Panama

¡Bienvenidos a Panamá! From Caribbean to Pacific, you’ll discover the fascinating history and culture of Panama. Your journey begins in Panama City and takes you to historic sights, an indigenous village, the jungle and even the site of a pirate invasion. After a trip to view the canal, you’re ready to spend six days living la vida panameña with your host family.

Trip Overview

13 DAYS
GUIDED
WITH FAMILY STAY
FROM $3,499

Features & Inclusions

ROUND-TRIP AIRFARE
OVERNIGHT ACCOMMODATIONS
IN-COUNTRY TRANSPORTATION
INSURANCE
24/7 EMERGENCY SUPPORT WHILE ABROAD

What Others Are Saying

“My family was so welcoming, and I learned so much being included in the small activities of their daily life. I miss them already!” — Katherine S., Brookfield, WI

“I loved how this trip seemed to open my son’s eyes to different cultures and gave him a sense of accomplishment with his use of his language skills.”
— Laura M., Granby, CO

Visit xperitas.org for more photos, stories and pricing information.
DAY 1 | **Panama City**
Arrive in Panama City, transfer to your hotel. Enjoy an Xperitas welcome dinner, where you’ll be treated to traditional *comida panameña*. □

DAY 2 | **Panama City**
Greet the day by visiting the Miraflores Visitors’ Center of the Panama Canal. Afterwards, travel up the Chagres River by canoe to visit a village of the Emberá people. Enjoy lunch with them and maybe even a soccer match before heading back to the city. □ □

DAY 3 | **Panama City**
Begin your day with an excursion to Portobelo, the site of several pirate invasions. Visit the historic *aduana*, the Royal Customs House where they used to count and store the king’s gold until it could be shipped to Spain. Be sure to see *el cristo negro* at the Iglesia de San Félipe. Then go by boat on an island excursion to enjoy a relaxing afternoon of swimming. □ □

DAY 4 | **Chitré**
Take a ride to El Valle de Antón, a picturesque town nestled in the crater of a giant extinct volcano. Keep an eye out for sloths and tropical birds as you zip line through the forest canopy. After lunch, visit *los pozos termales*, and a local animal refuge and amphibian research center before making your way to Chitré. □ □

DAY 5 | **Chitré**
Start the day off with a visit to the home of a woman famed for her handmade *polleras*, the traditional dress of Panama. Then, stop at a nearby bakery. Enjoy a visit to a local pottery shop to observe the techniques of a local artisan and try your hand at creating a pot! □ □

DAYS 6-11 | **Family Stay**
This is the part you’ve been waiting for! Meet your Panamanian family and begin a 6-day stay with them. □ □ □

DAY 12 | **Panama City**
Bid farewell to your *familia panameña* and spend one last day in Panama City. Your guide will introduce you to the many splendors of the capital city! □

DAY 13 | **Return**
Transfer to the airport and return home to the U.S. □

---

**The Family Stay Experience**

We believe that living with a family, speaking their language and participating in their customs is the best and most authentic way to experience another culture. It’s also what makes our programs different from any other travel experience. After more than 40 years of arranging family stays, we’re no longer surprised when our participants say that living with a family was the best part of their experience!