

Panama Wellness & Adventure

8-Day Spring Break Program

Forum on Education Abroad Member • Loyola University Maryland — Returning Partner 2026 • 20+ Years in Panama

Why Panama for Spring Break?

Two oceans, one canal, infinite learning. Panama offers the rare combination of world-class adventure, living history, and authentic community partnerships — all within a 3-hour flight from most US cities. Your students experience the engineering marvel of the Panama Canal, indigenous rainforest communities, volcanic highlands, and Pacific surf — without the long-haul travel or security concerns of more distant destinations. US State Department Level 2 (Similar to Costa Rica and most of Western Europe).

Program Itinerary

Day	Program	Learning Focus
Day 1	Arrival & Grounding Yoga Airport pickup, transfer to Istmo (1.5 hrs). Settle into private bungalows. Gentle evening yoga to unwind and connect as a group.	Wellness, Group Formation
Day 2	Beach Cleanup + Paddleboarding Morning beach cleanup supporting coastal conservation. Stand-up paddleboarding on calm Pacific waters. Afternoon free time. Evening yoga.	Environmental Stewardship, Team Building
Day 3	El Valle — Volcano & Waterfalls Full-day excursion to a mountain town inside a volcanic crater. Hike dormant volcano trails, swim under waterfalls, explore the artisan market. Evening yoga.	Nature Immersion, Cultural Exploration
Day 4	Panama Canal + Casco Viejo Private tour of the Presidential Palace. Explore UNESCO-listed Casco Antiguo. Tour the Panama Canal at Miraflores Locks. Evening salsa class back at Istmo.	History, Global Awareness, Cultural Immersion
Day 5	Community Service — Local School Walk to partner school for bilingual book exchange and English/Spanish conversation practice with local students. Afternoon free. Evening yoga for reflection.	Service Learning, Cross-Cultural Communication
Day 6	Emberá Indigenous Village Travel by dugout canoe to an Emberá community in the rainforest. Learn from the local medicine man, experience traditional dances, share a meal.	Indigenous Culture, Ethical Engagement
Day 7	Surfing + Farewell Bonfire Morning surf lesson at beginner-friendly beach. Afternoon rest at Istmo. Farewell bonfire under the stars.	Adventure, Group Bonding
Day 8	Departure Breakfast. Airport transfer (1.5 hrs). Departure from Tocumen International Airport.	—

All meals at Istmo included. Off-site lunches on Day 3 and Day 4 excursions not included.

Program Pricing

Larger groups = lower per-student cost. All pricing includes lodging, meals, activities, and ground transport.

Group Size	Low Season (Apr–Nov)	High Season (Dec–Mar)	Per Student	Per Student
7 students + 1 leader	\$14,150	\$15,165	\$253/day	\$271/day
12 students + 1 leader	\$19,625	\$20,938	\$204/day	\$218/day
14 students + 2 leaders*	\$21,815	\$23,247	\$195/day	\$208/day
22 students + 2 leaders	\$30,575	\$32,487	\$174/day	\$185/day

*At 14+ students, second faculty leader stays free.

What's Included

- ✓ Private retreat center with 8 bungalows (24 beds)
- ✓ All meals prepared by on-site chef
- ✓ All activities, guides, and entry fees
- ✓ Ground transportation throughout
- ✓ Airport transfers
- ✓ Daily yoga sessions
- ✓ Bilingual on-site support

Not Included

Airfare, travel insurance, off-site lunches (Days 3–4), personal expenses

Safety & Support

- ✓ Panama: US State Dept Level 2
- ✓ On-site US-trained EMT
- ✓ Medical clinic 10 minutes away
- ✓ 24/7 emergency protocols
- ✓ Exclusive-use property (no other guests)
- ✓ Emergency documentation available

Pre-Departure Support

Packing list, health/visa guidance, cultural orientation materials, parent FAQ

Your Hosts

Sean Davis — M.S. Educational Administration. Returned Peace Corps Volunteer (Chile). Founded an international school in Panama City. 20+ years in Panama.

Ayesha Davis — M.S. Environmental Engineering. Returned Peace Corps Volunteer (Paraguay). 10+ years designing water/sanitation projects with the World Bank and IDB across Latin America.

Ready to explore?

This itinerary is fully customizable. We regularly adapt programs for different group sizes, durations, academic focus areas, and budget constraints. Let's build the right program for your students.

Schedule a call: <https://calendar.app.google/e2ifnhHgtuoZ7v8T8>

Want to visit first? Our reconnaissance visits let you see the campus before you commit. 4 days / 3 nights priced at cost - email us to book yours (info@istmoretreat.com).