

KALU YALA

INDEPENDENT

STUDY ABROAD AND

ENTREPRENEURIAL

INTERNSHIPS

SPRING 2014

JANUARY 13 - MARCH 28

**"Kalu Yala is a sustainable jungle frontier settlement for entrepreneurs and modern day tropical cowboys."**

**--Jimmy Stice,  
Kalu Yala, CEO and Visionary**

**"My life has completely changed this summer. I have gone through tremendous personal growth (physically and spiritually) and am a whole new person thanks to Kalu Yala and the people I called my family this summer. The amount of enjoyment, laughter, and happiness this summer is unquantifiable."**

**--Peter Haddon,  
Summer 2013 Biology Student**

**"What is so amazing about this is that each one of these projects is self-selected. Here we are allowed to let our own unique interests guide our work and the contribution we ultimately have on the community. Because of this, all of us wake up each morning excited to work and excited to be a part of Kalu Yala. In addition to the freedom to pursue our own project, we are also given the freedom to fail. Fail you ask? Yes, fail. But failure isn't entirely bad. In fact, it's good. It's encouraged here! Not only does it allow us the opportunity to learn from our mistakes, it emboldens us to embark on projects that we may think are beyond our grasp or Kalu Yala's as a whole. It motivates us to go far beyond what we think is possible and accept the risk that comes with ambition."**

**-- Dan Sloboda  
Summer 2013 Business Student**

## Table of Contents

Introduction	4
Programs	
Based in Panama City	
- Business	5
Based in San Miguel	
- Community Outreach and Education	6
- Health and Wellness	7
Based in Kalu Yala	
-Agriculture and Animal Science	8
- Biology	9
- Forestry	9
- Outdoor Recreation	10
- Farm-to-Table Culinary	11
Project Models	12
Your Home	
Panama City	13
San Miguel	14
Kalu Yala	15
The Panama Experience	16
Spring 2014 Dates and Tuition	17
F.A.Q.	18
Application Instructions	21
Packing List	22
Optional Spanish Courses at your venue	23

## Introduction

*It's pronounced kah-loo yah-la.*

Kalu Yala (KY) is the future town of a sustainability-focused land development company. Currently, they are in the early stages of developing a 550-acre river valley property, located within the picturesque scenery of the Panamanian highlands.

Kalu Yala Independent Study Abroad and Entrepreneurial Internships is a full-time program that hosts students and young professionals from around the world to Panama to engage in the creation of the Kalu Yala culture. Here, students have the opportunity to openly express and implement their ideas in a work environment like none other. In this unique opportunity, you can set your own course of work and have the chance to make a dramatic impact over the 11-week program.

Kalu Yala Independent Study Abroad and Entrepreneurial Internships operates from three locations, each offering an individual environment and personal experience. The first is located in Bella Vista, a neighborhood in the heart of Panama City, and serves as student headquarters and home to the Business Program. The second is in San Miguel, the rural town closest to Kalu Yala in the San Martin County of Panama and is home to the Health and Wellness, Community Outreach and Education Program. The third is the actual Kalu Yala property. This remote and captivating environment is home to the Agriculture/Ag Science, Biology, Forestry, Farm-to-Table Culinary, and Outdoor Recreation Programs.

Your program will determine your home away from home, which is where you will spend the majority of your days.

Students will work between two project models, spending half the day on one type and other half on the second. In the mornings, students will work on a Director-led project, with the entire program working as a team. In the afternoons, you will work on your own unique project proposal and bring it to fruition through the entrepreneurship model. Both sides of the day demand passion, strong work ethic, and tons of initiative.

Program Directors are young professionals, all alum of the program, who found a home here to develop and nurture their ideals.

Upon arrival, prepare to meet a group of peers where no one knows each other and everyone is eager to learn while getting his or her hands dirty!

## Programs

### Based in Panama City

#### **Business Development and Entrepreneurship Program**

Based in Panama City, the Business Program is designed to help students accelerate entrepreneurial skills and shape Kalu Yala's development model to form the foundation for a groundbreaking new town. The Business Program challenges students to think outside the box and match all business practices with Kalu Yala's paramount principle: sustainability. The program encourages participants to redesign traditional business models by giving them access to field mentors and hands-on experience. Students will have the opportunity to work with our most recent up-and-coming business developments including Jungle Adventures by Kalu Yala, which opens Kalu Yala to the public through an array of eco-tourism adventures and was first established by the Fall 2012 Business students. (They made a business proposal, ran two trial runs with guests, and presented to potential investors- all in 3 months!)



## Based in San Miguel

### Community Outreach and Education Program

The Community Outreach Program's mission is to work with the local people from the rural towns surrounding Kalu Yala. The team aims to develop and strengthen community and business institutions that can support the sustainable development of the region alongside the growth of Kalu Yala. These students can create new projects or collaborate with ongoing projects. In the past students have created the after-school youth soccer program, hosted a bi-annual Pacora River Community Clean-up, taken the first San Miguel town census, and helped build a home for a family in need.

Our Education-focused students play a vital role in bringing educational initiatives to the community. Students have participated in a multi-year ESL program for all age levels, created after-school science events, and hosted seminars on dental hygiene and breast cancer awareness. Current projects include assessing local labor culture, developing relationships with nearby universities, and implementing a series of relevant workshops featuring outside expertise.

Speaking English is held in high regard in Panama, as people who are bilingual make about 30% more than those who do not. Prior to Kalu Yala's presence, the people of San Miguel did not have local resources to teach this valued skill and they have welcomed us into their community.



## Health and Wellness

The Health and Wellness program is focused on bringing health knowledge, thus power, to the rural communities surrounding Kalu Yala. Currently, this area is plagued by the same health concerns common in poor areas in the United States, namely obesity and the plethora of health issues around it. There is also a major problem with health problems caused by non-potable water in the area.

Research and projects in this program are related to all aspects of health- physical, mental, emotional, and spiritual. They focus on an understanding of what it means to be well and to bringing improvements and new ideas about health into San Miguel, the surrounding areas and Kalu Yala.

Past projects have included water testing at multiple sources in San Miguel, health issue seminars, working with the local health clinic, community exercise classes, building a community garden and house garden, and a community 5K race.



## Based in Kalu Yala

### **Agriculture and Animal Science Program**

This program strives to integrate organic farming, farm animals, and the responsibility of preserving the natural beauty of the land in the process of building a sustainable town. Students will set down a foundation of tropical cultivation that will allow Kalu Yala's sustainable agricultural system to flourish. This program aims to copy systems found in nature that promote ecologically responsible land use. The program will produce crops using permaculture and sustainable farming techniques. We have begun incorporating chickens and goats, but hope to soon add horses and cattle into Kalu Yala as we begin the journey of starting an organic farm. Additionally, this program seeks to design and build basic farming infrastructure such as chicken coops and loafing sheds to provide shade and shelter from the rain.



## **Biology Program**

The Biology Program focuses on conducting biological field research, such as the cataloging of flora and fauna in and around Kalu Yala. The ultimate goal is to have a self-sufficient, sustainable system for Kalu Yala and surrounding community integrating effective, sustainable practices without disturbing the existing ecosystems. Projects have ranged from GIS mapping, to building the first gravity-fed water system in Kalu Yala, to water testing, as well as many flora and fauna field studies.

## **Forestry Program**

The Forestry program allows students to gain hands on experience the multifaceted world of tropical forestry. In particular, students will help develop non-traditional solutions in order to best utilize Kalu Yala's forest resources in order to meet the unique needs of the KY community. Students will work both with projects associated with the program goals and on individual projects. Projects for the Spring 2014 program will include harvest, propagation, and reforestation using indigenous trees, design/development of Agroforestry Demonstration plot, and the conducting of surveys to assess existing forest resources in Kalu Yala.



### Outdoor Recreation Program

The Outdoor Recreation Program's objective is to provide the residents and visitors of Kalu Yala with high-quality recreation opportunities that promote health, education and culture by preserving Kalu Yala's extraordinary biological diversity. Students study different land management practices and will set the standard for approaches used for tourism in Kalu Yala. Students will also be responsible for raising visitor awareness of environmental sustainability by providing an understanding of cultural and natural surroundings in relation to the Kalu Yala community through the different activities it has to offer. In particular, the Outdoor Recreation team will be working closely with Kalu Yala Jungle Adventures, helping lead guests with activities like hiking, river rock jumping and of course, "valleyball" (that's jungle speak for volleyball!).

Student projects include sustainable development of trail management, rivers, parks/campgrounds, sports venues, rock climbing routes, and other recreation outlets as well as many feasibility studies of the possibilities. The Outdoor Recreation Program works to create opportunities for all ability levels, and is shaping the way Kalu Yalans will enjoy the outdoors for years to come.



### **Farm-to-Table Culinary Program**

In Spring 2014, we are hosting our first Farm-to-Table Culinary Program. This program will focus on the science and art of using local resources from both Kalu Yala's garden and surrounding local farms. The program's goals are to create and provide a healthy and satisfying meal plan for students and visitors, and also explore the gastronomic possibilities of our own farm products. From appetizers to main dishes to desserts, the culinary program will allow students to understand farm-to-table practices by "shopping" for food directly in the garden and walking just a few feet to the kitchen to cook it.

Our permaculture garden is in its first stages, the majority of it being planted in May 2013. Right now, we are currently harvesting lettuce, cucumbers, watermelon, and many herbs. By spring, we expect the variety to quadruple. We also have 25 egg-laying chickens and a goat on the property, with the plan to purchase several more goats over the coming months. This program will be limited to 3 students.



## Project Models

With our program, students get to experience a foreign country, interact with like-minded coworkers, and reinforce personal strengths. All students will develop and enhance professional skills, which will culminate in Final Presentations the last week of the semester.

Our program is centered on projects, both director-led and entrepreneurial, which are selected with the assistance of a Program Director during the first two weeks of the program.

### Intrapreneurship Model

Every morning, students will assist with preselected projects managed by their Program Director. Collaborating with Directors on a program's principle project fosters mutual respect and a good rapport between students and Program Directors.

Students might be required to employ a task force approach in order to produce a comprehensive product. During this project, students will be able to implement and hone organizational skills such as project and team management. This opportunity provides direct attention and guidance, in addition to Directors' personal know-how.

- Independent project studies allow students to set their own course of work and develop entrepreneurial skills.
- *Intrapreneurship Model*: Contribute to a pre-determined project; receive direct attention and guidance from Directors; develop professional and interpersonal skills.
- *Entrepreneurship Model*: Develop and execute a personal project; limited supervision and guidance from Program Directors; hone research and entrepreneurial skills.

### Entrepreneurship Model

During this time in the afternoon, a student will be able to enjoy the experience through an independent and investigative approach in which individuals develop personal projects. Students and Directors will collaborate during brainstorming sessions for project formulation and systematic implementation plans but the majority will be up to the student.

The entrepreneurship model entails the application of professional research, e.g., desk and field research, and the creation of official documents like feasibility reports and business plans, as well as execution. This is an experience in which individuals can capitalize on personal talents such as creativity and time management, among other salient skills for a successful self-starter.

All students will be required to learn WordPress blog publishing skills and will document their program weekly on our blog that averages 7,000 unique visitors per month.

## Your Home at Kalu Yala

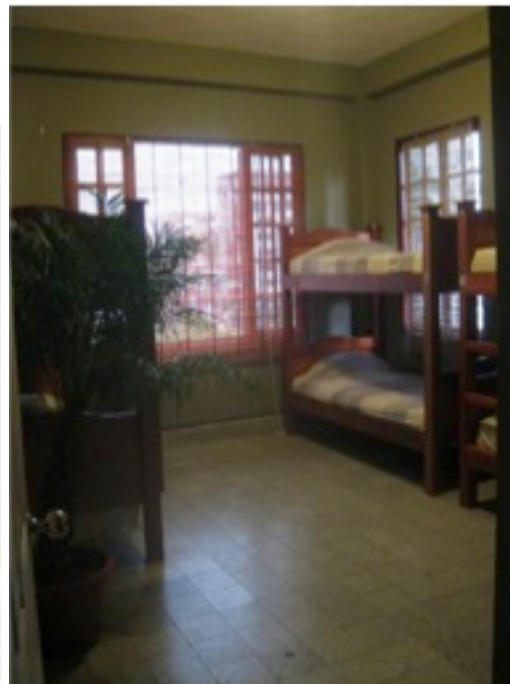
The venue where you will live is driven by your chosen topic of focus and the location of the resources needed to complete your project. You will have the ability to visit all three locations, but will spend the majority of your time in the location where your program is based, unless your project requires special circumstances.

### *Casa Yala, Panama City*

Casa Yala is the location of our main office. Though all students will have access to Casa Yala resources, residing at Casa Yala will be limited to Business Development students. It is located on the same street as Hostel Urraca, where beds are \$14/night.

The building is located in the Bella Vista neighborhood, directly behind Urraca Park in the center of Panama City. We are located in the penthouse apartments, having 7 bedrooms, 4 bathrooms, two kitchens, 3 living rooms, dining room, breakfast nook, boardroom, hammock front porch, washer/dryer, and housekeeping services. The building has a gated entry and a gated parking garage. We also have an open-air porch with the beginnings of an urban garden.

- *Casa Yala:* Located in Panama City's center with access to the conveniences of an international city.
- *Casa Llana:* Located in the rural town of San Miguel. Town center, riverfront, mountain trails, and Kalu Yala all within walking distance. Limited Cell phone and Internet service.
- *Kalu Yala:* Remote and pristine, Kalu Yala is a forty-minute hike from San Miguel. Access limited to 4x4 vehicles.



### ***Casa Llena, San Miguel***

Casa Llena is home to the Community Outreach and Education students. It has five bedrooms, three bathrooms, a kitchen, dining area, living room, and game room. There is no internet connection in the town of San Miguel but there is a library with free internet about 30 minutes away by bus.

In a small town like San Miguel, there is a small restaurant (the “fonda”), two bars, a first-aid health center, and two convenience stores. A forty-minute bus ride from San Miguel will get you to La Doña en Veinticuatro, the closest commercial center with a grocery store, internet cafe, and ATM service. The same bus takes passengers to Panama City, ultimately passing in front of Parque Urraca, where there is a bus stop just one-hundred yards away from Casa Yala’s front door. This bus route terminates at the Albrook Station, Panama’s largest bus station. Albrook Station is also the most common source of transportation used by students to explore the country during weekends.



### ***Kalu Yala***

In the summer of 2011, the Kalu Yala base camp was established on our 550-acre property. It is only accessible by four-wheel drive vehicles and foot. For the avid hiker, Kalu Yala is a tough one-and-a-half hour hike, starting from our house in San Miguel. Students will spend at least 90% of their time living and working in Kalu Yala. If nature, the outdoors and adventure are what you are looking for, Kalu Yala will live up to your expectations. Students who choose this location are required to learn jungle survival skills and minimal impact practices.

Here, students spend their down time swimming in the Pacora and Iguana Rivers, exploring surrounding jungles, playing volleyball and cards, and socializing over home-cooked meals. As of January 2013, all existing structures were built by past students and directors and include a thatched-roofed community area with a kitchen, five “rancho”s (two story open-air structures with palm roofs), and two composting toilets.

Construction is set to begin for the actual town of Kalu Yala in December 2013 so students living here will get a first-hand look at the building process.



Kalu Yala is currently completely off the grid.



## The Panama Experience

There is more to the Kalu Yala experience than just work. Students are encouraged to take advantage of all that Panama has to offer. Though a relatively small territory, Panama has a surprising variety of different destinations and environments. You can read all about it from Steven Reed, a spring 2011 alum, who after successfully completing his project decided to enlarge his legacy. Steven created a travel guide for future students to learn from his experience and get the most out of the program.

Here is an excerpt...

*“So it’s about two months into your semester. You’ve seen all the sights in the city. Or maybe you are living in Kalu Yala. You’ve been up and down the trails in the rainforest countless times, and you know every nook and cranny of the Iguana River. And to all you future San Miguelians, how many times can you eat at the Taberna del Rio? You just gotta get away for the weekend!”*

*Panama is one of the safest, if not the safest, countries in Latin America. The only areas that are recommended to stay away from are Colon and the coastal areas on the Caribbean side near the Darien. Pretty much everywhere else is fair game in Panama to travel to safely. Basically, just use common sense and you will be fine.*

- Surfing, SCUBA diving, fishing, mountain climbing, hiking, zip line tours, horseback riding, and island-hopping, to name a few!
- Access to the Pacific Ocean, Caribbean Sea, national parks and mountain ranges.

*The buses (chivas) in Panama are cheap, reliable, safe, and always a cultural experience. Yet, if you have never used them before, the process can be a bit intimidating, especially given that you are in a foreign country and may or may not speak any Spanglish. Let me just say this: Don’t be intimidated! Once you get over the initial fear of using the buses and try it that first time, you will be hooked...”*

### Vacation days

Vacation days vary depending on the semester for which you are applying. We take both Panamanian and major American holidays into account. Visits by family do not count towards vacation days.

### Parent Appreciation Weekend

Each semester, we host Parent Appreciation Weekend where all families are invited to join us in Panama. During this time, we arrange for private transportation from Panama City to San Miguel, as well as have day of touring Panama City with a guide. Dates for this will be announced prior to the semester beginning and we are happy to supply a list of preferred accommodations.

## Spring Semester 2014

Spring 2014 Semester starts **January 13th** and runs through **March 28th**. Program tuition covers housing, workday Meal Plan, and project-related expenses. Due to residential capacity, a \$500 deposit is required within 3 weeks of acceptance in order to reserve a spot in the program.

### Tuition

Deadline- November 15th

**\$4,650**

*For those who apply after November 15th, there will be a \$50 expediting fee*

Tuition includes:

- Housing
- Meal Plan with vegetarian options
- Project Supplies
- House Keeping Service (*For Panama City and San Miguel-based programs*)
- Laundry Facilities (*for Panama City and San Miguel- based programs, Kalu Yala-based students may use these facilities when visiting*)
- Internet (*for Panama City- based programs- San Miguel and Kalu Yala-based students may use these facilities when visiting*)
- Airport Transportation 3 days prior to and after the program

We also accept payment in full and are willing to design payment plans for individuals with extenuating circumstances. *With a Payment Plan, students are required to put the initial deposit down but their remainder will be split over several months.*

### Funding aid

Many students have received aid or scholarships from their schools. Others have raised money through crowd funding. A solid platform for this is:

<https://rally.org/>

Another cool program, Millennial Trains, wrote this helpful "How To" on Crowd Funding: <http://millennialtrain.co/guide-to-ride>

### Meal Plan

Students located in San Miguel and Panama City are provided lunch and dinner during the week, but do not receive dinner on Fridays. Due to the nature of their work, Kalu Yala-based students receive 14 meals per week, with meal schedule varying around time spent in the field. Meals are not provided on weekends/off days.

Our chefs provide filling meals that are delicious and healthy, using what is locally available. Vegetarian options are always available.

## F.A.Q.

### **Q: When will the town of Kalu Yala be built?**

**A:** Construction on the actual town of Kalu Yala is set to begin in December 2013, but we are already beginning to experiment with different construction systems on site in our BaseCamp.

### **Q: Can I change the program dates?**

**A:** Dates in Panama are set in stone but we invite you to do work before and after the program through working with your Director online to do pre-arrival research and post-program project documentation. Our Directors really don't get weekends during the semester so the time between semesters is their vacation, to allow someone to stay late or arrive early would not allow for this.

### **Q: Do I have to pick a first-choice program when applying?**

**A:** Yes. If you're torn between two programs, a phone interview with a Director will help guide you to which one is right for you. We can only set up a phone interview with a Director if you have a first choice listed. All of our Directors are well versed on each program.

### **Q: Where does our research go after we leave the program?**

**A:** All research reports are reviewed in order to see how they could potentially help the town of Kalu Yala make better decisions concerning subjects that are not typically well understood by financiers and contractors involved in real estate. Furthermore, all studies are catalogued to form a fountain of knowledge available to all those who are involved with the student program. We also ask for all students to post their final projects in PDF format on the website.

### **Q: Where does my tuition go?**

**A:** All tuition goes back into Kalu Yala Independent Study Abroad and Entrepreneurial Internships. It covers Meal Plan, housing, utilities, household supplies, director and chef salaries, company vehicles, program and project supplies, and the list goes on. We are happy to share our yearly budgets and current P&L upon request.

### **Q: Does tuition cover the cost of my flight?**

**A:** No. You are responsible for purchasing your own flight. Airport transportation is covered by Kalu Yala Independent Study Abroad and Entrepreneurial Internships 3 days prior to and 3 days after the semester.

### **Q: Do you offer scholarships?**

**A:** At this time, we do not offer scholarships. We have had students receive scholarship, grant and fellowship money. Their advice has been to knock on as many doors as possible: from your advisor to the scholarship office to other organizations you participate with. In summer 2013, over 20% of our students found some kind of tuition assistance through their universities.

**Q: Can I use this program as a vessel for my own project?**

**A:** Yes, we get lots of proposals from students who want to use us as a project to increase their portfolio or write their thesis.

**Q: Can I get credit for this in school?**

**A:** Sometimes yes, sometimes no. It largely depends on your school and your program. We have had students receive anywhere from 0 to 17 credit hours which have included internship credit, independent study credit and actual course credit. As with scholarships, this takes legwork from you. Knock on as many doors as possible and we're happy to help fill in the blanks.

**Q: Do you have to be a student?**

**A:** No, 60% of students are still students and 40% are out of college. What everyone has in common is a desire to gain professional experience working on a project unlike any other in the world.

**Q: Can I get another job while being a student in Panama?**

**A:** It would be very difficult to manage both a job and the program so we request that students come down solely to focus on the program. Also, labor laws are very strict in Panama so finding a job here while still in college would be challenging.

**Q: What and where is San Miguel?**

**A:** San Miguel is the last town before you enter Kalu Yala. Our Community Outreach and Education Program students live in San Miguel. Each semester students have different projects they work on within the community. It is in central Panama, about an hour's drive from downtown Panama City and thirty minutes from the international airport. About 500 people live here.

**Q: What is there to do in San Miguel?**

**A:** There is a beautiful river that runs through the town, basketball courts and soccer fields. It is always fun to hang out at the local cantinas and *fondas* (restaurants) to eat and listen to '*típico*' music. Also, you are close enough to the property to go on hikes through Kalu Yala!

**Q: Will I be able to stay at all three venues?**

**A:** No, your venue is based on your program. However, you will be able to use the amenities at other venues. You are always welcome to camp at Kalu Yala.

As of Summer 2013, our alum represent:  
44 states, 16 countries and 130 universities, including:

Acadia University	Helsinki Metropolia	University of Colorado, Boulder
American University	University of Applied Sciences in Finland	University of Connecticut
Arizona State University	Hz University of Applied Sciences in Austria	University of Denver
Arkansas Tech University	Illinois State University	University of Florida
Auburn University	Iowa State University	University of Georgia
Ball State	Johns Hopkins University	University of Hawaii at Hilo
Belmont University	Kent State University	University of Idaho
Berea College	Kenyon College	University of Illinois at Urbana-Champaign
Binghamton University	Lancaster University	University of Iowa
Birmingham-Southern College	Lock Haven University	University of Lethbridge in Canada
Blackburn College	Loyola	University of Louisiana at Lafayette
Boston Architectural College	McGill in Canada	University of Louisville
Boston College	McMaster University	University of Maryland, College Park
Boston University	Michigan State University	University of Minnesota
Brown University	Mississippi State University	University of Mississippi
Bryant University	Mount Royal University	University of Missouri
California State University Fresno	Northern Arizona University	University of Montana
Charles University in Prague	Ohio University	University of New Mexico
Christopher Newport University	Oklahoma Christian University	University of North Carolina at Chapel Hill
Clarion University of Pennsylvania	Old Dominion	University of North Dakota
Clemson University	The Pennsylvania State University	University of Oregon
Coastal Carolina University	Pontifical Xavierian University in Colombia	University of Richmond
College of Charleston	Purdue University	University of San Francisco
Colorado College	Rice University	University of Saskatchewan in Canada
Columbus State University	Salisbury University	University of South Carolina
Connecticut College	San Francisco State University	University of South Florida
CSU Chico	Smith College	University of Texas, Austin
CSU Fresno	South Dakota State University	University of the West of England
Dalhousie University	Southern Methodist University	University of Utah
East Carolina University	Stony Brook University	University of Vermont
Emory University	Texas A&M	University of Virginia
Evergreen State College	Texas Christian University	University of Wisconsin - Stevens Point
Fairleigh Dickinson University	Texas State University, San Marcos	University of Wisconsin- Madison
FH JOANNEUM - University of Applied Sciences	Texas Tech University	University of Wisconsin- Stout
Flagler College	The Evergreen State College	Vanderbilt University
Florida State University	UNC- Wilmington	Warren Wilson College
George Washington University	University of Alabama	Webster University
Georgetown University	University of Arizona	Wellesley
Georgia College and State University	University of Arkansas	Western Washington University
Georgia State University	University of California, Davis	Winona State University
Georgia Tech	University of California, Santa Barbara	
Hampden-Sydney College		

## **Enrollment Application**

Applications are reviewed on a rolling admission basis based on the availability of space in each program. We strongly encourage applicants to apply early. Participants are selected based on the quality of their application and short answer questions. All applicants will be contacted for a phone interview.

Prior to filling out an application, please check the dates and your finances.

If you have ANY question of your ability to come, please email us to ask questions prior to filling out the application.

Please fill out the application online at <http://tinyurl.com/d6jum52> or email [internships@kaluyala.com](mailto:internships@kaluyala.com) with questions.

## Packing List

*This list is just our take on what we've found to be useful. If it doesn't say "Mandatory" it's not!*

### All Programs:

- Laptop (Only mandatory for Panama City-based students)
- San Miguel and Kalu Yala-based students- if you choose to bring any sort of technology please BRING A DRY BAG FOR IT.
- Water Purification system or [iodine pills](#) (Kalu Yala-based and San Miguel-based programs **do not have potable water**. This has 50 pills in it. The program is 77 days.) (Panama City-based students- you will be visiting these venues so please bring!)
- Luggage lock
- Sleeping bag
- Pillow
- Sunscreen
- Movies, magazines and books
- Thumb drive
- Camera
- Books or materials that you plan to use for your project if they won't be easily available in Panama
- Small speakers (solar is a great idea, options available online)
- Comfortable everyday clothes for the tropics
- Beachwear
- Backpack for hiking into Kalu Yala (Mandatory)
- Sunglasses

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### Business, Architecture, Community Outreach, Health&Wellness Programs Everyday/ Work attire:

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- Casual and light clothing
- Community Outreach students: "Teacher appropriate" clothing required, i.e. long skirts, shirts that cover shoulders, full-length dresses, etc. Teachers and students dress conservatively in San Miguel.
- Light sweater or long-sleeved shirt
- Business students: at least one "nice" outfit for final presentations or possible meetings with business people. Jacket not required.

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### Kalu Yala-based Programs or if you plan to visit or camp in Kalu Yala

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*It is nice to have two of some items so you don't have to hike them in and out every time! You will have storage space in San Miguel.*

- Day pack for hiking
- Large backpack for 10-day stints
- Dry bags (large and small)
- Two toiletry bags (1 to keep in Kalu Yala with ALL biodegradable toiletries, the other to keep in San Miguel with everything you need for traveling)
- Camping pillow
- Hammock
- [Collapsible shelving](#) (optional but recommended for your own organization)
- Fitted twin size sheet for your air mattress
- Headlamp/flashlight
- Hiking socks
- Water bottle/ Camelback
- Hiking Boots
- River shoes (with backs)
- Rubber muck boots (available in Panama for \$13)
- Raincoat
- Bandanas
- Athletic shorts

- T-shirts and tank tops
- Quick dry pants and/or shorts
- Light long sleeves
- Hat
- Bathing suits
- Sarong/ quick dry towel
- Sports bras
- Hand sanitizer
- Face/body wipes
- Baby powder
- Biodegradable soap/shampoo (Mandatory)
- Insect Repellent
- Knife or multi-tool
- Compass
- Gardening/work gloves
- IPod and/or solar charger

*\*A word on going out in Panama City*

Panama is metropolis with many clubs, bars and restaurants. Hispania, our city venue, is located in the urban center with access to the Ancon Theatre Guild, the National Theatre, local art galleries, and a many other offerings of a developed city. Please bring a few nice outfits for going to events.

## **Optional Spanish Classes at your location**

Casco Antiguo Spanish School (CASS) teaches an intensive Spanish course the first 10 workdays of the semester for those interested. It's the perfect way to improve or jump-start your Spanish in shortest time possible. The small-group intensive course will meet 4 hrs/day in the morning or afternoon and offers a combination of intensive class time and cultural immersion to ensure quick and effective language learning.

During the program, most of your daily interactions are in English- until you need to get something outside of our venues! Spanish is imperative and CASS has made it possible to offer this incredible opportunity on site.

CASS teachers aim to create a relaxed learning environment and provide individual support and guidance to students to ensure they learn as much as possible in the shortest possible time. The course book and all materials used in class are designed to enable students to communicate easily and effectively using real Spanish.

Though verbal communication is emphasized, the course incorporates speaking, listening, reading and writing.

Before starting, you will be placed in a group according to Spanish level (max group size 6 people, though most are 3-4). If there is only one student at a certain level (9 levels in total) the person will receive 30 hours of private lessons (3 hr/day). The cost includes a Beginner, Intermediate, or Advanced Course Book, an on-site teacher, and all materials used in class.

More information can be found on their website:

<http://cascospanish.com/courses/small-group-intensive/>.

The course is \$390 per person, including a \$195 deposit. You will pay the school directly.