



BOULDER COUNTY SOCCER GIRLS SQUAD TO PANAMA

Final Expectations Packet

June 9-17, 2019

Dear Boulder County Soccer Girls Squad,

You're getting ready to takeoff to **Panama**! In less than **two months** your group will journey together on an adventure-of-a-lifetime experience that includes fun and engaging cultural and volunteer immersion activities designed to enrich your understanding of the country while making a positive impact in the local community. Our staff in **Panama** is nearly prepared and anxiously awaiting your arrival to their beautiful country with your **Global Education Squad** in **June**.

This **Final Expectations Packet** is designed to give any final details to ensure a safe flight and successful program experience. This Final Expectations Packet includes **Final Airport Instructions, Money and Communication Information, Contact Sheet, Packing List, Final Schedule**. We hope it will answer any final questions you may have but we are also available anytime to assist with any additional questions or concerns.

During our upcoming **Final Expectations Conference Call**, we will review the information covered in this packet in more detail as well as answer any questions you may have.

We are excited for you to embark on your program within these next few weeks and witness the rippling effect you will have on the Panamanian community! With your help, we hope to continue to expand our international impact within the country and back home as more globally conscious citizens. Feel free to call or email with any questions or concerns at **(559)-761-0351**.

Yours in the journey,

Erik Werner, Director of School Group Programs @ ewerner@squads.ngo

Hailey Roodberg, Squads Abroad Program Specialist @ hroodberg@squads.ngo

Flight Information

The group will travel to Panama together, then have separate flights returning to the US

Departure Flight

From Denver, Colorado (DEN) to Panama City, Panama (PTY)

Sunday, June 9

Flight	Departure	Time	Arrival	Time
AA 2323	Denver, Colorado (DEN)	12:51 AM	Miami, Florida (MIA)	6:54 AM
AA 1653	Miami, Florida (MIA)	10:40 AM	Panama City, Panama (PTY)	12:43 PM

Return Flight- Group #1

From Panama City, Panama (PTY) to Denver (DEN)

Saturday, June 15

Flight	Departure	Time	Arrival	Time
AA 1653	Panama City, Panama (PTY)	1:43 PM	Miami, Florida (MIA)	5:59 PM
AA 2793	Miami, Florida (MIA)	8:33 PM	Denver, Colorado	10:48 PM

Return Flight-Group #2

From Panama City, Panama (PTY) to Denver (DEN)

Monday, June 17

Flight	Departure	Time	Arrival	Time
AA 1653	Panama City, Panama (PTY)	1:43 PM	Miami, Florida (MIA)	5:59 PM
AA 2191	Miami, Florida (MIA)	9:34 PM	Denver, Colorado (DEN)	11:46 PM

➤ Prior to Departure

- Be sure to check your airline to see the specific **size and weight limit** for your trip.

➤ Day of Departure

- Have your **printed** Emergency Travel Contact Sheet and 2 copies of your Passport
- Check in at least **2.5 hours** before your flight
- ****Do NOT check in online** prior to your departure**
- Bring cash or a credit or prepaid debit card
- Bring spending money for food or snacks in the airport(s)
- Our staff will be waiting for you in the arrivals outside of the airport. Look out for the **Squads Abroad sign!**

Money And Communications

The currency in Panama is the Balboa. The current conversion between the US Dollar and the Balboa is \$1 = 1PAB; \$10 = 10PAB; and \$20 = 20PAB. The US Dollar has been legally circulating in Panama since 1904 and can be used interchangeably with the Balboa.

The easiest way to access money are through the ATMs. There is an ATM within walking distance to the home-base so we suggest to withdraw money at the nearby ATM instead of doing so in the airport. If you're not able to bring a debit or credit card to withdraw money you may want to bring cash to exchange at the bank during weekday business hours.

Be sure to contact your bank and/or credit card company and let them know you are traveling abroad!



There is limited Wi-Fi at the home base. Please keep in mind that you are traveling outside of the USA and the Wifi may not be as reliable. Volunteers see this as a good opportunity to “unplug”. The staff in Panama is available for you 24/7 if needed. We recommend using WhatsApp for communication back home. Your families can stay connected via the Facebook group for your program! Please join the group page and invite friends and family to join.

<https://www.facebook.com/groups/421992998566543/>

Code of Conduct for Participants Under 18

Individuals participating in a Squads Abroad program as a part of a chaperoned group are expected to be respectful of other program participants, the program staff, the placement, and the community. Students in our program are representatives not only of themselves, but also Squads and act as ambassadors to their home country. The Squad program includes policies, rules, and regulations to ensure the safety of all participants. In the event of unacceptable behavior or a violation of any of these rules and policies, Squads will terminate your participation, and you will be asked to leave the program. Your parent or guardian will be responsible for any costs incurred due to a change in your ticket.

Program Policies

Drugs

The use of drugs is illegal. Anyone who is found asking for, buying, in possession of, or using drugs will be expelled from the program and may be reported to local authorities. Keep in mind that your country's embassy will not be able to protect you if you are in custody of the local authorities.

Alcohol and Tobacco

Volunteers are prohibited from consuming alcohol and/or tobacco while participating on a Squad program. In the United States, the legal age to purchase tobacco is 18 and alcohol is 21. Therefore, there is a no-tolerance policy for the consumption and possession of alcohol and/or tobacco while participating in a Squad program.

Weapons

Under no circumstances will staff or volunteers carry weapons or have weapons or ammunition while with CCS. To do so would undermine our humanitarian philosophy and endanger the well-being of our staff and volunteers. We adopt a no weapons policy, prohibiting weapons on CCS/Squad/GB property and vehicles.

Home-Base Policies

Curfew

All volunteers participating in the program will be expected to respect the mandatory curfew of 9pm daily. Exceptions to this curfew will only include excursions or evening activities arranged by our staff.

Quiet Hours and Lights Out

All volunteers participating in the program will be expected to respect their fellow volunteers by observing quiet hours at 10pm each night and lights out by 11pm. This will ensure volunteers are well-rested for their volunteer placement in the morning.

Prescription Medication

In order to maintain the highest level of safety, all prescription pain medication and mood-altering medication will be held by the Squad in-country staff. Once you arrive in-country please check your medications in with the Program Director and communicate the frequency/quantity you will require. When you need to take your medication, please see the Program Director or another supervising staff member to access your medication.

Sexual Relations

Volunteers are prohibited from any sexual relations while on the program.

Rooms

Volunteers are assigned to bedrooms based on gender. Volunteers are allowed access to their bedroom only. At no time should volunteers be accessing rooms to which they are not assigned. Common areas are available for socializing.

Photography and Social Media Policies

Squads Abroad asks that as a volunteer, you:

- Always consider the values of *Respect*, *Integrity*, and *Shared Humanity* before taking or sharing any photos or videos publically
- Be respectful and comply with the placement's policies toward photography
- Wait until the end of your program to bring your camera to your placement , so as to not disrupt or distract the people with whom you are working
- Agree that photos taken at your placement are to be used solely for personal use, and not for commercial or professional gain
- Do not use your phone for activities outside of photography when at the volunteer site or during cultural activities.

At Your Placement

- It is only appropriate to take your camera/phone if your camera towards the end of your program once you have developed relationships at your placement, and with the permission of the Country Director.
- When taking photos at your placement, please be respectful and do not to disrupt activities.

In The Community

- Always ask permission and respect people's wishes before taking any photos.
- Be discreet when carrying your camera – keep in mind that you are traveling through another country and working in communities where expensive photographic equipment can attract undesirable attention. Don't be conspicuous about your equipment and always play it on the safe side.

*Please keep in mind that photography of certain local people and vulnerable communities are a highly sensitive issue and it is the responsibility of Squads Abroad to ensure that any photos of this nature are **limited** and **protected** in **social media**!*



TRAVEL CONTACT INFORMATION

*I'll be traveling to Colc , Panama with Squads Abroad from **June 9-17, 2019**.
Here's how you can reach me during my time volunteering abroad.*

Reaching me in Panama

Remember that there is a time difference! Panama is in the Central Standard Time and is **5** hours behind GMT.

It's best to call me between 9pm and 10pm (Panama time).

My Address in Panama

La Iguana Eco Resort
Via Churuquita Grande s/n, Cocl 

The Country Director in Panama is **Juan David Villegas**, and he can be reached via email at:

juan.david@globalbrigades.org

In Case of Emergency

To call Squads Abroad Monday – Friday, 9:00 am – 6:00 pm EST
559-761-0351

To reach the Squads Abroad Program Director, Erik Werner, on his cell phone
720-234-1132

To reach the Panama Program Coordinator, Widney Caballero, on her cell phone
+507 6107 5444

(Please dial "011" before the number if calling from the US, or "00" if calling from the UK)

Panama Packing List

If you're reading this list, you're likely getting much closer to your international volunteer experience with Squads Abroad! We're excited to welcome you on our program! We understand that packing can get a little stressful, but we hope that this easy-to-follow checklist will make it a little easier and a little more organized. Here are some tips to get you started:

- ✓ **Prepare for warm weather!** Average temperatures in the Coclé region will be in the 90's during the day and 70's at night so pack accordingly! Also expect scattered rain showers during the day.
- ✓ **Pack light!** You might find a lot of items that you'll want to bring home from your travels, so save some room. And – who wants to be struggling through airports with heavy suitcases? Less really is more for the global traveler. You can even coordinate with fellow classmates with packing items such as sharing toiletries!
- ✓ **This is your tool, not the rule.** You're unique, so let your individuality shine! Just make sure your clothing is appropriate for a more conservative culture – so leave your short shorts or t-shirts with questionable slogans at home.
- ✓ **Historical climate data for Coclé:**
 - ✓ On average, the temperatures are always high.
 - ✓ A lot of rain (rainy season) falls in the months of: May, June, July, August, September and October.
 - ✓ Coclé has dry periods in January, February and March.
 - ✓ On average, the warmest month is April.
 - ✓ On average, the coolest month is October.
 - ✓ November is the wettest month. This month should be avoided if you don't like too much rain.
 - ✓ February is the driest month.

The Basics – Clothing

This packing list below represents the estimated the amount of clothing that you can bring based on a 1-week experience so adjust accordingly for the length of your stay. Some of these are just our suggestions, so please pack what will be comfortable for you, while keeping in mind modesty in the community.

- ☐ 6-7 pairs of socks
- ☐ 7-8 pairs undergarments
- ☐ 1 pairs of pants or jeans (without rips or tears)
- ☐ 1-2 changes of sleepwear (long pants or conservative shorts with t-shirts or tank tops)
- ☐ 6-7 t-shirts (bring some that you don't mind getting dirty or painted on!)
- ☐ One nicer outfit (like a casual dress or button-down shirt), just in case – no jewelry/heels needed
- ☐ 1-2 sport/active wear (like yoga pants) for playing sports & hikes
- ☐ 4-5 pairs of shorts (**remember shorts have to come down to your knees at the work assignment**)
- ☐ 2 Swimsuits – some weekend activities might include water! (remember – don't get too skimpy)
- ☐ Hat – to protect your face from the sun when you're outdoors
- ☐ Light rain jacket or poncho
- ☐ Belt (if needed)
- ☐ Comfortable Walking Shoes (if these aren't your tennis shoes, throw in a pair of these as well for the occasional soccer game)
- ☐ Sandals (we like the kind with back straps)
- ☐ Flip-Flops for easy slip-ons after a shower or free time in the Home-Base

Shower-Time Stuff

We love travel-sized bottles! They're perfect for your first week and keep your suitcase light. If you're staying longer, you can always buy a larger bottle at a local market for a reasonable price, or feel free to just bring the big ones!

- ☐ Shampoo & Conditioner
- ☐ Face wash
- ☐ Sunscreen/ insect repellent
- ☐ Shaving Supplies
- ☐ Brush/Comb
- ☐ Deodorant
- ☐ Hairdryer (optional – not recommended, but bring a voltage converter if you do bring one)
- ☐ Soap/ Body Wash
- ☐ Contacts/Lens Solution
- ☐ Glasses/Glasses Case
- ☐ Toothbrush/ Toothpaste/ Dental Floss
- ☐ 2 Washcloths, Face Cloths, or Loofahs
- ☐ Feminine Hygiene Products
- ☐ Hair Bands

Odds & Ends

- ☐ Sunglasses (a cheap pair will do)
- ☐ Alarm clock (if you're not planning to use your phone alarm)
- ☐ Medication, in original prescription bottles
- ☐ Luggage lock for your locker at the Home-Base
- ☐ Money belt (optional)
- ☐ Cross-body or drawstring bag for walking around town
- ☐ Water bottle to refill for days at your volunteer assignment

Keeping Connected

- ☐ Journal – if you prefer paper and pen to blogging. Either way, you'll want to capture every incredible moment.
Tip: Write down those mailing and email addresses, and phone numbers, in the front cover so you have an easy contact guide to share your memories along the way.
- ☐ Camera & charger – No need to break out the expensive equipment – point and shoot is just fine. And remember to keep sharing your photos and videos with us while you're in-country!
- ☐ Phone or laptop/iPad (optional) & Chargers – Not necessary, but this can be helpful to stay in touch or share your instagrammable moments.
- ☐ Printed photos of friends and family – share a little more of your life with fellow volunteers and at your placement

Important Documents

- ☐ Passport
- ☐ A photocopy (or two!) of your passport in a separate location
- ☐ Flight itinerary
- ☐ Some cash, for the airport and for a quick exchange, if needed
- ☐ ATM card or credit card (optional)

Note: We recommend that you bring around \$50-\$100 per week which will be used only for souvenirs/snacks

Carry-On

The Important Documents and Keeping Connected sections should be packed safely in your carry-on bags.

- ☐ Books or e-reader
- ☐ Portable charger
- ☐ Snacks for the plane (gum if your ears tend to pop during takeoff & landing)
- ☐ Pens (you'll need these for customs forms)
- ☐ Ear buds/ headphones/ ear plugs
- ☐ Any other items you need to stay comfortable (such as a travel pillow)
- ☐ Squads Abroad Travel Contact Sheet

Staff Favorites

These aren't necessary, but they might help out!

- ☐ Collapsible tote, if you're the type who will bring back some gifts and might need some extra room
- ☐ Scarves – great for changing up an outfit, or for turning a tank top into something appropriate to wear on a tour of a local church
- ☐ Bandanas – keeps you cool & travel-cute through hikes and playing sports
- ☐ Plastic bag(s) – for storing dirty clothes, and preventing any spillage during your trip!

Panama BCGS Final Itinerary

	Squad Name: Boulder County Soccer Girls Community: La Candelaria			Coordinator: Widney Caballero Program Specialist: Hailey Roodberg		Dates: June 9-17			
	Sunday (9)	Monday (10)	Tuesday (11)	Wednesday (12)	Thursday (13)	Friday (14)			
7:00 AM	International Volunteers Arrival Flight Information: 9-Jun-2019, Flight: AA 1653, Arrival Time: 12:43	BREAKFAST							
8:00 AM		Introduction to Panama: Learning about Panama and getting to know our home-base	Volunteer work at La Candelaria - Reading Corner Project	Volunteer work at La Candelaria - Squads will focus on language and literacy in the school	Volunteer work at La Candelaria - Building classrooms/furniture & painting educational murals	School exchange and last day at La Candelaria School			
9:00 AM									
10:00 AM		LUNCH	LUNCH						
11:00 AM									
12:00 PM		Volunteer work at La Candelaria - Community and school introduction	Transport to el Valle de Anton	LUNCH					
1:00 PM			Ziplinging Adventure!!	Panamanian Folklore Dance Class	Transport to el Valle de Anton	Embera Jewellery Making Workshop (Indigenous Artesian Classes and Embera Tribe Cultural Exchange with Jagua fruit painting)			
2:00 PM				Cooking Lessons: Traditional Panamanian Tamal-making	Visit to El Valle de Anton (Butterfly farm, snake conservatory, El Nispero Animal Sanctuary, Indigenous Artesian Market)				
3:00 PM			Transport to Iguana home-base						
4:00 PM									
5:00 PM	Transport to Iguana home-base								
6:00 PM	Late Dinner	DINNER							
7:00 PM		Spanish Lesson	Embroidery Lesson	Spanish Lesson	Preparations for workshops of next day	Embroidery Lesson			
8:00 PM		Brief Safety Orientation	Game Night	Trivia Night	Bonfire & S'mores	Free Time			

Saturday (15)	Sunday (16)	Monday (17)
Breakfast 7AM	Beach Boathouse Breakfast 7AM	BREAKFAST
Transport to Punta Chame 7:30AM-9:30AM	Transport to Veracruz 8-10	
Check-in at Private Beach Boathouse Getaway & Prepare for Surf Lesson		Panama Canal Tour 9AM-10AM
Punta Chame Surf Lesson with Expert Instructor Mike 10AM-2PM	Veracruz Kayaking Tour to Playa Blanca 10AM-2PM	Transport to airport 10AM-11AM
		Departure to Airport Flight Details: Departure 13:43, AA 1653 from PTY (7 people)
LUNCH	LUNCH	
Beach Extravaganza: Beach Volleyball, Ocean Swimming, Sunset and Pool Party	Transport to Panama City	
	Punta Culebra Nature Center 3PM	
	Panama City: Amador Causeway Scenic Bike Tour 4:30PM-6:30PM	
Dinner at Private Boathouse on the Beach	Dinner in Panama City	
Overnight at Private Beach Boathouse Getaway	Panama City Ojos del Rio	

Color Reference:

Project Implementation Time	Cultural Activities Time	Traveling Time, riding on the bus mostly	Meals at Global Brigades Compounds	Debriefing and Relaxations time	Add on excursion time	Free Time at Compounds
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Words and Phrases to Know

Meeting, Greeting, and Conversation	
Hello.	<i>Hola./ Buenas.</i>
How are you?	<i>¿Cómo está?</i>
What is your name?	<i>¿Cómo se llama?</i>
My name is ____.	<i>Mi nombre es ____ / Me llamo ____ / Soy ____.</i>
Nice to meet you.	<i>Mucho gusto.</i>
How old are you?	<i>¿Cuántos años tiene?</i>
What is your job?	<i>¿En que trabaja usted?</i>
Where do you get your water?	<i>¿De dónde obtiene su agua?</i>
Where do you store your water?	<i>¿Cómo almacena su agua?</i>
What sicknesses are common?	<i>¿Qué tipos de enfermedades son comunes?</i>
Can you speak slower, please?	<i>¿Podría hablar más despacio, por favor?</i>
Can I use the bathroom, please?	<i>¿Puedo usar la letrina?</i>
Can you help me, please?	<i>¿Puede ayudarme, por favor?</i>
Can I help you?	<i>¿Le puedo ayudar? / Le ayudo?</i>
Can I take a picture?	<i>¿Puedo tomar una foto?</i>
How do you say ____ in Spanish?	<i>¿Cómo se dice ____ en español?</i>
Please.	<i>Por favor.</i>
Thank you.	<i>Gracias.</i>

Cultural Do's and Don'ts

Entering a new culture is an exciting and challenging experience. Just as you bring your own culture to share, it's important to be open and respectful to the cultures of those you'll meet during your travels. You'll often find that you have a much more positive experience if you are aware of and take into account cultural norms when exploring new cultures.

Do's

- Keep your language neutral and positive at all times
- Be culturally sensitive about physical space at all times
 - Panamanians, in general, greet each other with a handshake, a cheek-kiss or a hug
 - Personal space rarely exists and communication is very direct and involves non-verbal cues
- Smile, chat, and make others feel comfortable
- Always wear closed-toe shoes at your volunteer assignment
- Wear sunscreen and bug spray
- Be patient and flexible with any changes in our plans or unexpected delays
- Always ask permission if taking photos of people in your free time
- Have fun!

Don'ts

- Do not leave purses or bags unattended
- Never make promises of aid, monetary or otherwise
- Do not drink the tap water; clean drinking water will always be available to you and you should bring a water bottle to refill
- Do not wear anything revealing to the volunteer assignment; the communities where we work may be more conservative than you are used to with respect to clothing and interpersonal interaction

Other Optional Educational Preparation

If you would like to participate in some additional preparation to ready yourself for the experience you are about to have, we recommend looking into the two resources below.

Duolingo

This is a fun, free, language-learning platform that is an excellent resource no matter what level of Spanish you are! Learn different phrases, cultural information, and even practice pronunciation! Visit the website at <https://www.duolingo.com/> or download the app for free.

Community Engagement: Collaboration for Change:

This is a EdX course from the University of Michigan that will help you Learn principles and strategies for engaging with U.S.-based and global communities through partnerships, research, service, and learning. Here is the link to the course:

<https://www.edx.org/course/community-engagement-collaborating-for-change>

We recommend participating in the following modules:

- Introduction to Community Engagement
- Social Identities, Power and Privilege