

Culture and the Arts

<i>Day</i>	<i>Location</i>	<i>Topic</i>
1	Travel to Panama Introduction by PGC staff	Orientation to Panama, PGC, and to the course
2	Panama City	Tour of Panama city focusing on the diversity and its influence on the arts Museum tour
3	Panama City	Visit to Panamanian traditional dance school complete with demonstration and dance lessons
4	Panama City	Explore traditional music with the masters. Attend a traditional concert
5	Travel to the Interior of Panama	In the evening participate in an indigenous ceremony
6	Panama Interior	Explore indigenous art forms such as weaving, ceramics, wood carving, and mask making
7	Panama Interior	Visit Panamanian descendants of European immigrants and explore their contributions to the arts
8	Travel to San Blas Islands	Tour traditional village
9	San Blas Islands	Meet with local artists and try making a Mola or bead art
10	San Blas Islands	Day of R&R and reflection at the beach
11	Return to Panama City	Evening concert with West Indian music
12	Panama City University of Panama	Visit the art, music, and dance departments and see what students are learning
13	Panama City	Meet with local art students and paint a collaborative mural representing home cultures
14	Return home	This is a good time for a reflection session while everyone is gathered at the airport