

## History

<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	Historical tour of the city focusing on the colonial period and the independence of Panama
3	Panama Canal	Tour with historical lecture + Panama Canal Museum
4	Train ride to Colon	Historical tour & shopping in this port city
5	Colon	Museum tour
6	Travel to the interior	History of European immigration
7	Interior Panama	Relax, reflect, and learn
8	Indigenous tribal area	Learn from leaders about the history and struggles of indigenous peoples in Panama
9	Travel to the coast	Visit historical indigenous communities and learn about their history and their struggles
10	Coast and islands	Spend some R&R time at the beach before returning to Panama City
11	Return to Panama City	Cultural event (no trip is complete without this)
12	Panama City University of Panama	Learn about the history of Panama in the 20 <sup>th</sup> and 21 <sup>st</sup> centuries and how it has been influenced by the United States
13	Panama City	Historical tour of the city focusing on the 20 <sup>th</sup> and 21 <sup>st</sup> centuries (this will be a very different tour from the tour on day 2)
14	Return home	This is a good time for a reflection session while everyone is gathered at the airport