PANAMA

Broad Curriculum, First Year Abroad, First Semester Abroad Pathway

Summer 2018, Fall 2018, Spring 2019
# Table of Contents

**Important Contacts** 1

**Academics** 2
  - Academic Matters
  - FSU Enhancement Programs Related to Study Abroad
  - Tutoring Resources
  - Student Disability Resource Center

**Before Departure and Program Specifics** 3-6
  - Passport
  - Visa Requirements
  - Flight Information
  - In Transit
  - Arriving in Panama
  - The Panama Campus
  - Housing
  - Transportation in Panama
  - Personal Travel
  - Climate and Packing

**Communication and Electronics** 7
  - Mail
  - Telephones & Communication
  - Computers

**Currency and Expenses** 8
  - Expenses While in Panama
  - Currency
  - Banking

**Health** 9
  - Inoculations/Medical Concerns
  - Alcohol Awareness and Illegal Drugs

**Policies and Safety** 10
  - Rules, Policies and Procedures
  - Safety and Security

**Housing Terms and Conditions** 11-13

**Tips and Resources** 14
  - Online Resources

**Exploring the Republic of Panama Infographic** 15-16
The first points of contact for you in regards to assistance, guidance or support are the Program Assistants (Resident Assistants). Upon arrival, you will be given the Program Assistants’ emergency contact numbers, which are also posted in each housing unit. If you need further assistance or cannot reach one of the Program Assistants, you should use the phone numbers previously listed, in this order: Maria Elena Puerta, Raymond George, Alexandra Anyfanti, Carlos Langoni.

EMERGENCY PHONE NUMBERS
Emergency Services 911
Ambulance (011) 507-236-5050
Code: 13417
Police (011) 507-317-9290/104
Fire Department of Balboa (011) 507-228-2837
Fire Department of Clayton (011) 507-512-6152
(Central Dispatcher 103)
Red Cross Emergency *455

U.S. EMBASSY AND CONSULATE - PANAMA
Building 783
Calle Basilio Lakas
Clayton, Panama
Republic of Panama

PHONE 507-317-5303
AFTER HOURS/EMERGENCIES 507-317-5000
WEBSITE http://panama.usembassy.gov/

INTERNATIONAL CALLS
Making international calls from the U.S. to Panama: First dial “011” (for international call), followed by “507” (the country code), then the location number.

Time Differences: Panama time is the same as Miami and Tallahassee except when the States are on Daylight Saving Time. Panama does not observe Daylight Saving Time, thus they will be one hour behind during our Daylight Saving Time.
ACADEMIC MATTERS
This program is first and foremost an academic one, so you should be prepared to invest as much time, effort and thought into your coursework as you do on your home campus. Since classes are small, you will have more interaction with your fellow students and with faculty than you have on main campus. There will be a greater emphasis on participation in class discussions. This means you must be prepared to maintain a high level of performance by being an active and committed participant in your class.

FSU ENHANCEMENT PROGRAMS RELATED TO STUDY ABROAD
FSU students are encouraged to get involved with the Garnet and Gold Scholar Society and the Global Citizenship Certificate program. These two resources provide special recognition as global-ready graduates.

The Garnet and Gold Scholar Society program facilitates involvement and recognizes the engaged, well-rounded student who excels within and beyond the classroom in the areas of Leadership, Internship, Service, International, and Research. A student who has met the criteria in three of the five areas is eligible for consideration. All study abroad programs organized through the International Programs Office qualify for the international experience portion of the International Area. Visit http://garnetandgoldscholar.fsu.edu/ or email GarnetandGoldProgram@fsu.edu to learn more.

The Global Citizenship Certificate program helps undergraduate students develop invaluable cross-cultural skills and global competencies needed to be a global-ready graduate. Students who enroll in the certificate take 2 required courses, Global Perspectives and Global Citizenship, and 2 electives. Both required courses count toward FSU Liberal Studies X, E-series, and writing requirements. In addition, students participate in 8 intercultural events on campus and a sustained international experience abroad, which you are about to complete! Enroll in the Global Citizenship Certificate before you study abroad to ensure your experience counts toward the certificate. Visit cge.fsu.edu/globalcitizen or contact an advisor at globalcitizen@fsu.edu to learn more.

TUTORING RESOURCES
There are a number of tutoring resources available at Florida State University to assist students academically, both in Tallahassee and abroad. Online tutors are available through the following programs:

- Reading & Writing Center (RWC)
  http://wr.english.fsu.edu/Reading-Writing-Center/RWC-Online

- Academic Center for Excellence (ACE)
  [http://ace.fsu.edu/] ACE provides free tutoring in many subject areas, including accounting, biology, chemistry, economics, math, statistics, and physics.

- University Libraries: Office of Distance Library Services
  https://www.lib.fsu.edu/department/distance-learning

STUDENT DISABILITY RESOURCE CENTER (SDRC)
SDRC provides reasonable and appropriate accommodations for students with documented disabilities. Documented disabilities and accommodations vary in nature, and though the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973 do not apply extraterritorially, we do our best to accommodate our students. If you anticipate needing to request accommodations for a documented disability, please schedule an appointment with the SDRC by calling 850-644-9566 (Voice) or 850 644-8504 (TDD) and provide appropriate information on your Special Needs form. For more information, visit http://dos.fsu.edu/sdrc.
VISA REQUIREMENTS FOR U.S. CITIZENS

Fall, Spring, & First Year Abroad (FYA) Students: In order to study in Panama legally, you must apply and obtain a valid student visa. The visa will be applied for in country but there are visa support documents that must be completed before departure. Please review the following important aspects of the visa process.

- **Passport**: You must hold a U.S. passport that is valid for at least 6 months beyond your return from Panama and contain at least 2 blank visa pages.

- **Visa Instructions**: You will be sent a “Visa Packet” via email with information and guidance on obtaining the visa support documents prior to departure. Failure to complete the visa support documents within the stated timeline will possibly result in late arrivals or inability to participate in the program. Any financial penalties associated with delayed arrivals or cancelations will be your responsibility.

- **Background Check & Apostille**: One visa support document required is a background check and apostille. You will need to complete this Background Check and an Apostille prior to departure but are asked to not start until prompted to by email.

- **Immigration Meetings**: Once in Panama you will be required to attend immigration meetings in order to obtain your visa. Failure to attend these meetings could result in your visa being denied, a $2,000 fine, and not participating in the program.

- **Flight Restrictions**: Due to airline restrictions, traveling on a one-way ticket may not be allowed. Please check with your airlines before purchasing a one-way.

Summer Students:

If your Summer program is under 90 days: you are NOT required to obtain a visa. However, please review the following passport and flight restrictions:

- **Passport**: You must hold a U.S. passport that is valid for at least 6 months beyond your return from Panama.

- **Flight Restrictions**: Due to airline restrictions, traveling on a one-way ticket may not be allowed. Please check with your airlines before purchasing a one-way.

If your Summer program is over 90 days:
In order to study in Panama legally, you must apply and obtain a valid student visa. The visa will be applied for in country but there are visa support documents that must be completed before departure. Please see the information under Fall/Spring Students for the visa Information.

VISA REQUIREMENTS FOR NON U.S. CITIZENS AND US CITIZENS LIVING ABROAD:

If you are a non-U.S. citizen or U.S. citizen living abroad, contact an International Programs' Immigration Specialist at IP-Visas@fsu.edu. You may be required to apply for a visa on your own or you may have additional visa requirements and expenses.

All visa information is correct at the time of publication, but terms, fees, and guidelines are subject to change without notice.
**FLIGHT INFORMATION**

There is no group flight for this program, and your Program Fee does not include airfare. It is vital that the name on your airline ticket is exactly the same as the name on your passport.

**Do not purchase a plane ticket for your program until instructed by International Programs to do so.** You will receive an email from International Programs (ip-info@fsu.edu) with flight details. When you are notified to purchase a flight, you should make arrangements to arrive in Panama on the start date of your program and depart Panama no earlier than the end date of your program, as listed on your program page of the International Programs website (https://international.fsu.edu/). All orientation/welcome activities that take place upon arrival are mandatory.

There will be two group pick-ups to accommodate those arriving on the start date of the program. An FSU van will leave from the airport at approximately 2:00 p.m. and 10:00 p.m. **Panama time** from Tocumen Airport on the start date of your program. Meet the group as you exit the customs hall. Students whose flights won’t arrive at the times mentioned above are welcome to wait for the closest group pick-up.

Note: We advise against the Spirit Airlines flight(s) that arrive in Panama City late night or early morning. These flights may be cheap, but it is not the safest time to arrive in Panama and you would incur additional costs for taxis to and from the airport. If, however, you choose to disregard our advice and take a flight arriving late at night/early morning, you must advise the IP Office of this (in addition to submitting your travel itinerary).

Your housing will not be available until the official check-in day of the program. If you arrive earlier, you will need to look for accommodations in town for the extra nights. View our list of recommended hotels online: http://www.international.fsu.edu/Documents/ImportantDocuments/StudyCenters/Panama_AreaAccommodations.pdf

Your return flight should depart Panama the Saturday after exams. FSU-Panama housing officially closes on Saturday at noon - you must check out of housing at this time. Two airport drop-off shuttles will be provided. The flight information will be collected from the group, and shuttle times will be chosen based on the student needs. If your flight is at a different time than the airport drop-offs, you will be responsible for getting yourself to the airport in time for your departure. Our staff can help coordinate transportation.

**First Year Abroad students:** you are welcome to arrange to stay in university housing between semesters. Please discuss your housing needs with the FSU Panama staff. **You cannot stay in university housing prior to the start of the fall semester or after the end of the summer semester.**

Once you have completed your travel arrangements, all students must email their travel itinerary to ip-info@fsu.edu, so we can ensure that the group pick-ups will be arranged to accommodate the majority of students. Travel information is given to the Panama staff so they can track delayed flights.

You may want to consider purchasing travel insurance when booking your flight. Travel insurance typically covers flight cancellation fees, lost luggage or other losses incurred while traveling, etc. Speak with your airline for more information.

**IN TRANSIT**

- **Domestic flights,** in general, require arriving at the airport ticket counter **two hours** before your departure time. Check with your specific airline to find out the recommended pre-flight allowance.
- **International flights.** Arrive at the airport ticket counter **three hours** before your departure time.
- **Keep your boarding pass.** Some airlines require it for baggage claim. Also, it will help if your luggage gets lost.
- **Have your passport accessible.**
- **During your flight,** drink lots of water and get up and walk around at least once during the flight. Try to sleep; it will help you combat jet lag.
ARRIVING IN PANAMA
When filling out your landing card, your address will be the address of the Florida State University Panama Study Center - Ciudad del Saber (City of Knowledge) in Clayton listed in the Contact Information section of this packet. Have your luggage checked all the way to Panama City. When you land in Panama, you will go through Immigration and will need to show your passport and plane ticket. Have your passport readily available—not packed in your checked luggage.

You will be housed in or nearby the City of Knowledge, Clayton. You will receive an email indicating which residence you should check-in with if you miss the group pick-ups. If your flight arrives at night you should go directly to your residence.

If you miss the group pick-up, we recommend you do the following:
As you exit the Panama Customs area on the ground floor of the airport terminal with your baggage, walk towards a small kiosk located inside the terminal area and located in between the automatic sliding exit doors called "Autoridad de Turismo Panama" (Panama Tourism Authority). Tell the agent (in English or Spanish) you need to take a taxi to go to Florida State University located in the City of Knowledge (Ciudad del Saber) building 227 in Clayton.

The agent will ask you a few questions to better serve you and direct you to a waiting taxi outside the doors behind the kiosk. The taxi fare for transporting you to CLAYTON should be between $30.00 and $40.00. ALWAYS VERIFY THE TOTAL COST OF THE FARE WITH THE DRIVER BEFORE ENTERING THE TAXI!! The taxis in Panama are small and only two people per taxi are recommended when there is luggage.

Although there are plenty of taxis waiting outside to take passengers, there is better control over the taxis that the Autoridad de Turismo recommends. So, we recommend that you do not just jump in any taxi you see. When you reach the City of Knowledge, request to be taken to the location indicated in the email from International Programs.

Recommended cab companies:

<table>
<thead>
<tr>
<th>Cab Company</th>
<th>Phone numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>America Libre</td>
<td>800-8294 224-0122/221-1932</td>
</tr>
<tr>
<td>Taxi Nacional</td>
<td>224-1132</td>
</tr>
<tr>
<td>Taxi Concordia</td>
<td>236-7848</td>
</tr>
<tr>
<td>Clayton Taxi</td>
<td>317-0386</td>
</tr>
<tr>
<td>Metro Taxi</td>
<td>264-8569</td>
</tr>
<tr>
<td>Radio Taxi Panamá</td>
<td>224-4390</td>
</tr>
</tbody>
</table>

THE PANAMA CAMPUS
Florida State University’s first international campus opened in Panama in 1957. It has served thousands of students seeking either short-term study abroad experiences or associate and bachelor’s degrees. We are based at the City of Knowledge where our newly renovated classrooms and administrative office building overlook the rainforest in one direction and a quad/park in another. The City of Knowledge is located in the suburban area of Clayton, just across the street from the Miraflores Locks of the Panama Canal. Other international universities with local and study abroad programs will be represented as well, allowing for possible networking with FSU students. Feel free to check out the online tour of the City of Knowledge campus: http://www.ciudaddelsaber.org/en.

Florida State University Panama has recently renovated a multi-purpose sports court in the City of Knowledge near building 227. This investment was funded solely by FSU Panama as a contribution to the City of Knowledge Foundation in order to promote a healthy lifestyle. It can be used for football, basketball, volleyball and several other sports and is available free of charge to all FSU students and users of the City of Knowledge anytime during daylight hours. FSU Panama students also have access free of charge to all sports facilities in the City of Knowledge administered by the Kiwanis.

HOUSING
At the present time, you will be housed in a dormitory style complex within the City of Knowledge. Each room has two single beds, two night tables, two safes, two small refrigerators, independent bathroom, intelligent AC, hot water, balcony, telephone, television and wireless internet. In addition, you will have access to a kitchenette with a microwave, coffee maker, and refrigerator. The complex has a living-dining area and a fully equipped kitchen, coin-operated laundry, and vending machines. The complex is located in the City of Knowledge, within a 15-minute walk to the main classroom building. Shuttles are available during weekdays between the main building and the dormitory complex.

You will be provided with linens and a bath towel upon arrival. Roommate assignments are made in Panama and will be communicated upon arrival. **These assignments cannot be changed.**
HOUSING CONTINUED
During your on-site orientation, you will be advised of the FSU Panama Housing Rules & Regulations. Violation of any of the housing policies is grounds for dismissal. For contractual details about your program housing, rules, and regulations for your specific program, please refer to the FSU International Programs Contractual Agreement and the Housing Terms and Conditions. You are required to sign the FSU International Programs Contractual Agreement as it outlines your contractual obligations as a participant on our program.

TRANSPORTATION IN PANAMA
The safest and ultimately cheapest way to travel in Panama City is by cabs, which are readily available. The fare from FSU-Panama to the heart of downtown Panama City should be no more than $7-$10 (one-way). A tip is not necessary. **ALWAYS VERIFY THE TOTAL COST OF THE FARE WITH THE DRIVER BEFORE ENTERING THE TAXI!**

Travel outside Panama City requires plane, bus, or car. Most in-country flights depart from Albrook Airport, located only two miles from the FSU-Panama campus. Express buses leave from downtown Panama City to all parts of Panama frequently every day. The Bus Terminal is only a 10-minute car ride away from the FSU Panama Campus.

Riding the local buses is also a great cultural experience and a very economical way of going places. The new bus system (Metrobus) requires the use of a card which can be purchased at most supermarkets. One of the Metrobus lines goes through Morse Street, only a block away from the dormitory complex, and takes you to the bus terminal at Albrook where you can connect to other areas of Panama either by bus or by the subway. A bus ride currently costs 25¢. Routes that connect to the suburban areas of Panama City cost $1.25. We suggest you start riding the city buses only when you are familiar with the different places and have a better sense of the distances. Avoid riding the bus at night unless you know exactly where you are going and you are certain about the bus routes.

In addition, City of Knowledge has a free internal shuttle system which provides free transportation service within the City of Knowledge from 7:00 a.m. thru 6:15 p.m.

PERSONAL TRAVEL
It is best to wait until you have arrived in Panama and begun classes before you book any trips away from Panama. Waiting until classes have started will allow you to make your plans around the following factors

- Academic deadlines for exams, papers and presentations. You do not want to book a once-in-a-lifetime trip only to discover that you have a major research paper due around that time.
- The Cultural Calendar includes additional activities and opportunities. It would be a shame to book a trip only to discover that its dates conflict with an activity.
- The travel plans of your peers. One of the joys of studying abroad is the opportunity to develop friendships through travel and shared experiences.
- Owing to the compact nature of the summer programs, course meeting times will be intensive and cultural events will be scheduled throughout the program. It is therefore possible that you will have limited opportunities for independent travel.

Do not plan travel that will cause you to miss classes; **strict academic standards will be maintained on the programs.** If you are participating on a summer program, you may have mandatory academic excursions that take place over a weekend. You should be flexible with your weekend plans. For safety purposes, you will be instructed to fill out a mandatory online independent travel form each time you plan on traveling outside of Panama. More information will be provided via email before departure.

CLIMATE AND PACKING
All airlines have different policies regarding the number, size, and weight of bags allowed on domestic and international flights. Fees for having too many bags or exceeding size and weight limits are steep, and also vary by airline. It is important that you determine the restriction on your particular airline before you pack. **Please be aware that you will be responsible for carrying your own bags, packs, etc.** Restrictions regarding carry-on baggage are different for each airline and sometimes vary depending on your originating, transferring and/or terminating airport. Also, requirements change based on current events. It is imperative that you check your specific requirements just prior to your departure and plan accordingly. Use the IP luggage tag and strap to mark your bag in capital letters with your name, address, and final destination both on the inside and on the outside of the bag. Pack 1 to 2 outfits in your carry-on in case of flight delays/cancellations or lost luggage.

Panama City is warm, averaging around 80 to 85 degrees Fahrenheit in the day and cooling down in the evenings. The “dry season”, usually between December-April, brings little rain. Tropical rains are common the remainder of the year. So be prepared for the 15-minute walk to class by bringing rain boots, jacket and an umbrella. You can follow the weather leading up to your semester abroad at: https://www.accuweather.com/en/world-weather. Pack accordingly—and conservatively. Former students recommended packing half the clothing you think you will need. You can buy just about everything you need in Panama. Buildings in Panama tend to have really cold air-conditioning, and the classrooms at FSU-Panama will usually require a sweatshirt, so pack a variety of clothing. You should not bring any valuable or sentimental items or keepsake items you would regret losing. Reference the International Programs packing list for more packing tips!
MAIL
Please share the following information with those in the U.S. who are interested in sending you mail while you are abroad.

The Panamanian mail system is sometimes unpredictable. Airmail will take from 7-14 days, but local holidays or other contingencies may stretch this time. Use international airmail stamps; regular mail will cause your letter to go by boat, taking about six weeks to deliver. When sending packages, neither overestimate nor underestimate the value of the materials in the package. You will pay up to 30% customs duty on the amount shown as the insured price. There should be no commercial value on the package. When mailing items from Panama you need to buy local stamps available at the nearest post office. Please be advised that the boxes and packages you receive are opened in order to clear customs and you will have to pay a percentage of the registered value of the items in the package. The Panamanian Customs Office will not tax personal packages whose reported insured price is under $50.00. Anything more than $50.00 will be taxed between 5 – 20% depending on the item. Also note, there is no door to door delivery of packages in Panama unless you pay a courier company which is very expensive, and it is not a good idea to send good and items through Panama Postal office to our P.O. Box because they can get lost. Therefore, think twice before having items mailed to you. You may be able to purchase those items in Panama at a much lower price than the cost of shipping and taxes.

TELEPHONES AND COMMUNICATION
The country code for Panama is 507. To call Panama from the U.S.A., dial 011+507 followed by the local number. Each room in the dormitory complex on campus has a telephone, and you may use International and local calling cards from there. International calling cards are available through the local carriers and they can be bought from any grocery or convenience store. You can also buy cell phones in Panama at very low prices. We generally recommend that you do not plan to use your own U.S. cell phone in Panama other than connecting it to Wi-Fi.

Other popular options to keep in touch with family/friends back home include Skype, FaceTime, Viber, and WhatsApp. If you have a smartphone, download these apps before you travel abroad so you will be able to activate the account. You will be able to communicate internationally for free through connecting via WiFi.

COMPUTERS
The housing units are wireless and each student has an electronic safe in his/her bedroom for storing up to a 17” laptop and other valuables. The main building and the Library located in the ground floor of building 225 also have wireless internet connection. Past program participants recommend bringing a laptop. If you want to bring your laptop, we recommend doing the following:

- Taking your laptop with you is at your own risk. Check your homeowners insurance to make sure that it is covered when you are away from your primary residence. If it is not covered by this insurance, you may want to check into laptop insurance through www.safeware.com, a worldwide insurance provider for all electronic devices (e.g. laptop, digital camera, iPod, etc.). They also have a provision for non-electronic personal property.
- Do NOT pack your laptop or laptop charger in your checked luggage.

• Taking your laptop with you is at your own risk. Check your homeowners insurance to make sure that it is covered when you are away from your primary residence. If it is not covered by this insurance, you may want to check into laptop insurance through www.safeware.com, a worldwide insurance provider for all electronic devices (e.g. laptop, digital camera, iPod, etc.). They also have a provision for non-electronic personal property.
• Do NOT pack your laptop or laptop charger in your checked luggage.
EXPENSES WHILE IN PANAMA
In estimating your financial needs while abroad, calculate the amount of money you will need for meals for the entire period of your stay; your transportation and lodging costs for any personal trips you will be taking and your personal entertainment and social activities costs. Based on past participant's feedback, a 15-16 week semester budget of $1,000 - $3,000 is needed for meals, incidental expenses in Panama, and personal travel. This $1,000 amount is only for those who plan to live on a shoestring budget. The average estimate of student spending during the spring term is $2,000. The average estimate of student spending during a summer 10-week session was about $2,000. By most standards, you will find the cost of living in Panama is about the same as in Tallahassee and you should plan your budget accordingly.

CURRENCY
Panama’s medium of exchange is the U.S. dollar. Bills larger than $20 are rarely accepted (carry lots of singles and fives).

BANKING
We recommend you set up online banking for your bank accounts prior to departure from the U.S. so you can monitor your account while overseas.

Bring or have access to at least one credit card in the event of an emergency. If you need to visit a doctor or hospital, you will likely have to pay prior to the service, and then submit an insurance claim afterward. Credit cards are also useful for everyday purchases and offer excellent exchange rates. **MasterCard and Visa are the most widely accepted credit cards overseas.** A credit card with “chip and pin” technology is worth considering, as this is the standard abroad.

Before using an ATM or debit card overseas, we recommend the following:

- **Contact your financial institution(s) before you leave the U.S. to make sure your ATM or debit card is activated for international use. You will also need to inform them of your dates/location abroad. If you fail to contact your financial institution(s), it is not unusual for credit card companies to “freeze” an account if suspicious or fraudulent activity is suspected.**

- **Make sure your debit/ATM card is linked to a checking account, rather than to a savings account, so you will have access to your funds.**

- If you have a pin longer than 4 digits or based on letters, you may have trouble using it abroad. You will need to change your pin before departure.

- You should also contact your financial institution for information regarding ATM transaction fees. You can limit the fees if your U.S. bank has a ‘sister’ bank in the host country and/or if you limit your withdrawals, though we do not advise keeping large sums of money on your person or stored in your residence, even if a safe is provided.

- Keep a record of all credit/debit/ATM card numbers and the phone numbers you would need to call, with area codes, if they are lost or stolen. Keep this record in a safe place separate from your cards, and you should provide a copy to family at home.

For those who receive financial aid, ensure that any student loans you have requested will be available for disbursement during the term abroad. Disbursement usually occurs after students have left the U.S. Make arrangements for your check to be deposited, if that is your chosen method of disbursement.
INOCULATIONS/MEDICAL CONCERNS
Florida State University requires certain immunizations prior to your registration for classes. All newly admitted degree-seeking students (freshman and transfer) and non-FSU students must complete the required Student Immunization Form. The form must be mailed or faxed directly to Florida State University Health Services, Health Compliance Office, 960 Learning Way, Tallahassee, FL 32306-4178, fax (850) 644-8958.

It is very important that you make yourself aware of specific requirements and health matters in your program location. The FSU Health and Wellness Center offers a travel clinic which provides immunizations. We recommend visiting the Centers for Disease Control and Prevention’s webpage regarding Panama for the latest vaccination information: http://wwwnc.cdc.gov/travel/destinations/panama.aspx. Please note that some countries have specific requirements for inoculations based on past location(s) the traveler has visited. It is the student’s responsibility to ensure previous travel has not triggered additional requirements.

In addition to a tetanus booster (tetanus booster would be needed only if you have not had the vaccine in the last 10 years), we recommend Hepatitis A and B and Typhoid vaccinations (at least six weeks prior to departure) to protect against viral infections. Malaria prophylaxis is only required for those students that plan to trek into the deep rainforest. In addition, Panama is a country with a risk of yellow fever transmission. Although the yellow fever shot is not necessary for your entrance to the country you may wish to discuss getting it with your local doctor, especially if you are planning on visiting other Latin American countries that do require the vaccine or in the event that you will be traveling outside the urban area of Panama. You will need to bring your International Certificate of Vaccination to Panama. The Health and Wellness Center provides consultations and immunizations through their travel clinic. To make an appointment, phone 644-4567 or view their website: http://www.tshc.fsu.edu/.

Important Tips:
- We highly recommend that you bring sufficient quantities of your prescription medication with you to last for the duration of your stay. Keep these in their original containers with copies of the prescriptions and place them in your carry-on luggage. Be sure to bring a copy of a legible prescription from your doctor and be aware that not all U.S. drugs are available elsewhere. In particular, Adderall and Concerta are not available in all countries. Don’t postpone discussing your prescription needs with your doctor. After discussing medications with your doctor, students will need to work with their insurance company to cover the vacation prescription. Students who experience difficulty in obtaining a vacation prescription should seek assistance from our office.
- If you wear glasses or contact lenses, take an extra pair and/or the prescription.
- Complete routine medical and dental care before you leave.

Your International Programs fee includes health insurance that covers medical emergencies and accidents. The CISI insurance provided is included in your program fee and the policy is available on our website: http://international.fsu.edu/Documents/HealthSafety/CISIInsurancePolicy.pdf. You will want to familiarize yourself with the coverage details. Although the insurance plan works on the basis of claims, whereby you need to pay first and then fill out the form to receive reimbursement, our Panama campus has an agreement with a Panama first-class hospital (Hospital Nacional—www.hospitalnacional.com) that will receive IP students in case of a medical emergency without requesting a deposit or credit card. Additionally, the campus is covered by a 24-hour ambulance service.

ALCOHOL AWARENESS AND ILLEGAL DRUGS
The legal age for drinking alcohol in Panama is 18. This means that you will likely have the opportunity to buy and drink alcohol legally. It is in your interest to recognize that this right carries a great deal of responsibility. FSU Panama has a strict code of conduct relating to the use of alcohol, violations of which will likely result in a judicial hearing with the possible sanction of being dismissed from the program. In short, know your limits and drink in moderation if you choose to do so, but not to excess.

Florida State University has a zero-tolerance policy regarding the possession, use, manufacture, production, sale, exchange or distribution of illegal drugs by students participating in FSU study abroad programs. Violation of this policy may result in immediate dismissal from the program; and disciplinary action onsite or upon return to campus. International Programs’ policies follow either the U.S. law or local law, whichever is more stringent with regard to drug use. For complete information on student judicial processes, victim’s rights, and appeals see the Student Conduct Code: http://dos.fsu.edu/srr/.
POLICIES & SAFETY

RULES, POLICIES & PROCEDURES
Florida State degree-seeking, transient and special students are bound by the rules, policies, and procedures set forth in the FSU General Bulletin and Student Handbook. It is your responsibility to familiarize yourself with these before you leave. You may locate the FSU General Bulletin online at http://registrar.fsu.edu/ and The Code of Student Conduct at http://dos.fsu.edu/srr/conduct-codes/student-conduct-code. The Office of Student Rights and Responsibilities updates any changes to the Code of Student Conduct.

SAFETY & SECURITY
Our highest priority is the welfare and security of our students, faculty, staff and facilities. We have emergency plans in place for each of our locations and work closely with our insurers and 24/7 emergency response providers to monitor and respond to all situations worldwide. It is our policy to follow guidance from the respective U.S. Embassies, U.S. State Department, as well as local officials and keep students apprised of any new information. For more information on IP’s security policies and procedures, please contact our Director of Risk and Emergency Management, Chris Carroll at 850.644.7823 or ccarroll@fsu.edu.

- Resources. Even though students are not on the main campus, they have access to many resources should they encounter issues while abroad. Program staff members are available to support students in a variety of ways, including connecting students with other professionals locally and/or on the main campus.
  - Victim Advocate Program. The University takes very seriously all types of victimization, including sexual violence, relationship violence, and domestic violence. Advocates are available and on-call 24 hours a day to provide confidential support services, even for students who are abroad. For more information on the Victim Advocate Program, visit http://victimadvocate.fsu.edu.
  - University Counseling Center. The Counseling Center is a welcoming and confidential place to discuss questions and concerns such as homesickness, struggles with relationships, sexual identity, cultural issues, and more. Visit https://counseling.fsu.edu/ for more information.
  - Center for Health Advocacy & Wellness. The Center for Health Advocacy & Wellness encourages students to make healthy lifestyle decisions that facilitate academic success and lead to life-long health and wellness. For more information, visit http://chaw.fsu.edu/.

- The U.S. State Department maintains a web site of information for Americans studying abroad, including current travel advisory warnings, at: http://studentsabroad.state.gov.

- The Smart Traveler Enrollment Program (STEP) is a free service provided by the U.S. Government to U.S. citizens who are traveling to, or living in, a foreign country. STEP allows you to enter information about your upcoming trip abroad so that the Department of State can better assist you in an emergency. We strongly recommend you register here: https://step.state.gov/step/.

- Waivers. All IP participants will be given a Waiver of Liability via email. It must be signed and submitted to IP.

- Be aware that you are subject to the laws of the country in which you are traveling.

- Always carry a photocopy of the picture and signature pages of your passport with you. Keep another copy in your room separate from your passport. Leave one copy at home in the U.S. with your family or a relative.

- Use the buddy system—try to travel with friends as much as possible and always tell your roommates or friends where you are going and when you expect to return. Bystander intervention is a powerful opportunity and responsibility for those within our community.

- Valuables. Students should not take sentimental valuables on their program. Students should not leave cash, passports, or other items of value unattended in their rooms. If a locker or safe is provided, students are strongly encouraged to use it to store anything of value at all times. Students should plan regular visits to the cash machine rather than leaving large amounts of cash in their rooms. Students are responsible for ensuring their rooms are left secure at all times – do not prop open doors, do not leave doors and windows unlocked, do not give keys to anyone. Students are strongly encouraged to purchase insurance that will cover their belongings while abroad, whether a standard homeowners or renters policy.

- Pickpocketing. In most large cities throughout the world, pickpocketing is the most common crime and can happen anytime, anywhere! We caution you to always be aware of your surroundings. While traveling in some areas beware of beggars who try to distract you with papers, boxes, or excessive body movements. Coats and purses are often stolen in crowded areas. Keep them close to you and lock your pack zippers with a combo lock. Secure your valuables if you are traveling on an overnight (“sleeper”) train.

- Weapons. Students are strictly prohibited from keeping or using firearms, knives, weapons (including pellet, air guns, paintball guns or other dangerous articles or substances). Furthermore, mace and/or pepper spray may be illegal in the countries that you visit. It is your responsibility to know the laws regarding weapons in the host country if you intend to bring any item for self-defense.
HOUSING TERMS & CONDITIONS

The following regulations for the International Programs student housing are based upon the Florida State University Contractual Agreement and the rights and responsibilities of individual members of the university community as spelled out in the ‘Codes of Student Conduct’ in the:

- Florida State University General Bulletin (http://registrar.fsu.edu/bulletin/)
- Florida State University Student Handbook (http://dos.fsu.edu/resources/student-handbook), and

These rules and responsibilities have been adapted and supplemented where appropriate to take into account the special needs of each program. The housing rules are designed to conform to the local laws protecting the mutual rights of both students and our local neighbors. We are guests in another country and we should respect and abide by the customs of the people. Since the housing and academic components are tied together very closely, the program staff must ensure that your stay in the residence facility provided enhances the overall mission of the program.

Carefully read these regulations and responsibilities. All occupants/participants in program-provided housing are obliged to conform to them so the overseas experience may be a positive one for everyone associated with our program. The program staff is responsible for ensuring these rules are enforced. He/she has the authority to supplement them at any time to deal with circumstances that affect the integrity of an academic and social/cultural program that functions in a foreign country. The program staff has the authority to dismiss from the program any occupant/participant who does not comply with all rules.

I. AGREEMENT TO GENERAL TERMS
   A. Participants are reminded that our program-provided housing is in facilities regulated by the respective country’s law. Although the FSU rules and regulations apply on our study program, the law of the land where any misdemeanor occurs takes precedence and FSU cannot break these regulations or laws.

   B. All program dates are advertised as first night in program housing to morning of the last day of the program. The FSU International Programs Contractual Agreement, appropriately signed, is effective from the morning on the date of the first night in housing of a particular program until the morning of the day of program departure. Specific times vary by country. More information is provided in the housing section of this packet.

   C. If an occupant/participant voluntarily withdraws from a program and is released from this legal document he/she must vacate the residence within 24 hours of that decision. In the case of expulsion or immediate suspension/dismissal, another breach of contract, or a judicial process, the occupant/participant must vacate the residence immediately.

   D. The acceptance of this FSU International Programs Contractual Agreement by Florida State University/International Programs Association, Inc., does not guarantee assignment to any particular room. Roommate preferences, however, will be honored as far as possible and practicable.

   E. Under this document, the Florida State University, in conjunction with the Study Center program staff, reserves the right to formulate and put into effect other rules and regulations which, in their judgment, may be necessary for the safety, care, and cleanliness of the premises and for the preservation of mutual rights and responsibilities of the occupants/participants of the building, and the inhabitants of the neighborhood. All occupants/participants agree to abide by any and all additional rules and regulations adopted for those purposes.

   F. Under this document, all occupants/participants are responsible for reading, understanding, and adhering to the general applicable regulations, rules, and procedures concerning student codes and policies as set forth in official publications of Florida State University. Such publications include the current editions of the General Bulletin, the FSU Student Handbook, and the Florida State University International Programs Important Forms packet.

   G. All Florida State University International Programs facilities are designated no-smoking facilities. Smoking or vaping of any substance is prohibited throughout the buildings. All occupants/participants agree to accept this condition. Deviations from this policy, if they exist, will be provided in your country specific orientation package.
II. AGREEMENT TO GENERAL CONDITIONS AND RESPONSIBILITIES OF PROGRAM PARTICIPANTS

A. Respect for Persons

1. Program participants must be cognizant of the rights of others and avoid activities, which unnecessarily disturb individuals or groups, or interfere with the normal activities of International Programs. These include, but are not limited to, intimidating behavior, physical assault, hazing, or unsuitable or boisterous conduct. Participants should be aware of the effects of their noise on others and respond appropriately to requests to lower volume.

2. Florida State University respects and celebrates the diversity of its students. Statements of intolerance and/or harassment pertaining to race, creed, color, sex, religion, national origin, age, disability, veterans’ or marital status, sexual orientation, gender identity, gender expression, or any other protected group status are neither appropriate nor tolerated and can lead to dismissal from the program.

B. Respect for Property and Living Space

1. Program participants are expected to respect university property as well as the property of other community members.
   a.) University property may not be removed from any room or from public areas.
   b.) Out of respect for the community environment, sports and general rowdy behavior are not permitted either in the Study Center or in program-provided housing.
   c.) Participants may not affix any items to the walls of the residence.
   d.) Participants in program-provided housing may not remove, alter, or tamper with door closures, security equipment, or locks, nor may they wash or hang laundry in their rooms.
   e.) Students are expected to report all maintenance issues. If a maintenance issue is unreported and results in major damages, students may be held responsible for costs.

2. Participants in program-provided housing should ensure their rooms are properly cared for. It is the responsibility of all to maintain a standard that provides cleaning and care of the room.

3. Participants in program-provided housing are responsible for the reasonable care of their assigned living spaces and their equipment and appliances. Charges will be assessed for damages to, unauthorized use of, or alterations to, rooms, equipment, and buildings as well as for special cleaning necessitated by improper care of rooms or equipment.

4. Unless it can be determined otherwise, occupants/participants are jointly responsible for damages done to public areas and equipment in their living quarters. Public areas are defined as those areas available for use by all program participants living in a shared area. Charges for damages to public areas and equipment, other than those determined to be the result of normal wear and tear, may be assessed of all program participants of a particular room or floor, or of the residence as a whole.

5. Authorized administrative personnel may enter rooms for the purposes of cleaning, normal inspection, and maintenance. Occupants’/participants’ personal property is not subject to search without the express approval of the owner except in circumstances when a reasonable belief exists that the room is being used for an illegal purpose or a purpose which would otherwise seriously interfere with discipline and/or an occupant’s/participant’s personal safety.

6. Florida State University/International Programs Association, Inc. is not liable for damage or loss of personal property, failure or interruption of utilities, or unforeseen accidents or injuries. The organizations named above will be liable only for those damages or injuries caused by negligence on the part of their employees, agents, or representatives while they are working within the scope of their employment or agency. Occupants/participants are strongly advised to secure their own personal property insurance.

C. Respect for Housing Operations

1. It is expected occupants/participants will comply with reasonable requests from the program staff and the housing administrative staff.
   a. Residents will identify themselves when asked and will provide true and accurate information.
   b. Residents will refrain from harassment and verbal abuse of staff personnel.

2. Room keys may be neither lent to nor borrowed by anyone. Such actions violate administrative codes, are not permissible, and constitute grounds for dismissal. For personal safety reasons, the propping open of exterior doors is strictly prohibited.
3. Occupancy of rooms is reserved only to those program participants to whom the room has been assigned.
   a. Room transfers, if possible, may be made only after receiving approval from the program staff.
   b. After reasonable notice, room assignments may be changed, cancelled, or terminated at any time by the program staff in the interest of public order, health, discipline, maximum utilization of facilities, or disaster.

4. You will receive specific information regarding the guest policy for your International Program location during the on-site orientation. Some programs prohibit guests in residential areas. If you are staying on a program that does allow guests, the following rules apply:
   a. No guests are allowed in program housing between the hours of 11 p.m. and 7 a.m.
   b. Guests must be accompanied by their resident hosts at all times throughout the visit and may not be unescorted at any time in the residential areas.
   c. All guests must abide by the housing rules and regulations applicable to the resident host and must immediately depart the premises when told to do so by the host or program staff. Host may be held responsible for violations of their guest(s).

**ADDITIONAL HOUSING INFORMATION**
As you may know, Florida State University operates study centers in various countries around the world. Under our contractual obligations, students from one program are **not permitted** to use the housing facilities of another program if they are visiting. If you do have friends on another FSU program, please do not get them into trouble by trying to share their rooms if you visit them. You must arrange for your own housing. This also includes friends and relatives who may be traveling abroad.
ONLINE RESOURCES

http://en.wikipedia.org/wiki/Panama (general information about Panama)
http://www.worldpress.org/newspapers/AMERICAS/Panama.cfm (Panama newspapers and magazines)
http://www.statravel.com (student travel information)
http://www.panamainfo.com (Panama Travel Guide)
http://cnn.com/WEATHER/ (daily weather forecasts)
http://www.birdlife.org/worldwide/national/panama/ (learn about conservation of the heritage of Panama)
http://studentsabroad.state.gov/ (U.S. State Department's info for Americans living abroad)
http://www.studyspanish.com/freesite.htm (brush-up on your Spanish!)
http://panama.fsu.edu/ (FSU-Panama’s own web site)
http://www.wordreference.com (translation/Spanish dictionary)
https://nolesabroad.international.fsu.edu/ (FSU International Programs blog with articles from former program participants)

USEFUL APPS

Google Translate (instantly translates words, phrases, and web pages between English and over 100 other languages)
Dark Sky (With down-to-the-minute forecasts, you’ll know exactly when the rain will start or stop, right where you’re standing)
Mobile Passport (authorized by U.S. Government to get through customs upon your return to the U.S. Allows you to use the dedicated mobile passport line in 21 participating airports).

(Note: Florida State University is not responsible for the content of external internet sites.)

Connect with International Programs on social media
International Programs Facebook
International Programs Twitter
International Programs Instagram

FSU Panama Facebook
FSU Panama Instagram
FSU Panama Twitter

Last Updated 7/2018
EXPLORING THE REPUBLIC OF PANAMA

ATTRACTIONS

- Panama Canal / Panama Viejo
- Casco Viejo / Ancon Hill
- Biomuseo
- Sabores del Chorrillo
- Taboga Island
- Contadora Island
- Embera Village
- Metropolitan Natural Park
- Amador Causeway
- Avenida Balboa – Cinta
- Costera 2 and 3
- The Fish Market
- Albrook Mall
FOODS TO TRY
Empanada          Ropa Vieja
Plátanos Fritos    Tres Leches
Ceviche           Sancocho

BASIC SPANISH
Hello             Hola           OH-lah
Goodbye           Adiós          ah-dee-ohs
Please            Por favor       POUR fah-FOHR
Thank you         Gracias        GRAH-syahs
You’re welcome    De nada        DAY NAH-dah
Pardon me         Perdón         Pehr-dohn
English           Inglés         een-GLEHS
Yes               Sí             see
No                No             noh

QUICK TIPS
1. Time is perceived with fluidity. Panamanians may show up an hour or two late to a dinner party. Lunch and dinner can extend for hours.

5. Waitstaff, taxi drivers, tour guides, and bartenders will appreciate tips of 10%. Baggage handlers value $1 per bag.