Dr. Perry Robins invites you to join him for an informative and enjoyable meeting of the International Dermatology Exchange Program of the Skin Cancer Foundation at the Waldorf Astoria Panama in Panama City, Panama.

Dermatologists from Panama, Central America and the U.S. will meet in informal half-day meetings in a collaborative educational environment, focusing on skin cancer. In addition, conference attendees will experience fantastic tours of cultural discovery. We can accommodate up to 20 physicians and their guests for this 6 day exchange.

Registration deadline: November 1, 2015
TRIP PACKAGE INCLUDES:

- 6 days, 5 nights lodging at the Waldorf Astoria Panama.
- Local tours of Panama City, Panama Viejo, Panama Canal and Lake Gatun, Embera Indian Village and jungle day tour.
- Experience native artisan marketplaces, museums, and other sites of interest.
- Air conditioned bus on all excursions.
- All meals included (including gala farewell dinner).
- Dress code: casual.
- The scientific exchange program will allow for 15 minute scientific presentations by U.S. and Panamanian physicians.

Price per person (airfare is not included):

- Double occupancy: $1635 pp
- Single occupancy surcharge: additional $400
- Conference Registration Fee: $300 (physicians only)

Not included in this trip package:

- Flight to/from Panama City, Panama
- In-room gratuities

REGISTRATION DEADLINE: 11/1/15

PASSPORT AND GENERAL TRAVEL INFORMATION

Citizens of most Western countries (including the United States and the European Union member states), all South American countries, and Latin America do not require a visa for stays under 180 days. A current passport is required, and must be valid for three months after entry to Panama.

Panama City is served by Tocumen International Airport (IATA: PTY), which receives daily direct flights from the United States. Major air carriers that fly direct to Panama City include: Copa Airlines (codeshares with United Airlines) (from Boston, Chicago, Ft Lauderdale, Miami, Las Vegas, Los Angeles, and New York-JFK), American Airlines (Miami, Dallas-Ft Worth), Delta (Atlanta), United (Newark, Houston), and Spirit (Ft Lauderdale).

Average temperatures for Panama City in March: 25°C/77°F low nighttime, 32°C/90°F high daytime.
Hotel: Waldorf Astoria Panama, Panama City, Panama

The Waldorf Astoria Panama is a property synonymous with the luxury and excellence expected of the name, offering world renowned personalized service and quality to its guests. The hotel is located steps from the Panama City Business District and the Calle Uruguay, one of the city’s trendiest shopping and cultural locales, and only minutes from the Historical District and the Panama Canal.
DAY 1: THURSDAY, MARCH 17

Day of Arrival

5 pm: Cocktail Reception, Dinner at hotel

DAY 2: FRIDAY, MARCH 18

8 am: Breakfast Buffet in Brio Brassiere Restaurant

9 am - 12 pm: Scientific Exchange Program

1 pm - 6 pm: Half-Day Tour of Panama City and Canal Tour

After picking you up at the hotel, a bilingual guide will start your tour at the ruins of Panama Viejo, site of the first settlement of Panama, founded in 1519, and later burned down by the notorious Buccaneer Henry Morgan in 1670. It was this area from which gold and silver flowed from the Spanish Main to the mother country.

From there, the tour will proceed to modern Panama, focusing on the various neighborhoods around Panama City, followed by a lunch at a local cafe.

After refreshments, we will visit the Miraflores Observation Center to capture a view of the Amador Causeway, to observe ships going through the Panama Canal Zone.

8 pm: Dinner, Folk Performance and Floor Show at “Las Tinajas”
DAY 3: SATURDAY, MARCH 19

Breakfast Buffet in Brio Brassiere Restaurant

7:30 am - 4 pm: Embera Rainforest Adventure

One of the magical things about Panama is its diverse mix of cultures and lifestyles. Let our professional guides take you on this unforgettable tour into the heart of the Panamanian rainforest.

This tour begins with a bus ride to the Chagres River, where we will embark on a traditional cayuco (dug out canoe) to an Embera Indian village, to be welcomed by local villagers who will introduce you to their culture, religion, art, language, and foods of their people. You will be served a traditional lunch of tilapia and fried plantains.

After lunch, there will be a short trail walk through the Panamanian jungle, a musical dance performance, a short presentation on local medicinal and botanical plants, and an opportunity to wade in the crystal clear waters of their waterfall.

7 pm: Dinner at “Parrillada Jimmy”
DAY 4: SUNDAY, MARCH 20

Breakfast Buffet in Brio Brassiere Restaurant

8:15 am - 5 pm: Panama Canal Jungle Day Tour

We begin the day tracing the history of the construction of the Panama Canal, with a bus ride to Lake Gatun, at the heart of the Panamanian Isthmus.

From there, we will board a motor launch for a voyage of discovery, tracing the ancient routes that crossed the isthmus before the creation of the lake. Huge ocean-going ships can be seen transiting across the water bridge that links the Caribbean Sea to the Pacific Ocean. See history in the making with the works to expand and widen the canal.

We will glide past lush tropical forests to a scenic region of the lake and witness firsthand the splendor and excitement of the jungle. Along the way, we will closely observe the local flora and fauna in their native surroundings, before arriving at Monkey Island, where lunch will be served.

Afterwards, numerous activities are available, to include, kayaking, fishing, or exploring the island on your own. Or if you prefer, you can simply relax in the shade, swinging in a hammock and sipping a cool drink, while taking in the beauty of the area.

8 pm: Dinner at “La Posta”
DAY 5: MONDAY, MARCH 21

8 am: Breakfast Buffet in Brio Brassiere Restaurant

9 am - 12 pm: Scientific Exchange Program

1 pm - 6 pm: Half-Day Historical Tour

We begin with a walking tour of the Mercado de Mariscos, a traditional market, where you will be able to sample some local delights. From there, we head to the Casco Antiguo, a French Colonial walled city designed to protect against future pirate attacks. The Casco Antiguo has a diverse mix of Caribbean, French, and colonial style buildings, with many handicraft shops carrying the wares manufactured by local Guna Indians, as well as other tribes of the country.

We will cap the day’s tour with a visit to Amador Causeway, to catch a beautiful view of Panama City’s skyline, and visit the new Biomuseo, a Frank Gehry designed museum, focusing on the country’s biodiversity (with shared exhibits by the Smithsonian Institute and the University of Panama), and ending the day with a gala farewell dinner at “Lenos y Carbon”.

DAY 6: TUESDAY, MARCH 22

Breakfast Buffet in Brio Brassiere Restaurant

Morning: Depart for Airport

QUESTIONS? PLEASE CONTACT TOM CHIN
212-986-4498 • TCHIN@SKINCANCER.ORG
Completed in 1913, Gatun Lake is a major part of the Panama Canal System. It was once the largest man-made lake in the world. Visitors today can take a boat tour along the lake and view beautiful rainforest scenery.

Inside Chagres National Park, you will see dense rainforest, aquatic birds and gorgeous waterfalls, where you can swim.