



challenges
abroad

PANAMA: SOCIAL IMPACT IN THE COMMUNITY

www.challengesabroad.co.uk



futureSense
FOUNDATION



About Us

Greater Social Equality. A More Sustainable Environment. A More Secure World for Everyone.



Challenges Abroad is a social enterprise that provides impactful overseas learning programmes for students. Our mission is to develop the next generation of Global Citizens who as future leaders will help shape a better future for everyone.

We have had over **8,000** participants from both Australia and the UK join our programmes!

The Challenges Abroad Difference



Creating a community of Global Citizens



Sustainable community impact through our partnership with the FutureSense Foundation



Full pre-departure support, as well as 24/7 support in-country

Supporting our Charity

The FutureSense Foundation

Challenges Abroad supports international development through our partner charity, [the FutureSense Foundation](#). They have a team based in-country year-round that not only ensures that our programmes form part of a sustainable development plan that will benefit the community long-term, but they also support you throughout your programme. Our teams act as mentors in helping you develop key skills and competencies. Our partnership ensures that your work is meaningful and gives you a chance to make a real difference.



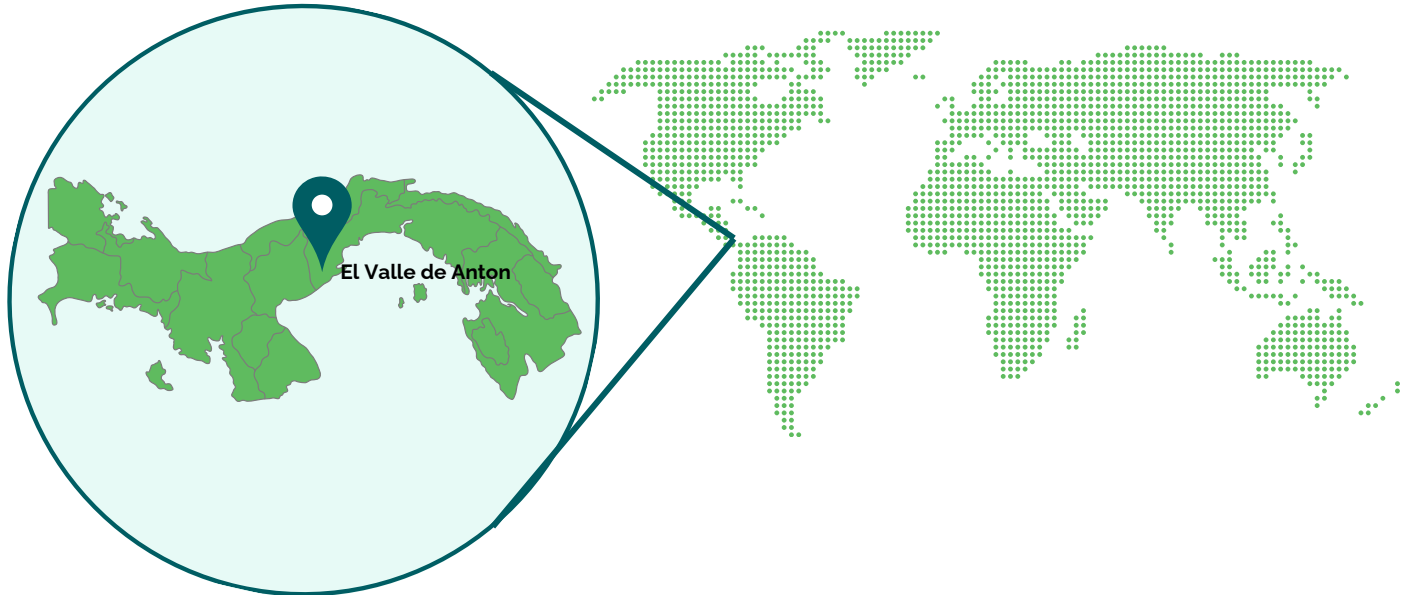
Going Carbon Neutral

We have partnered with an organisation called [Evergreen](#) to neutralise the carbon footprint generated by your trip. With Evergreen, we will be planting trees in Kenya and Nepal, supporting the local community in the area, generating employment and neutralising carbon emissions. In addition we encourage students to participate in activities such as tree planting and reducing their use of plastic.

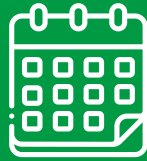


The Essentials

Our Panama Social Impact in the Community programme is the perfect opportunity to tick off a bucket list destination, immerse yourself in Panama's diverse and vibrant culture, while using your skills to make an impact on the lives of the local community...



Location:
El Valle de
Anton, Panama



Dates:
2025 dates are
available on our
website



Cost:
£2295
(Inclusive of a £195
deposit)



Duration:
4 weeks



Panama is one of the three-leading carbon negative countries. Panama's forest land (approximately 65%) captures more carbon gas than the total gas emissions, making Panama a carbon-negative country!

You'll spend 4 weeks working within this community, delivering a range of educational workshops and helping to improve the local area by working on a range of development projects. Supported by our team on the ground, you have the chance to take ownership of this programme by using your skills to make long-term, sustainable impact. This is an awesome opportunity to push yourself outside your comfort zone and develop in your role as a Global Citizen!





Programme Itinerary

Days 1 & 2: Saturday & Sunday

When you arrive at Tocumen International Airport, you'll be welcomed by a member of our team to kickstart your adventure! They'll take you to your accommodation in El Valle de Anton, help you settle in and organise your welcome dinner. The next day you'll have a full orientation to your project and our team will show you around town so that you can get your bearings. There will be plenty of time to explore and get to know your new home!



Days 3-7: Monday - Friday

Monday will be your first day working with the local community! You will be working on various community projects that could include delivering educational workshops to inspire children to learn and improve their conversational English. You may also get involved with community clean-ups and planting trees as well as small renovation projects.

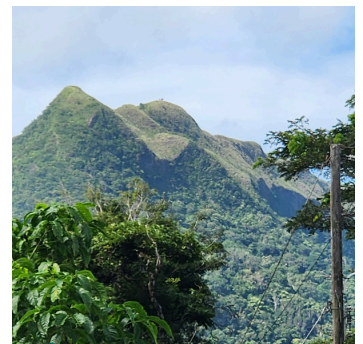


#leaveyourhandprintontheworld



Days 8 & 9: Saturday & Sunday

The weekend is free for you to explore! With walking trails, beaches and the opportunity to see a sloth in the wild, there's so much to do and see. Our team will be able to provide the best recommendations on how to spend your weekend and fully immerse yourself in Panama's diverse and vibrant culture. Just make sure you're back in time for Sunday dinner.



Weeks 2, 3 and 4: Monday - Friday

These weeks will be structured the same as the first week. You might continue to be working with the same community or meet with new ones.

You will have evenings to plan and prepare for workshops, and to relax or explore... we recommend taking in the scenery at every opportunity!



Final day: Saturday

Today you'll say goodbye to the Panama team and head back to the airport!



Details

Cost inclusions:

✓ Accommodation & meals

You will stay in shared dorm-style rooms and bathrooms. You'll likely be sharing your room with 2-3 other participants. While you will be provided with home comforts, these will be different to your usual standards, but all part of the challenge! There are plenty of spaces for group planning or relaxing after project, and the potential to meet other Global Citizens from across Australia and the UK. We provide 3 vegetarian meals per day Monday-Friday and can accommodate further dietary requirements (vegan, gluten free, allergies etc). You are free to explore local restaurants at the weekend!

✓ In-country transport

Any required transport for project work, as well as airport transfers. Our team are also happy to help you organise extra transport to explore the area in your free time.

✓ Pre-departure support

We will provide you with a Welcome Pack, Packing List and Programme Brief to help you prepare for your travels. Our team are there every step of the way for extra support, and we'll organise a pre-departure meeting 6-weeks before you go to make sure everyone is on the same page and ready for the adventure.

✓ In-country support

As well as supporting you in your project work, our team will be a 24/7 contact for you during your time overseas... they'll also have the best recommendations on how to spend your free time!

Independent costs:

✿ Flights

✿ Travel insurance

✿ Visas

✿ Vaccinations - speak to your GP

“

This program has been really amazing, getting to know the community and actually leaving a mark in a school in a different country is so cool!

”

Global Citizen, Shania

Follow us on:



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Sign up!

All you need to do is apply on our [website](#) and pay the £195 booking deposit. Once accepted, you can pay the remainder of your programme fee in monthly instalments leading up to your challenge. Your final payment is due eight weeks before departure.

If you have any questions or need any further support, please get in touch with our team:

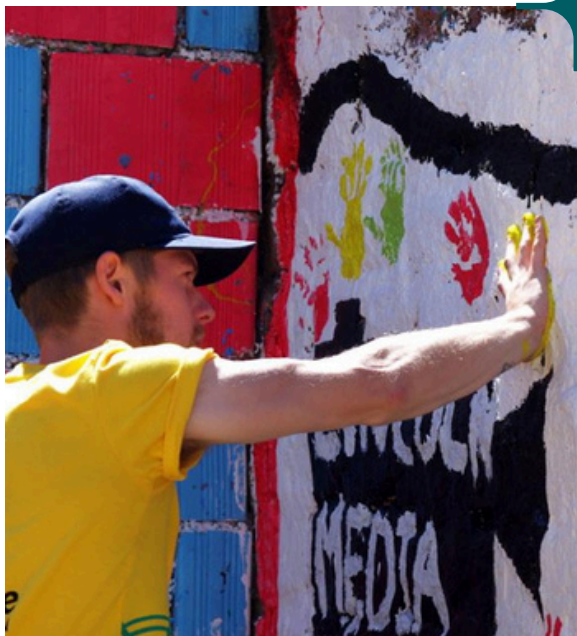
info@challengesabroad.co.uk







More food for thought...

What's in it for you...




This once in a lifetime programme is the perfect opportunity to;



- 
Meet other Global Citizens from across the UK
- 
Develop transferrable skills such as teamwork, communication, problem solving, leadership, and adaptability
- 
Make an impact on the world
- 
Have an unforgettable experience

Become a Challenge Leader!

If you're keen to take on an extra challenge, becoming a challenge leader will help you develop your leadership and team management skills, as well as a whole heap of other qualities that will set you up for your career or future study.

- 
Work with our team to build your own community of people who care
- 
Connect with other global leaders from across the UK
- 
Have the opportunity to receive a discounted programme



Ready to become a global leader? Find out more and apply by emailing info@challengesabroad.co.uk.



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