

Indigenous People

<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 with emphasis on indigenous peoples living and working in the urban environment and of Panama Viejo, the remains of colonial Panama
3	Panama City	Lecture on the history and struggles of indigenous populations in Panama
4	Travel to the rain forest	Meet indigenous leaders and listen to their perspective on their lives and struggles
5	Rain forest	Spend the day in an indigenous village learning about daily life and culture
6	Rain forest	Spend the day in an indigenous village learning about health care and education
7	Rain forest	Spend the day in an indigenous village learning about their arts and crafts, attend an indigenous ceremony
8	Travel to San Blas Islands	Have dinner by the ocean and settle into the local village
9	San Blas Islands	Tour of the islands with emphasis on the history of the autonomous islands
10	San Blas Islands	Meet with local leaders to learn about their culture and their struggles to maintain their way of life
11	San Blas Islands	Shopping and Beach time
12	Return to Panama City	Dinner in a nice restaurant
13	Panama City	Visit the central market and look for the indigenous influences there. Visit a museum of indigenous art
14	Return home	This is a good time for a reflection session while everyone is gathered at the airport