



Panama

A narrow land bridge between two oceans, where ships climb over the hills through a famous canal, old forts guard the Caribbean shore, and rainforest begins just outside the capital.

AT A GLANCE

Facts to know

CAPITAL

Panama City

POPULATION

About 4.1 million (2023 national census)

OFFICIAL LANGUAGE

Spanish. Many people in business and on the Caribbean coast also speak English, and Indigenous languages such as Ngäbere and Guna are spoken in their own territories

CURRENCY

Panamanian balboa (PAB), fixed at one to one with the United States dollar, which is also legal tender. Panama mints its own coins, but all paper money is US dollars

AREA

About 75,000 km²

GOVERNMENT

Presidential republic. The president is both head of state and head of government and is elected for five years. The country is divided into 10 provinces and 6 Indigenous territories called comarcas

HIGHEST MOUNTAIN

Volcán Barú, about 3,475 m, an active volcano in Chiriquí province near the border with Costa Rica

LONGEST RIVER

The Chucunaque, in Darién province. It flows into the Tuira, the largest river in the country

NEIGHBOURS

Costa Rica to the west and Colombia to the southeast

DRIVES ON THE

Right. Panama drove on the left in the past and later switched

CALLING CODE

+507

A 45-minute trip to Panama

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- | | |
|---------------------|---|
| 0 to 5 min | Welcome. Show the map page and find Panama together. Ask: who has been there, or knows someone from there? |
| 5 to 15 min | Read the facts at a glance, then three moments from the story: 1513: Balboa sees the Pacific; 1881: The French start digging a canal; 2016: The expanded canal opens. |
| 15 to 25 min | At the table: talk about Ropa vieja and Fried fish with coconut rice. Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help. |
| 25 to 30 min | Say it like a local: practise "Buenos días" (Good morning, hello), "Buenas tardes" (Good afternoon), "Buenas noches" (Good evening, good night). Everyone says them together. |
| 30 to 40 min | Quiz: read the questions aloud, or play the big-screen version at https://preview.worldstroll.com/countries/panama/group . No scores needed. |
| 40 to 45 min | Talk about it (questions page), then stamp or sign everyone's passport page. |

You will need

- This printed pack (one per table, or one each)
- Pens for the quiz
- Optional: a world map or globe, a small tasting, music from the country

Panama and its cities



- Panama City (Panamá): Casco Viejo, the old quarter, and the ruins of Panamá Viejo, The Miraflores Locks of the canal on the edge of the city, The Amador Causeway and Frank Gehry's colourful Biomuseo
- Colón (Colón): The Colón Free Trade Zone, a huge duty-free trading area opened in 1948, The Agua Clara and Gatún locks nearby, Fort San Lorenzo, west of the city
- Portobelo (Colón): Colonial forts and the old royal customs house, The Black Christ festival every 21 October, The Festival of Devils and Congos, Afro-Panamanian dances
- La Chorrera (Panamá Oeste): Bollos and chicheme, Its yearly international fair, El Chorro waterfall
- Penonomé (Coclé): A legend about the chief Nomé, who resisted the Spanish, The cathedral on the central square, Its position on the Pan-American Highway
- Santiago de Veraguas (Veraguas): A stop on the Pan-American Highway between Panama City and David, Shops, offices and schools for the whole of Veraguas province
- Chitré (Herrera): Holy Week and the feast of San Juan Bautista, Its carnival, Baseball at the Rico Cedeño Stadium
- Las Tablas (Los Santos): A famous carnival where Calle Arriba and Calle Abajo compete, Folk music, dance, food and crafts, The birthplace of Belisario Porras, three times president
- David (Chiriquí): The gateway to Boquete and Volcán Barú, The economic centre of Chiriquí

province, The Gulf of Chiriquí, a short drive away at the port of Pedregal

- Boquete (Chiriquí): Coffee farms, including the famous Geisha coffee, Hiking trails and the climb up Volcán Barú, The Boquete Jazz Festival, held since 2007
- Bocas del Toro (Bocas del Toro): Island beaches and coral reefs, Isla Bastimentos National Marine Park, Sea turtles nesting on Isla Bastimentos
- Yaviza (Darién): The end of the road: the start of the Darién Gap, Boat travel on the Chucunaque and Tuira rivers, The ruins of an 18th-century Spanish fort

A short history of Panama

The Isthmus of Panama rose from the sea about three million years ago and joined two continents. Its peoples made some of the earliest pottery in the Americas. From the 1500s it was Spain's crossing point between the oceans, a prize for pirates and privateers, and later the site of a railway and one of the greatest engineering works in the world, the Panama Canal. The 20th century was shaped by the long struggle over who should control the canal, which ended when Panama took it over in 1999.

1513 **Balboa sees the Pacific**

On 25 September 1513 the Spanish explorer Vasco Núñez de Balboa, guided by local Indigenous people, crossed the isthmus from the Caribbean side and became the first known European in the Americas to see the Pacific Ocean. He called it the South Sea. Panama's currency, the balboa, is named after him.

1519 **Panama City is founded**

On 15 August 1519 the Spanish governor Pedro Arias Dávila, known as Pedrarias, founded Panamá on the Pacific shore, one of the first European towns on the Pacific coast of the Americas. Gold and silver from Peru were landed here and carried across the isthmus by mule along stone trails called the Camino Real and the Camino de Cruces.

1597 **Portobelo is founded**

In 1597 the Spanish founded Portobelo on the Caribbean coast because of its deep natural harbour. It replaced Nombre de Dios as the port where Peruvian silver was loaded onto Spain's treasure fleets, and it held great trade fairs when the fleets arrived. Forts were built to protect it, but English privateers still captured it several times.

1671 **Henry Morgan sacks Panama City**

On 28 January 1671 the Welsh privateer Henry Morgan marched across the isthmus with about 1,400 men and captured Panama City, which was then destroyed by fire. A new city was founded on 21 January 1673 on a peninsula about 8 km to the southwest; today it is the old quarter, Casco Viejo. The ruins of the first city are called Panamá Viejo.

1698

The Scottish Darien scheme

In 1698 settlers from Scotland founded a colony called New Caledonia on the Caribbean coast of Darién, hoping to control a trade route between the oceans. Disease, hunger and a Spanish siege ended it by March 1700, and most of the settlers died. The huge financial losses helped push Scotland into union with England in 1707.

1821

Independence from Spain

On 10 November 1821 the people of La Villa de Los Santos, on the Azuero Peninsula, made the first call for independence. On 28 November 1821 Panama declared itself free of the Spanish Empire and joined Gran Colombia, the republic led by Simón Bolívar. Panamanians celebrate 28 November as the day of independence from Spain.

1855

The Panama Railway opens

On 28 January 1855 the first train ran the full length of a new railway from Colón on the Caribbean to Panama City on the Pacific, about 76 km. It was built mainly for travellers heading to the California gold rush, and thousands of workers died building it in the jungle. It is often called the first transcontinental railway.

1881

The French start digging a canal

On 1 January 1881 a French company led by Ferdinand de Lesseps, who had built the Suez Canal, began digging a canal at sea level. Yellow fever, malaria and landslides killed an estimated 22,000 workers, and the company went bankrupt in 1889. The scandal ruined many small French investors.

1903

Panama separates from Colombia

After Colombia's Senate rejected a canal treaty with the United States, Panama declared its separation from Colombia on 3 November 1903, with American support. Weeks later a treaty gave the United States a zone about 16 km wide across the isthmus, where it could build and run a canal 'in perpetuity'. This zone became the Panama Canal Zone.

1914

The Panama Canal opens

On 15 August 1914 the cargo ship SS Ancon made the first official passage through the canal. American engineers had dammed the Chagres River to create Gatun Lake, then the largest artificial lake in the world, and cut through the hills of the continental divide. Doctors fought yellow fever and malaria by controlling mosquitoes.

1964

Martyrs' Day

On 9 January 1964 Panamanian students entered the Canal Zone to fly their national flag beside the American flag at a school. In the scuffle that followed, the Panamanian flag was torn, and three days of riots left about 22 Panamanians and four US soldiers dead. 9 January is now a day of national mourning, and the events led to talks about returning the canal.

1977

The Torrijos–Carter Treaties are signed

On 7 September 1977 in Washington, General Omar Torrijos, Panama's leader, and US President Jimmy Carter signed two treaties. The land of the Canal Zone returned to Panama in 1979, and Panama took full control of the canal at noon on 31 December 1999, while the canal stays permanently neutral and open to ships of all nations.

1989

The United States invades Panama

From 1968 Panama was under military rule, and in the 1980s General Manuel Noriega held power. In May 1989 he annulled an election won by the opposition. On 20 December 1989 US forces invaded; Noriega surrendered on 3 January 1990 and was taken to the United States for trial. Hundreds of Panamanians died, and estimates of the number vary widely. The elected president took office, and Panama replaced its army with police and border forces.

1999

Panama takes over the canal

At noon on 31 December 1999, as agreed in 1977, the Panama Canal passed fully into Panamanian hands. It is run by the Panama Canal Authority, and its earnings are a major part of the national economy.

2016

The expanded canal opens

In a referendum in 2006, 76.8 percent of voters approved building a third, wider lane of locks. The expanded canal opened on 26 June 2016 and doubled the canal's capacity, letting through much larger ships, called Neopanamax ships.

What people eat in Panama

Panamanian food mixes Indigenous, Spanish, African and Afro-Caribbean cooking, and it is mild rather than spicy. Rice comes with almost every lunch, the main meal of the day: a typical plate has rice, beans or lentils, a piece of meat or fish, a little salad and patacones, fried green plantain. Breakfast is often something fried, such as a corn tortilla, carimañolas or fried yuca. The best-loved soup is sancocho, chicken simmered with ñame (yam) and culantro, a local herb like a stronger coriander. On the Caribbean coast, dishes are cooked with coconut milk, and everywhere people drink chichas, fresh fruit drinks, with their meals.

Ropa vieja

Spain, now cooked all over Panama and the Caribbean

Beef that is simmered until soft, pulled into shreds and stewed with tomato, onion, sweet peppers and garlic. In Panama it comes on a plate with white rice, beans and a slice of fried ripe plantain.

Fried fish with coconut rice (Pescado frito con arroz con coco)

The coasts, especially the Caribbean side and the fish market in Panama City

A whole fish, seasoned and fried until the skin is crisp, served with rice cooked in coconut milk, patacones and a little cabbage and tomato salad. The fish market by the sea in Panama City, the Mercado de Mariscos, is a favourite place to eat it.

Patacones

The whole country

Slices of green plantain fried, flattened and fried again until golden and crisp, then sprinkled with salt. They come with almost everything: fried fish, meat, ceviche, or simply on their own as a snack.

Ceviche (Ceviche de corvina)

The Pacific coast, now the whole country

Small pieces of raw white fish, most often corvina (a kind of sea bass), 'cooked' in lime or lemon juice with chopped onion, celery, coriander and peppers. It is served cold as a starter, in a cup or in small pastry shells called canastitas, with crackers on the side. Shrimp and octopus ceviche are popular too.

Carimañolas

Panama and the Caribbean coast of Colombia

Torpedo-shaped fritters made from a dough of boiled, mashed yuca (cassava), filled with seasoned minced beef, chicken or cheese, and fried until golden and crisp. They are a favourite breakfast, often eaten with coffee.

Empanadas

The whole country

Half-moon pastries made from wheat flour or corn dough, filled with meat, chicken, cheese or sometimes a sweet filling such as fruit jam or manjar blanco (milk caramel), and usually fried. They are sold at bakeries, street stalls and small kiosks.

Bollos

The Caribbean coast and the countryside, famous in La Chorrera

Rolls of ground corn dough wrapped tightly in leaves (corn husks, plantain leaves or palm leaves), tied with string and boiled. There are bollos of fresh young corn and of dried corn, and some are flavoured with butter or coconut or stuffed with beef.

Panamanian tortilla (Tortilla de maíz)

The whole country, especially the countryside

A round of corn dough that is either cooked on a griddle or, in a smaller and thicker form about 10 cm across, fried until crisp outside and soft inside. With fresh white cheese, eggs or liver and onions it makes a classic Panamanian breakfast.

Changa (Tortilla changa)

The central provinces and the Azuero Peninsula

A thick tortilla made from fresh young corn, often cooked on a banana leaf on the griddle, especially in the countryside of the Azuero Peninsula.

Almojábanos

The countryside, especially Chiriquí and the central provinces

Small S-shaped fritters of corn dough, fried until golden. They are eaten at breakfast or at dinner, for example with smoked pork, especially in the countryside of Chiriquí.

Arroz con guandú (Arroz con guandú y coco)

The whole country

Rice cooked with guandú (pigeon peas), often with coconut milk. It is a favourite side dish, above all at Christmas and New Year.

Tres leches cake (Pastel de tres leches)

Latin America, a favourite in Panama

A light sponge cake soaked in a mixture of three milks: evaporated milk, condensed milk and fresh milk or cream. It is served cold, very moist, and topped with whipped cream or meringue and a sprinkle of cinnamon.

Chicheme

La Chorrera and the provinces of Colón and Panamá Oeste

A thick, sweet drink made from hulled corn, cooked until soft and spiced with cinnamon, then served cold. It is sold at roadside stands and by street vendors, often together with empanadas.

Geisha coffee (Café Geisha)

The highlands of Chiriquí, around Boquete

A coffee grown on the cool slopes of the Chiriquí highlands from the Geisha variety, famous for its light, flowery and sweet taste. It sells for some of the highest prices of any coffee, and farms around Boquete offer tours and tastings. It contains caffeine.

GOOD MANNERS

At the table

- Lunch is the main meal of the day. In small family restaurants called fondas you get a full plate of rice, beans, meat and salad for a low price; if you are given a glass bottle of soda, hand the empty bottle back.
- Panamanian food is not hot. If you like it spicy, ask for the hot sauce made with ají chombo peppers and add it yourself, a little at a time.
- Try a chicha with your meal: a fresh fruit drink of tamarind, passion fruit, papaya or other fruits, or agua de pipa, the water of a young green coconut.
- Panamanians dress neatly. Beachwear is fine at the beach, but in towns, and especially in banks and offices, long trousers or a skirt are expected.

Ropa vieja

Beef that is simmered until soft, pulled into shreds and stewed with tomato, onion, sweet peppers and garlic. In Panama it comes on a plate with white rice, beans and a slice of fried ripe plantain.

Ingredients

- 800 g beef flank or brisket
- 1 onion, halved, plus 1 onion, sliced
- 1 red and 1 green pepper, sliced
- 3 garlic cloves, chopped
- 400 g tin chopped tomatoes
- 2 tablespoons tomato paste
- 1 teaspoon ground cumin and 1 teaspoon dried oregano
- A handful of fresh coriander (or culantro), chopped
- 2 tablespoons oil, salt and pepper

Method

1. Put the beef and the halved onion in a pot, cover with water, add salt and simmer gently for about 1 hour 30 minutes, until the meat is very tender. Keep a cup of the cooking liquid.
2. Let the meat cool a little, then pull it into thin shreds with two forks.
3. Heat the oil in a large pan and soften the sliced onion, the peppers and the garlic for about 8 minutes.
4. Add the tomatoes, tomato paste, cumin, oregano and half a cup of the cooking liquid. Simmer for 10 minutes.
5. Stir in the shredded beef and cook for 15 minutes more, adding a little liquid if it gets dry. Season, scatter over the coriander and serve with rice, beans and fried ripe plantain.

Patacones

Slices of green plantain fried, flattened and fried again until golden and crisp, then sprinkled with salt. They come with almost everything: fried fish, meat, ceviche, or simply on their own as a snack.

Ingredients

- 2 large green (unripe) plantains
- Oil for frying, about 2 cm deep
- Salt
- A lime, cut into wedges (optional)

Method

1. Cut the ends off the plantains, slit the skin along its length and peel it off. Cut the plantains into slices about 3 cm thick.
2. Heat the oil in a deep frying pan to about 170°C. Fry the slices for 3 to 4 minutes, turning once, until pale golden but not brown. Lift them out onto kitchen paper.
3. Flatten each slice to about 1 cm thick by pressing it with the bottom of a heavy glass or between two sheets of baking paper.
4. Fry the flattened slices again in the hot oil for 2 to 3 minutes, until crisp and golden. Take care with the hot oil.
5. Drain on kitchen paper, sprinkle with salt at once and serve hot, with lime wedges if you like.

Ceviche

Small pieces of raw white fish, most often corvina (a kind of sea bass), 'cooked' in lime or lemon juice with chopped onion, celery, coriander and peppers. It is served cold as a starter, in a cup or in small pastry shells called canastitas, with crackers on the side. Shrimp and octopus ceviche are popular too.

Ingredients

- 500 g very fresh skinless white fish, such as sea bass, that has been frozen first (see step 1)
- 250 ml fresh lime or lemon juice
- 1 red onion, very finely chopped
- 1 celery stick, very finely chopped
- A handful of fresh coriander, chopped
- Half a small hot chilli, seeded and very finely chopped (optional)
- 1 teaspoon salt
- Salted crackers, to serve

Method

1. The fish is not cooked with heat, so buy it from a trusted fishmonger and use fish that has been frozen first, which kills parasites. Pregnant women, young children, older people and anyone with a weak immune system should choose a cooked dish instead.
2. Cut the fish into 1 cm cubes and put them in a glass or ceramic bowl.
3. Add the onion, celery, chilli if using, and salt, then pour over enough lime juice to cover the fish.
4. Cover and chill in the fridge for 1 to 2 hours, stirring once, until the fish turns white and firm all the way through.
5. Stir in the coriander, taste for salt and serve very cold, with crackers.

Carimañolas

Torpedo-shaped fritters made from a dough of boiled, mashed yuca (cassava), filled with seasoned minced beef, chicken or cheese, and fried until golden and crisp. They are a favourite breakfast, often eaten with coffee.

Ingredients

- 700 g yuca (cassava), peeled, or frozen yuca
- 1 teaspoon salt
- 250 g minced beef
- 1 small onion and 1 garlic clove, finely chopped
- Half a green pepper, finely chopped
- 2 tablespoons tomato paste
- Oil for frying

Method

1. Cut the yuca into chunks, remove the tough core and boil in salted water for about 25 minutes, until very soft. Drain well and mash while hot into a smooth, sticky dough. Leave to cool.
2. Fry the onion, garlic and pepper in a spoonful of oil until soft, add the beef and cook until brown. Stir in the tomato paste and a pinch of salt and cook for 5 minutes, then let it cool.
3. With damp hands, take a piece of yuca dough the size of an egg, flatten it in your palm, put a spoonful of filling in the middle and close the dough around it to make a torpedo shape.
4. Heat about 5 cm of oil in a deep pan to about 175°C. Fry the carimañolas a few at a time for 4 to 5 minutes, turning, until golden. Take care with the hot oil.
5. Drain on kitchen paper and serve hot.

Arroz con guandú

Rice cooked with guandú (pigeon peas), often with coconut milk. It is a favourite side dish, above all at Christmas and New Year.

Ingredients

- 400 g long-grain rice, rinsed
- 400 g cooked or tinned pigeon peas (gandules), drained
- 400 ml tin coconut milk
- About 400 ml water
- 1 small onion and 2 garlic cloves, finely chopped
- Half a green pepper, finely chopped
- A handful of fresh coriander (or culantro), chopped
- 2 tablespoons oil and 1 teaspoon salt

Method

1. Heat the oil in a heavy pot with a lid and soften the onion, garlic and pepper for 5 minutes.
2. Add the pigeon peas, the coconut milk, the water and the salt, and bring to the boil.
3. Stir in the rice and half the coriander. When the liquid has mostly been absorbed and small holes appear on the surface, turn the heat to very low.
4. Cover tightly and cook for 20 to 25 minutes, without lifting the lid, until the rice is tender.
5. Fluff with a fork, sprinkle with the rest of the coriander and serve with meat, chicken or fish.

Useful phrases

Buenos días

BWEH-nohs DEE-ahs · Good morning, hello

Buenas tardes

BWEH-nahs TAR-dehs · Good afternoon

Buenas noches

BWEH-nahs NOH-chehs · Good evening, good night

¿Cómo está?

KOH-moh ehs-TAH · How are you?

Mucho gusto

MOO-choh GOOS-toh · Nice to meet you

Me llamo...

meh YAH-moh · My name is...

¿Habla inglés?

AH-blah een-GLEHS · Do you speak English?

No entiendo

noh ehn-TYEHN-doh · I don't understand

¿Me puede ayudar?

meh PWEH-deh ah-yoo-DAR · Can you help me?

¿Cuánto cuesta?

KWAHN-toh KWEHS-tah · How much is it?

¿Cuánto me cobra hasta el Casco Viejo?

KWAHN-toh meh KOH-brah AHS-tah ehl KAHS-koh BYEH-hoh · How much will you charge me to go to Casco Viejo?

¿Dónde está el baño?

DOHN-deh ehs-TAH ehl BAH-nyoh · Where is the toilet?

¡Parada!

pah-RAH-dah · Stop here, please!

Un sancocho, por favor

oon sahn-KOH-choh, por fah-VOR · A sancocho, please

La cuenta, por favor

lah KWEHN-tah, por fah-VOR · The bill, please

¡Buen provecho!

bwehn proh-VEH-choh · Enjoy your meal!

¡Salud!

sah-LOOD · Cheers! Also 'bless you' after a sneeze

Con permiso

kohn pehr-MEE-soh · Excuse me (may I pass?)

Things you might not know

1. Because of the S-shape of the isthmus, a ship crossing the Panama Canal from the Atlantic to the Pacific travels roughly from northwest to southeast, so the Pacific end of the canal lies further east than the Atlantic end.
2. The lowest toll ever paid to cross the Panama Canal was 36 cents, by the American adventurer Richard Halliburton, who swam the canal in 1928.
3. The famous Panama hat does not come from Panama at all: it comes from Ecuador. It got its name because the hats were shipped through Panama, and it became even more popular after President Theodore Roosevelt was photographed wearing one at the canal works in 1906.
4. Panama's only banknotes, printed in 1941, were withdrawn after a few days and are remembered as the 'Seven Day Dollars'. Everyday paper money is US dollars, used together with Panama's own balboa coins, which are the same size as US coins.
5. The national motto, on the coat of arms, is 'Pro Mundi Beneficio', Latin for 'For the benefit of the world'. The eagle on the coat of arms is the harpy eagle, Panama's national bird, one of the largest eagles in the world.
6. The Panamanian golden frog is a national symbol, and its skin is poisonous. It may have been extinct in the wild since 2007, so the species now survives mainly in breeding programmes.
7. Guna women make molas: colourful panels of several layers of cloth, cut and sewn by hand in a technique called reverse appliqué, which form the front and back of their blouses. Mola means 'shirt' or 'clothing' in the Guna language.
8. Portobello Road in London, Portobello in Edinburgh and other places in Britain are named after the British capture of Portobelo in Panama in 1739.
9. The Pan-American Highway runs from Alaska to the tip of South America, with one break: roughly 106 km of roadless jungle in the Darién Gap, between Yaviza in Panama and Turbo in Colombia.
10. Coiba, off the Pacific coast of Veraguas, is the largest island in Central America. For most of the 20th century it held a feared prison, which kept people away and left the forest untouched. The prison closed in 2004, and the island is now part of Coiba National Park, a UNESCO World Heritage

Site since 2005.

- 11.** The pollera, Panama's national dress, is sewn and embroidered by hand and worn with gold chains and pearl hair ornaments called tembleques. A fine pollera can take a year or more to make.
- 12.** Baseball is Panama's favourite sport. The Panamanian pitcher Mariano Rivera, who grew up in Puerto Caimito in La Chorrera district, holds the Major League record for saves (652), and in 2019 he became the first player ever elected unanimously to the Baseball Hall of Fame.
- 13.** When Gatun Lake was filled in 1913 to create the middle part of the canal, it was the largest artificial lake in the world. Its largest island, Barro Colorado, has been a famous rainforest research station since 1923.

TALK ABOUT IT

Questions for the group

- Have you ever been to Panama, or has someone in your family? What do you remember?
- Have you ever tasted Ropa vieja or Fried fish with coconut rice? What is a dish you remember from a trip?
- The United States invades Panama (1989). Do you remember hearing about it? Where were you then?
- Panama takes over the canal (1999). Do you remember hearing about it? Where were you then?
- Have you seen The Miraflores Locks of the Panama Canal, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of Panama, which would it be and why?

QUIZ

How well do you know Panama?

Circle the right answer. The answers are on the last page.

1. Portobello Road in London is named after what?

- A) The British capture of Portobelo in Panama in 1739
- B) A famous racehorse
- C) A Portuguese wine merchant
- D) An Italian port town

2. At the carnival of Las Tablas, which two sides of the town compete?

- A) Norte and Sur
- B) Montaña and Mar
- C) Calle Arriba and Calle Abajo
- D) Rojos and Azules

3. When is the dry season, the most popular time to visit Panama?

- A) About June to September
- B) About December to April
- C) About August to November
- D) About May to July

4. Carimañolas are made from a dough of which root vegetable?

- A) Potato
- B) Yuca (cassava)
- C) Sweet potato
- D) Beetroot

5. How do you ask for the bill in a restaurant?

- A) ¡Buen provecho!
- B) La cuenta, por favor
- C) Con permiso
- D) Mucho gusto

6. Panama took full control of the Panama Canal at noon on 31 December 1999.

- A) True
- B) False

7. In 1698, settlers from which country tried to found a colony called New Caledonia in Darién?

- A) The Netherlands
- B) Portugal
- C) Scotland
- D) France

8. Which of these is a UNESCO World Heritage Site?

- A) The Biomuseo
- B) The Miraflores Locks
- C) The Bridge of the Americas
- D) Darién National Park

9. Casco Viejo was built after the first Panama City was destroyed in 1671.

- A) True
- B) False

10. What is the capital of Panama?

- A) Panama City
- B) Santiago de Veraguas
- C) David
- D) Colón

11. What does Panama's national motto, "Pro Mundi Beneficio", mean?

- A) Liberty and order
- B) Out of many, one
- C) For the benefit of the world
- D) Strength through unity

12. Which bridge, completed in 1962, crosses the Pacific entrance of the Panama Canal?

- A) The Golden Gate Bridge
- B) The Centennial Bridge
- C) The Bridge of the Americas
- D) The Rainbow Bridge

Quiz answers

1. A) The British capture of Portobelo in Panama in 1739

It celebrates the British capture of Portobelo in Panama in 1739, which caused great excitement in Britain.

2. C) Calle Arriba and Calle Abajo

Calle Arriba and Calle Abajo (Uptown and Downtown) each have their own carnival queen, parades and music.

3. B) About December to April

About December to April is the dry season, called verano; the rainy season runs from about May to November.

4. B) Yuca (cassava)

The dough is boiled, mashed yuca (cassava), filled with meat or cheese and fried.

5. B) La cuenta, por favor

"La cuenta, por favor" means "The bill, please".

6. True

True. This was agreed in the Torrijos–Carter Treaties of 1977.

7. C) Scotland

Scotland: the Darien scheme failed by 1700, and its losses helped push Scotland into union with England in 1707.

8. D) Darién National Park

Darién National Park has been a UNESCO World Heritage Site since 1981.

9. True

True. The new city was founded in 1673 on a walled peninsula about 8 km to the southwest.

10. A) Panama City

Panama City, at the Pacific entrance of the canal, is the capital and by far the largest city.

11. C) For the benefit of the world

"Pro Mundi Beneficio" is Latin for "For the benefit of the world".

12. C) The Bridge of the Americas

The Bridge of the Americas crosses the canal near Balboa; the Centennial Bridge further north opened in 2004.

Panama visa page

Name: _____ Date: _____



Next stops

Country: _____	Country: _____	Country: _____
Country: _____	Country: _____	Country: _____

Play the interactive version, collect a stamp in your passport:

<https://preview.worldstroll.com/countries/panama>