



GMN PHASE II

1ST REGIONAL WORKSHOP

MARITIME DECARBONIZATION THROUGH ENERGY EFFICIENCY TECHNOLOGY SOLUTIONS

| DATE | TIME | VENUE |
|-------------------------------|--|---|
| 18 -19 MARCH - 2025 | 09:00 to 17:00 (UTC-5 Panama Local Time) | UMIP Auditorium, Building 1033, La Boca, Ancon, PANAMA |

AIDE MOMOIRE

Event Description

Title: “Maritime Decarbonization through Energy Efficiency Technology Solutions”

Date: 18-19 March 2025

Location: International Maritime University of Panama (UMIP), Panama City, Republic of Panama

The **First Latin America Regional Workshop of the GMN Phase II** will bring together key maritime stakeholders, policymakers, industry leaders, researchers, and technical experts from across the region to explore and promote sustainable solutions for reducing greenhouse gas (GHG) emissions in the shipping sector. Aligned with global climate objectives and international regulatory frameworks, this workshop will provide a dynamic platform to exchange knowledge, discuss best practices, and showcase cutting-edge energy efficiency technologies that can accelerate the transition to a low-carbon maritime industry in Latin America. Participants will engage in in-depth discussions on innovative strategies and policy measures designed to enhance energy efficiency, optimize ship operations, and facilitate the adoption of cleaner maritime technologies. Through interactive sessions, case studies, and expert presentations, attendees will gain valuable insights into practical and scalable solutions that support the sustainable growth of the regional shipping industry.

Additionally, the event will foster collaboration among regional stakeholders, encouraging partnerships between governments, academic institutions, industry leaders, and international organizations. By strengthening regional cooperation, the workshop aims to create a roadmap for the effective implementation of decarbonization strategies, ensuring that Latin America remains at the forefront of maritime sustainability efforts. This milestone event represents a crucial step toward advancing shipping decarbonization in the region, paving the way for a greener and more energy-efficient future in line with international maritime environmental commitments.

Benefitting the Future: This workshop will bring together **representatives from 20 countries** across the Latin America region, demonstrating a strong commitment to advancing sustainable maritime practices. These organizations will contribute valuable perspectives on workforce development, leadership, and capacity-building initiatives that support a more diverse and sustainable maritime industry. Through this collaborative effort, the workshop aims to foster regional cooperation, share best practices, and accelerate the adoption of energy efficiency technologies, ensuring that Latin America remains at the forefront of global maritime sustainability efforts.

Empowering Women in Maritime: As part of the First Latin America Regional Workshop of the **GMN Phase II**, the participation of regional women’s organizations in the maritime sector highlights the vital role of women in shaping the future of sustainable shipping. By fostering greater inclusion and leadership opportunities, this initiative aims to empower women as key drivers of innovation, policy development, and the adoption of energy-efficient technologies in the industry. Through dedicated discussions, knowledge-sharing sessions, and networking opportunities, the workshop will provide a platform for women professionals, policymakers, and industry leaders to exchange insights and strengthen collaboration. Recognizing that diversity enhances problem-solving and decision-making, this effort aligns with global sustainability and gender equality goals, ensuring that women play a central role in shipping decarbonization and maritime energy efficiency advancements. Amongst the representatives from the beneficiary countries of the region, representatives from the following associations, **WISTA**, **Red MAMLa** and **Wins** will participate and foster networking and professional development opportunities for women during the Workshop.

Programme

The Draft Agenda of the Workshop for your reference can be found in [Appendix A](#).

Content

When reviewing the material, please bear in mind the segment that may be relevant to you and your needs. This information was created for the following segments of the events:

- First Latin America Regional Workshop Methodology.
- The Panama Canal Field visit; and
- Scope of the **GMN Phase II**.

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Part 1: Pre-Event and Preparation for Entering Panama

2. About Panama

The **Republic of Panama** occupies a strategic location in Central America, bridging the divide between North and South America. Bordered by the Caribbean Sea to the north and the Pacific Ocean to the south, it shares its eastern border with Colombia and its western border with Costa Rica. With a land area of approximately 74,340 square kilometers, its current population is 4,517,005¹ inhabitants.

Panama's most notable geographical feature is its narrow isthmus, measuring only 80 kilometers at its most constricted point. This land bridge serves as a vital link connecting the two continents. Panama City, the nation's capital, is situated at the entrance to the iconic Panama Canal, a marvel of engineering that has solidified the country's significance as a commercial, political, and cultural hub on the world stage.

Local time in Panama is UTC/GMT-5 and equivalent to EST (Eastern Standard Time), and they do not observe DST (Daylight Saving Time).

3. International Travel to Panama

3.1 Passport & Visa

Participants travelling to Panama will have to have a valid passport within six (6) months of validity for their transit. The use of a Visa for entry to Panama is based on the nationality of your passport. You can visit the website of the [Embassy of Panama](#)² to gain more information and details about your Visa requirements, visa waiver or visa exemption. Visa costs are the responsibility of the individual, and arrangements made between the individual and the government or relevant institution.

The Regional Workshop organizers will do their best to assist by providing individual support letters to the participants. However, participants are ultimately responsible for securing any other necessary visas.

For a smooth immigration process, please make sure you know your accommodation address beforehand, as it will be required on the immigration form. We also recommend bringing a printed copy of your invitation letter and accommodation confirmation for your reference while travelling.

4. Host Country Information

4.1 Travel and Medical Insurance / Covid Compliance

To stay informed and up to date about travel restrictions so that you can ensure a smooth and compliant journey, you can access the Sherpa platform. The [Sherpa platform](#)³ is designed to be your comprehensive resource for navigating these ever-changing requirements. Here's how to use it:

¹ <https://www.worldometers.info/world-population/panama-population/>

² Embassy of Panama Visa requirement: <https://www.embassyofpanama.org/visas-1>

³ Sherpa: <https://apply.joinsherpa.com/>

- ⇒ Head to Sherpa's website: <https://apply.joinsherpa.com/>
- ⇒ Enter your destination country.
- ⇒ Select your citizenship.
- ⇒ Indicate your vaccination status (fully vaccinated, not vaccinated, etc.).

Sherpa will generate results that will be color-coded with details on travel restrictions relevant to you.

5. Covid-19 Regulations

5.1 Covid-19 Updates

Currently, there are no entry restrictions based on nationality, no mandatory physical distancing, and no digital forms, vaccinations, or negative COVID-19 tests required to enter. Mask usage is also optional.

However, travel requirements can change, so check for updates closer to your departure date. Please visit the [Panama Tourism Authority of the National Government of the Republic of Panama](#)⁴ to get up-to-date information concerning COVID-19 restrictions.

5.2 Other Vaccinations

You can visit the [Centre for Disease Control \(CDC\)](#)⁵ website periodically on Travel Health Notices for Panama.

5.3 Before Leaving Your Home Country

To ensure a seamless arrival in Panama, please be familiar with the following important documents and regulations:

- ⇒ **VALID PASSPORT:** Your passport must be valid for at least six (6) months beyond your planned departure date from Panama.
- ⇒ **PROOF OF ONWARD TRAVEL:** Provide a return ticket to your home country or a ticket to your next destination.
- ⇒ **PROOF OF SOLVENCY:** Demonstrate financial resources for your stay. This can be cash (minimum US \$500), a credit card, a bank statement, a job/ employment letter, or a traveler's check.
- ⇒ **ACCOMMODATION AND TRAVEL PURPOSE:** Indicate your lodging (Hotel, Air BnB etc.) address and the reason for your visit to Panama.
- ⇒ **TOURIST VISA:** Certain nationalities require a tourist visa before travelling to Panama. Please visit the [Embassy of Panama](#)⁶ for the listing of these countries.
- ⇒ **YELLOW FEVER VACCINATION:** A yellow fever vaccination is mandatory for travelers arriving from Brazil, who must present an international vaccination certificate issued by [ANVISA](#)⁷ at least 10 days before arrival. Exceptions include:
 - Children under one (1) year old and adults over 60 years old.

⁴ Panama Tourism Authority of the National Government of the Republic of Panama: <https://www.atp.gob.pa/asistencia-y-licencias/covid-19/#2-qubely---a-full-fledged-gutenberg-builder>

⁵ CDC: <https://wwwnc.cdc.gov/travel/destinations/traveler/none/panama>

⁶ Embassy of Panama: <https://www.embassyofpanama.org/visas-1>

⁷ Brazilian Health Regulatory Agency: <https://www.embassyofpanama.org/visas-1>

- Travelers transiting through Brazil without leaving the designated transit areas.
- Individuals with a medical certificate contraindicating the vaccine.

⇒ **LETTER OF INVITATION:** If you Requested a letter of Invitation from **MTCC Latin America, UMIP** or **IMO**, please include this in your documentation for travel. You were also advised that a letter of support can be requested if required for your Visa application.

5.4 Flight Tickets

To ensure efficient use of resources, sponsored participants will receive coverage for:

⇒ **AIRFARE:** We will cover the cost of your round-trip flight to the workshop location, using the most direct and economical route.

Please keep your Arrival (and Departure) Boarding Passes. You are required to take a clear picture of this, and email to the [organizers](#).

Please note: We cannot reimburse any additional travel expenses beyond airfare and the DSA. You will be responsible for any costs incurred in your home country related to this trip, including passport fees, visa applications, and other miscellaneous items. We recommend you start preparing any necessary travel documents like passports and visas well in advance. If you have any questions about these guidelines, please don't hesitate to contact us.

5.5 After Arriving in Panama (Panama City)

5.5.1 Filling out arrival documentation

In transit to Panama, you should receive two forms on your flight:

1. **Arrival form (immigration card)**
2. **Customs declaration form**

These need to be filled out in advance and legibly (**see Figures 1 and 2**). You will submit these at the immigration checkpoint, along with your passport and boarding pass. Once it has been processed by the Immigration personnel at the airport, keep whatever documentation the personnel give you. As you move along to retrieve your baggage, you will have to proceed through customs. Please complete your customs declaration form (CDF) beforehand.

Figure 1: Sample Arrival Immigration form for Panama.

Figure 2: Sample of the Customs Declaration form for Panama.

6. Domestic Travel (within Panama City)

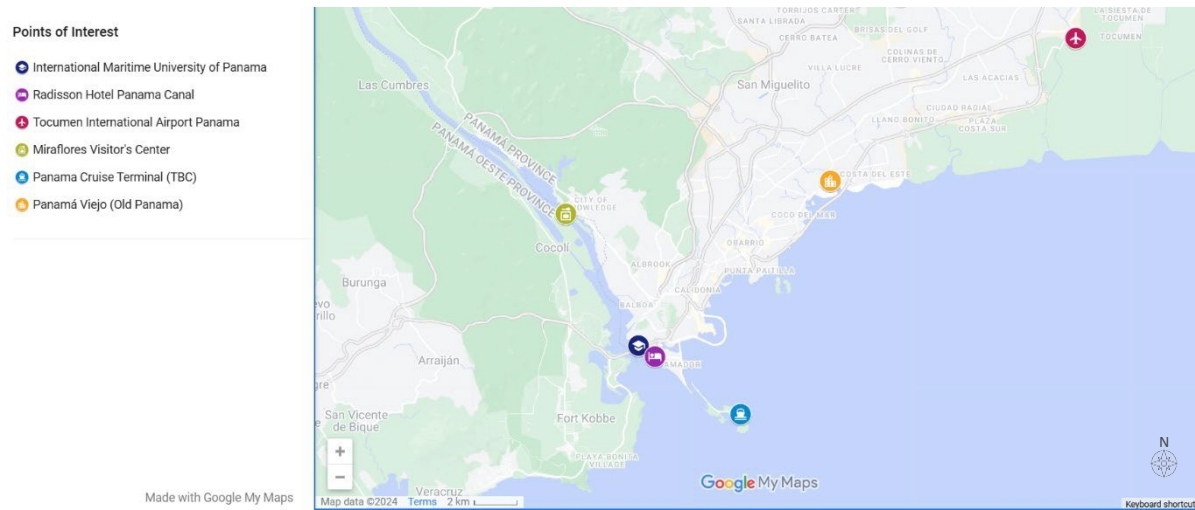


Figure 3 The places of interest shown on this map of Panama are relevant to the First Regional Workshop

6.1 From Tocumen to Panama City and other areas

Most international arrivals will be through the **Tocumen International Airport (PTY)** is at a central location, and places close to Panama City's business districts, ideal for meetings and conferences. Panama has excellent connectivity allowing you to explore throughout the country, from the capital to the Canal's edge.

Please note that participants are responsible for arranging their transportation to and from the airport. Listed below are the connections to the hotel, the main areas of focus for this event, and other transportation options (see Figure 3).

- **HOTEL AIRPORT SHUTTLE:** The Radisson Hotel Panama Canal offers an airport shuttle service for an extra charge of PAB\$35 (US\$35) per person (one way).
- **CABS**
 - These are the only taxis you can hail directly at the airport, and they offer fixed rates for individual or shared rides. The journey to the city center typically takes around 30 minutes. For your safety, only use authorized or properly registered cabs.
- **RAIL⁸:** (see Figure 4)
 - <https://www.elmetrodepanama.com/wp-content/uploads/2023/03/Guia-de-Bolsillo-Ramal-EN.pdf>
- **OTHER TAXI OPTIONS:**
 - https://www.ambermooncab.com/?gad_source=1&gclid=CjwKCAjwrlxhBhBbEiwACEqDJbX-tJZdoxQzq79sHXDefl36qNEaZWBji_2FVKgE2IXD9fLNNQ7miRoCEzcQAvD_BwE
- **RIDE-SHARING APPS:** While ride-sharing services like Uber or Cabify are not available directly within the Arrivals area (unlike taxis), you can still use them for your trip to Panama City, and other areas. Here are some directions:
 1. Exit the Arrivals Area: Once you have collected your luggage, head outside the Arrivals level.

⁸ Metro de Panamá: <https://www.elmetrodepanama.com/wp-content/uploads/2023/03/Guia-de-Bolsillo-Ramal-EN.pdf>

2. Cross the Street: Look for the designated pedestrian crossing to safely cross the street to the parking area.
3. Locate Your Driver: Use your app to track your driver's location. They would likely be waiting in a section of the parking area.
4. Connect if Needed: If you cannot find your driver, easily contact them through the app's messaging feature.
5. **Tip: Download your chosen ride-sharing app beforehand and ensure you have a reliable internet connection for smooth experience.**

6.2 Transportation arrangements during the events

Transportation arrangements for areas listed on the agenda for the event will be organized by the **MTCC Latin America** in collaboration with **UMIP**. This provided transportation will be at no cost to the participants. There will be scheduled bus trip arrangements made each day to and from the designated hotel and the designated points of activities. **It is highly recommended to stay at the designated meeting point, to make the trips and arrangements for activities seamless.**

If you decide to stay somewhere other than the designated meeting point, your options may be:

1. Make your arrangements **to meet** at the designated meeting point of activity **to and from your place of stay**
2. Arrange **to take the bus to and from** your place of stay **to the designated point of activity.**
3. Make your arrangements **to meet** at the **designated point of activity** and **take the bus back to your designated hotel.**

Please ensure that you are mindful of the start and end times of the activities if you decide to travel on your own/ in a group. You can access the schedule in the **Appendix** for more details.

PROJECT RAMAL AIRPORT

A project that positions us at the level of great international cities which provide this important connection, enabling passenger's mobility, allowing them to travel along our city, in a faster and safe manner.

- 2 kilometer extension of elevated highway
- Benefiting thousands of passengers who move about the Tocumen International Airport
- 8 thousand Airport employees
- 5000 ITSE students, in addition to the demands of the INADEH and the neighboring schools and communities.

GET MOVING ON THE METRO

IT IS SAFER AND FASTER

FOLLOW THIS GUIDE

APP AVAILABLE METRO DE PANAMA OFICIAL

elmetrodepanama

THE RAILWAY CONNECTION BETWEEN THE PANAMANIAN CAPITAL AND THE COUNTRY'S MAIN AIRPORT

GUIDE

In order to leave from the Airport Station to any point in the center of the city or the Tocumen area

You should take the train that will take you to the estación Corredor Sur. Once you are at that spot, you may head to the platform that will transfer you to your destination:

- PLATFORM 1 - towards Nuevo Tocumen
- PLATFORM 2 - towards San Miguelito / Panama City

To go to the ITSE or Airport stations

You should arrive at the Corredor Sur - Line 2. At this station you will find the CENTRAL PLATFORM.

Here, you can board an available train, every 10 minutes.

If your destination is the Tocumen International Airport

Once at the Airport Station, go down to street level where you can get aboard the shuttle that will take you to Terminals 1 and 2.

RATE PER TRIP

- LINE 1: \$0.35
- LINE 2: \$0.50
- THE USE OF BOTH LINES: \$0.85

PURCHASE YOUR TRAVEL CARD

In the vending and recharging machines located in all the Stations for just \$2.00

You may also pay for your trips by making contactless purchases with your Visa or Mastercard, turnstiles have been labeled with the corresponding logos for your convenience.

METRO HOURS OF OPERATION

Monday to Friday
5:00 a.m. a 11:00 p.m.

Saturdays
5:00 a.m. a 10:00 p.m.

Sundays and Holidays
7:00 a.m. a 10:00 p.m.

BAGGAGE ALLOWANCE

Luggage up to 100cm x 75cm x 65cm

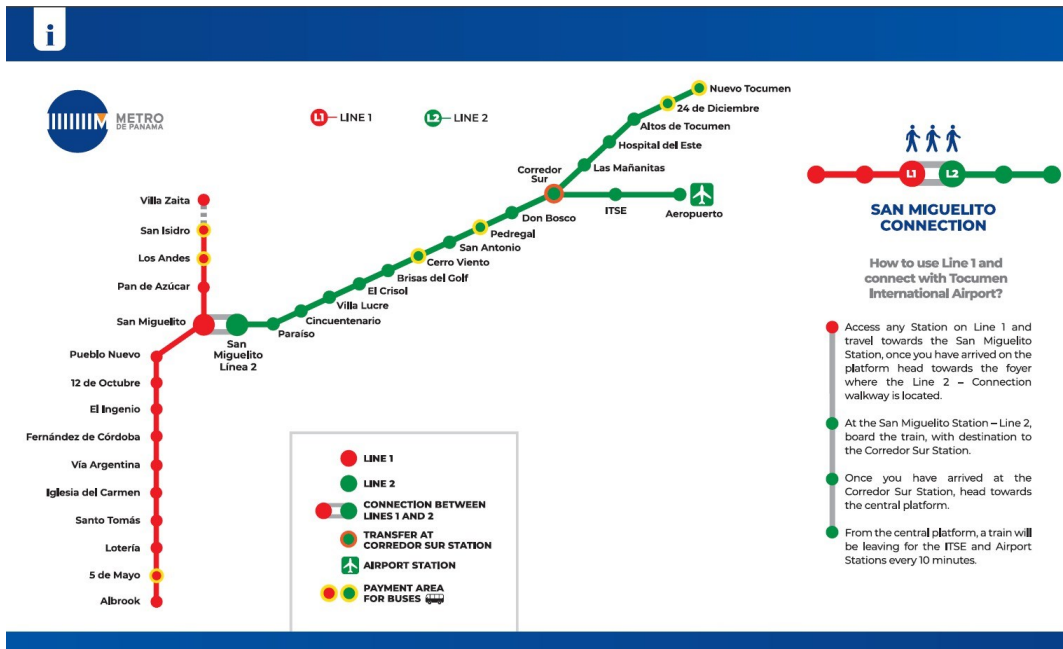


Figure 4-Direction and access to the Metro de Panama⁹ transportation option.

⁹ Metro de Panamá: <https://www.elmetrodepanama.com/wp-content/uploads/2023/03/Guia-de-Bolsillo-Ramal-EN.pdf>

7. Financial And Administrative Arrangements for Sponsored Participants

As a sponsored participant your travel and hotel arrangements may have already been organized and taken care of. This includes:

FLIGHTS: Your roundtrip airfare will be booked by the respective organizer at IMO in collaboration with MTCC Latin America

HOTEL: Participants can select and book from the recommended list of hotels near the Workshop venue.

DAILY ALLOWANCE (DSA): The IMO will issue A Per Diem (**DSA**) and Terminal expenses to traveling participants. The DSA and Terminal expenses includes the cost for your Hotel Accommodation, Living expenses and transit to and from the Airport to the Hotel.

AIRPORT TRANSFERS: To simplify your arrival and departure, your allowance will include terminal expenses to cover your ground transportation between the airport and your hotel.

KEEPING TRACK OF YOUR TRAVELS (OPTIONAL):

While we don't require receipts for reimbursement you can keep them for your records. However, **you are required to keep your boarding passes and share clear images of them with the organizers at registration.** You can simply email a copy **MTCC Latin America** or **IMO PCU** during the trip or at registration.

7.1 Daily Subsistence Allowance (DSA)

As a sponsored participant **IMO** and **MTCC Latin America** will provide you with a DSA to help cover your basic living expenses during the Regional Workshop in Panama City, Panama. This allowance is called a Daily Subsistence Allowance (DSA) or per diem.

WHAT DOES THE DSA COVER?

The UN calculates the per diem amount based on estimated living costs in Panama and with reference to your home country. This means it should be sufficient to cover your expenses for:

Meals: Dinner for three (3) days

Transit: Airport to the Hotel and Hotel to the airport.

WHEN WILL YOU RECEIVE THE DSA?

To simplify your trip planning, the organizers will reach out collectively to participants, identifying a suitable time and location where the DSA can be collected. The DSA will be disbursed as cash. Please note that the payment will only cover the approved number of days you will be in Panama City concerning the event.

7.2 Insurance

The IMO and the MTCC Latin America prioritize the well-being of all workshop participants. While we do not provide medical or travel insurance ourselves, we strongly encourage you to consider obtaining your coverage for your trip to Panama if you feel the need to do so.

WHY TRAVEL INSURANCE?

Travel insurance can provide valuable protection against unexpected circumstances, including:

Medical expenses: Should you require medical attention during your trip, insurance can help cover costs. This is particularly relevant considering COVID-19.

Trip interruption or cancellation: In the event of unforeseen situations that disrupt your travel plans, insurance may help recover associated costs.

FINDING THE RIGHT COVERAGE:

Many organizations and institutions offer travel insurance to their members or employees. We recommend checking with yours to see if coverage is available.

If not, numerous travel insurance options are easily accessible online, allowing you to compare plans and costs to find the best fit for your needs.

7.3 Other Costs

The organizing agencies of the event are pleased to cover some of your essential travel costs for attending this workshop (see above [section 7.1](#), for a breakdown of these).

However, it's important to note that the organizer of this event will not be responsible for:

Miscellaneous Costs associated with your home country: such as passport, visa fees, or miscellaneous costs.

Salary or Allowances: Compensation for your salary or related allowances while attending the meeting is not covered.

Insurance and Medical Costs: We strongly recommend you secure your travel and medical insurance for the duration of your trip.

Death, Disability, or Illness: The IMO does not assume responsibility for compensation in the event of death, disability, or illness during the workshop.

We recommend budgeting for these additional expenses to ensure a smooth trip.

8. General Information

8.1 Currency Exchange Rate

Panama's official currency is the balboa, denoted by the symbol B/. Established in 1904, the balboa has a unique and convenient characteristic: it is fixed to the US dollar at a fixed exchange rate of 1:1. In simpler terms **1.00 Panamanian Balboa = 1.00 US Dollar**.

While the balboa is the official currency, Panama primarily utilizes US dollar bills for everyday transactions. This US dollar is considered a legal tender and can be used for your other expenses throughout the country.

While Panama doesn't print its own paper money, it does have its distinctive coinage system. Panamanian coins come in denominations of 1, 5, 10, 25, and 50 cents. These coins share the same size, color, and weight as their US counterparts. This allows for the smooth circulation of both Panamanian and US coins for smaller purchases. You may see prices listed with either a "\$" or a "B/" symbol. This simply indicates whether the price is in US dollars or balboas, and they both hold the same value.

If you need to exchange money you can do so on arrival at the airport at the *Banco Nacional de Panama*. Outside of the airport, you can exchange foreign currency at the *casa de Cambio* (exchange house, in and around Panama City).

8.2 Cash and Cards

While credit cards (Visa, Mastercard) are accepted in cities, Panama can be cash focused. If you do intend to use your Visa Card, it is advised that you inform your bank of your upcoming trip. It is advisable to carry (small amounts) of Panamanian Balboa (B/) or US dollars for taxis, smaller towns, and daily small expenses. ATMs (Sistema Clave signs) (see Figure 5) are available but may charge a fee.



CREDIT CARD USE IN PANAMA:

While Panama offers a modern economy, credit card acceptance varies depending on location and establishment type. We advise you to inform your bank that you will be travelling abroad and will require the use of your credit card so that the bank does not put a freeze on it. This is an overview of informed financial planning:

Urban Areas:

Wide Acceptance: Major credit cards, particularly Visa and Mastercard, are generally accepted in cities. Upscale hotels, restaurants, and stores are most likely to have card readers.

Figure 5: ATMs that can be found around Panama.

Rural Areas and Remote Locations:

Limited Acceptance: As you venture further from urban centers, credit card acceptance becomes less prevalent. Smaller hotels, restaurants, and local shops often operate on a cash-only basis.

Taxis:

Cash Preferred: Taxis in Panama typically operate on a cash-only system.

Carrying Cash:

Essential: It's crucial to carry Panamanian Balboa (B/) or US dollars (USD) in both small and larger denominations. Exchanging larger bills for smaller change can be difficult in remote areas with limited banking facilities (ATMs) or currency exchange services. Please be mindful of keeping large amounts of cash on you.

8.3 WIFI / Internet and Phone connectivity

The hotel and UMIP will have access to the Internet. These details will be provided later. However, on the go, if you would like access to the internet via your smart phone to access your apps (that require the internet), there are several options.

8.3.1 Travel Connectivity: SIM or e-SIM

You have the option of purchasing a physical SIM card or an e-SIM (digital SIM) if you would like to make calls or have access to data (Internet) on the go.

You will need to check if your device is compatible¹⁰ with an e-SIM. Depending on your choice of an e-SIM provider, you can also find more details on their website. These are just a few (*no affiliation*), but there are many more options.

8.4 Weather in Panama (March)

Panama has a tropical climate with consistent temperatures year-round, averaging around 27°C/ 80.6F. The weather is further defined by two distinct seasons:

Dry Season (Mid-December to April): This period offers sunshine and drier conditions.

Rainy Season (May to Mid-December): Expect more frequent showers during this season.

8.5 Optional / Must Pack Items and Clothing

Since it is a tropical climate, expect time outdoors to be hot or humid at times. Pack clothes that can keep you cool and comfortable for outdoor sessions. For the indoor sessions, expect to be in an air-conditioned setting, with cooler temperatures and lower humidity, so it is advisable to walk with an extra layer jacket/ cardigan. You can optionally bring a rain jacket.

¹⁰ E-SIM Compatibility <https://esimcard.com/blog/android/esim-compatibility/>

8.5.1 Practical and Outdoor Session

Examples include sneakers, hiking shoes, steel tip shoes or any other protective shoes (See Figure6).

(Please note: if you have a new pair of shoes, please wear them several times before packing)

The events contain multiple sessions with a variety of activities. To help with the transition between activities indoors and outdoors, you may need to pack other supporting items to make your trip more comfortable:

3. Earplugs
4. Sunglasses
5. Sun Lotion (skin protection)
6. Chapstick
7. Reusable water bottle
8. Small Day bag/backpack (for essential items)
9. Any essential medication
10. Small snack



Figure 6: Acceptable Footwear for the Practical Session.

8.5.2 Power

Panama uses power plugs and sockets¹¹ in the images in Figures 7a and 7b, below. There is a standard voltage of 120 V and a frequency of 60 Hz. If your devices are compatible with these specifications, you will not need a power adapter.

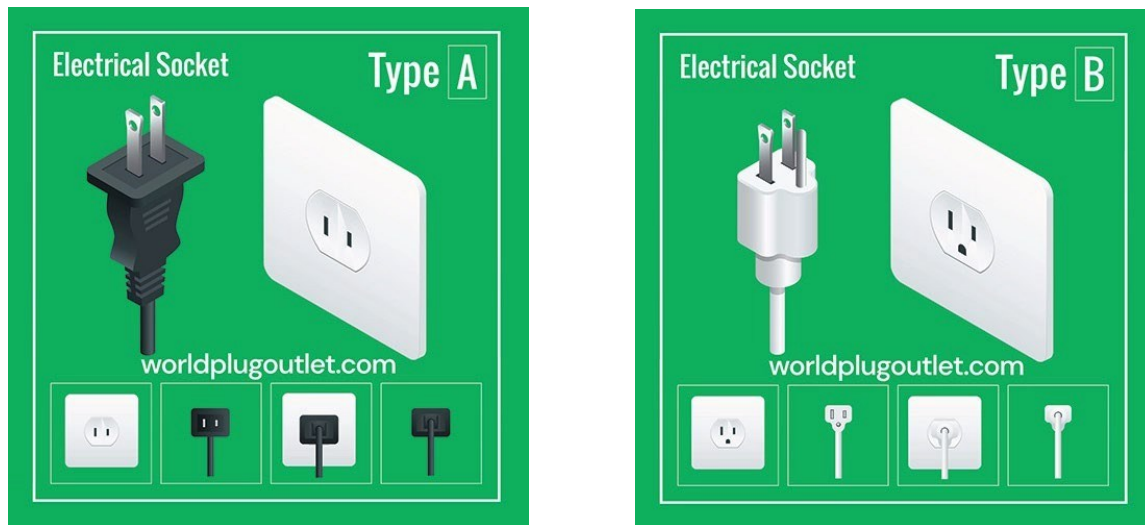


Figure 7: a) A two-prong plug with two flat parallel pins. b) A three-prong plug with two flat parallel pins and a grounding pin.

8.6 Language and Translation apps and Useful Panamanian (Spanish) phrases

The official language is Spanish, although many Panamanians also speak English. You can download Google Translate¹² to your phone, or use Google Translate through a browser on your phone or your laptop/ tablet. Depending on what type of device you have, there are also many other options for preferred translation apps.

| ENGLISH | SPANISH |
|--|---------------------------------------|
| <i>Good morning/Good day</i> | Buen Día |
| <i>Where is the bathroom?</i> | Dónde está el baño? |
| <i>How are you?</i> | Cómo estas? |
| <i>Good night</i> | Buenas noches |
| <i>Hi</i> | Hola |
| <i>Thanks</i> | Gracias |
| <i>Please</i> | Por favor |
| <i>Do you speak English?</i> | Hablas inglés? |
| <i>You're welcome / At your service</i> | De nada / A la orden |
| <i>Hi, my name is Jane, nice to meet you</i> | Hola, mi nombre es Jane, mucho gusto. |
| <i>Hi, nice to meet you</i> | Hola, mucho gusto. |
| <i>Until Tomorrow</i> | Hasta Mañana |
| <i>We will see each other tomorrow</i> | Nos vemos mañana |
| <i>How much does it cost?</i> | Cuánto cuesta? |
| <i>I want one of those</i> | Quiero uno de esos |
| <i>The bill, please</i> | La cuenta por favor |
| <i>I want to pay with a card/cash</i> | Quiero pagar con tarjeta/efectivo |

¹¹ Plug <https://www.worldplugoutlet.com/panama/>

¹² Translation <https://play.google.com/store/apps/details?id=com.google.android.apps.translate&hl=en&gl=US>

Part 2. During The Event

9. VENUES

9.1 UMIP (Universidad Marítima Internacional de Panamá)¹³

The Maritime University of Panama, also known as Universidad Marítima Internacional de Panamá (UMIP), is the leading institution in Panama specializing in maritime education and training. It was established in 2005, and absorbed the former Nautical School of Panama, dating back to 1958 (see Figure 8). The focus is to primarily train cadets to become qualified marine ship officers. They offer a variety of undergraduate degrees related to nautical sciences, maritime engineering, logistics, and marine biology. The University is situated in the [Albrook area of Panama City](#), on the former site of the Albrook Air Force Base. UMIP plays a crucial role in supporting the Panamanian maritime industry, a significant contributor to the country's economy due to the Panama Canal. The university boasts modern facilities, including training simulators and laboratories, to provide students with comprehensive and practical learning experience.

UMIP has graciously agreed to host our events and is in an excellent strategic location close to many of our outdoor-related activities. It is the perfect base to align and forge industry-relevant connections and renew existing relations within the sector.



Figure 8: The major entrance at [UMIP](#), where our events will be hosted.

¹³UMIP: <https://www.umip.ac.pa/umip-web/aspirantes.html>

9.2 Accommodation:

The organizer provides a List of [Hotels Rates](#) near to the Venue for the good reference of the participants.

[Radisson Hotel Panama Canal](#)¹⁴

In addition, we bring information of The Radisson Hotel Panama Canal (see Figure 9) is a relaxed hotel featuring multiple restaurant options and canal views, recreation facilities which include pools and a fitness centre. It is situated on the Amador Causeway, next to the beautiful Panama Canal near Casco Viejo. The Hotel has access to WiFi throughout, modern rooms with AC, cable TV, en-suite bathrooms and toiletries. There is also a 24-hour business centre and meeting rooms. Nearby sites include the Bridge of the Americas and the Frank Gehry Biodiversity Museum.

For the convenience of participants, we have made arrangements with the **Radisson Hotel** where we share with you the group link to manage your room reservations: <https://www.choicehotels.com/es-xl/reservations/groups/OE38N3>

Room blocking will remain in place until **10/03/25**. Unreserved rooms will be released starting **11/03/25** and reservations would be subject to availability.

Please note that this is the hotel where **MTCC Latin America** will be providing transportation to and from the UMIP Conference venue, so staying at the Radisson Hotel is highly recommended.

Commutes to UMIP for the events will be **facilitated by a coach each day**, and the schedule will be communicated to the participants before the event. UMIP is roughly 3km away and is a 36-minute walk or 7 minutes by vehicle.

Address: Amador Ave. & Pelicano Ave., Panama City, 8001, Panama

Contact: Raul Hernandez: rhernandez@unesa.com

P: + (507) 211-4502

M: + (507) 6930-6900

Yara Arcia: ventas_hotel01@unesa.com



Figure 9: The Radisson Hotel Panama Canal, and some of its features, inclusive of comfortable bedrooms with a view and restaurants.

¹⁴ Radisson: https://radisson-hotel-panama-canal.h-rez.com/index.htm?lbl=ggl-en-rsp&gad_source=1&gclid=CjwKCAjwoa2xBhACEiwA1sb1BCkiBQ5narCe0qV70ZpZSlgRbM5odG6sazFohoi75-HmF0neNIjTProCuLUQAvD_BwE

9.3 Meals

Breakfast: Complementary with the Hotel Room

Lunch: Provided for the 2 days at the event

Coffee Break: Provided for the 2 days at the event

Dinner: Participant responsible for all other days.

9.4 Registration

The organizers will be holding registration on the morning of Tuesday 18th March 2025 for the participants of the Regional Workshop.

10. Major Events and Site Visit Days

The following is a list of the major events across the two (2) days of the event. The transit schedule with the specific times will be communicated to the participants before the events. The listing here **only** contains the events and **not** the entire proceedings of the agenda.

10.1 Panama Canal Miraflores Locks

Date: Wednesday 19th March 2025

Location: Assembly at UMIP and Transit to the Panama Canal (depart at 07:30)

Start time: 08:00

End time: 11:00

Dress Code: Business casual- Casual

11. Nearby Attractions

After events, individuals or groups (preferred) can sample some aspects of the Panamanian life and indulge in their food, and culture. These trips are not covered on your DSA and will be done on a personal basis. Please be mindful of your safety and surroundings when travelling.

11.1 Restaurants / Cafes

1. **Fonda Lo Que Hay**¹⁵: Upscale version of traditional Panamanian dishes. First come first serve, but reservations are always better.
 - a. Google Pin: <https://maps.app.goo.gl/V7wziVktDCBaX9DF6>
2. **Canal House Panama**¹⁶: delicious cuisine and cocktails. Great View of the canal
 - a. Google Pin: <https://maps.app.goo.gl/HjHZ7wMmKbxzyFQe9>
3. Coffee Shop: <https://lumacastore.com/>
4. More options can be found [here](#)¹⁷:

11.2 Nature/ Park:

1. **Centro Natural Punta Culebra**¹⁸: The Smithsonian Institute offers a mix of marine and amphibian exhibits, walking trails, hands-on science activities and recreational spaces. Please see the websites for times and entry rates. (COST ATTACHED)
 - a. Google pin: <https://maps.app.goo.gl/qjyy8ETU3UY7yg636>
2. **Ancon Walk**^{19,20}: Birds, sloths, view of the bridge of the Americas. Paved road, and trail. Step access. (FREE)
 - a. Google pin: <https://maps.app.goo.gl/kiF1ECq1DMKgCjDm9>

11.3 Museums and Galleries

There is an assortment of Art Galleries around the [Panama Canal Museum](#)²¹ located here: Google Pin: <https://maps.app.goo.gl/Du9PwWRirDnCwMGUA> . (COST ATTACHED)

11.4 Souvenirs and Markets

1. Souvenir and Coffee shop: [Lumaca](#)²² (Google Pin: <https://g.co/kgs/hnb3KwZ>)
2. Artesanias Ancon (Google pin: <https://g.co/kgs/DzWEUKD>)
3. [Listing of Local Crafters](#)²³

¹⁵ Fonda lo que hay: <https://www.fondaloquehay.com/>

¹⁶ Canal House: <https://canalhousepanama.net/#QUIENESOMOS>

¹⁷ Options: https://www.tripadvisor.com/RestaurantsNear-g294480-d299995-Radisson_Hotel_Panama_Canal-Panama_City_Panama_Province.html

¹⁸ Punta Culebra Nature Center: <https://stri.si.edu/visit/punta-culebra>

¹⁹ Ancon Walk: <https://mybeautifulpassport.com/ancon-hill-panama-city-panama/>

²⁰ Ancon Walk (Trip Advisor) https://www.tripadvisor.com/Attraction_Review-g294480-d2513304-Reviews-Ancon_Hill-Panama_City_Panama_Province.html

²¹ Panam Canal Museum: <https://museodelcanal.com/en/compra-boletos/>

²² Lumaca: <https://lumacastore.com/>

²³ Local Crafters: <https://theculturetrip.com/central-america/panama/articles/the-10-best-places-to-buy-souvenirs-in-panama-city>

12. Contact Information

12.1 Organizers:

| Organization | Name | Position | Email | Phone Number |
|--------------------|--------------------------------|---|--|----------------|
| MTCC Latin America | Chief Eng. Ervin Vargas Wilson | Director / Head | evargas@umip.ac.pa | +507 6781 1602 |
| MTCC Latin America | Mr. Javier Diaz | Project Manager | jdiaz@umip.ac.pa | +507 6370 7035 |
| MTCC Latin America | Mrs. Aricel Arauz | Administrative Coordinator | admin-mtcc@umip.ac.pa | +507 6735 9899 |
| IMO GMN II PCU | Mrs. Petra Ahari | Project Analyst | pahari@imo.org | |
| IMO GMN II PCU | Mrs. Viviane Oviedo | Project Assistant (available for queries in Spanish) | VOviedo@imo.org | |

12.2 Emergency:

THE EMERGENCY LINE IN PANAMA IS: **911**

POLICE CAN BE REACHED AT **104**

Victims of Crime: Report crimes to the local police by dialing:

104 (NATIONAL POLICE) OR

511-9260 (TOURIST POLICE IN PANAMA CITY)

Emergency Medical Service

Hospital Santo Tomás (public hospital)

[+507 507-5830](tel:+5075075830)

Google pin: <https://g.co/kgs/MvaRSJQ>

Hospital Nacional (private hospital)

[+507 307-2102](tel:+5073072102)

Google pin: <https://g.co/kgs/zAXFHTt>

Part 3: Post-Event and Departing Panama

12.3 Departure

Please keep your Arrival and Departure Boarding Passes and send a clear picture of them to the organizers.

- ⇒ **Double-check your belongings:** Pack your bags (yourself) and ensure you have everything you brought, including event materials, business cards, personal items, and electronics.
- ⇒ **Hotel:** Settle any outstanding charges with the hotel and confirm your checkout time.
- ⇒ **Travel Documents:** Verify you have all your travel documents, including your passport, boarding passes, and any required visas.
- ⇒ **Transportation:** Reconfirm your flight details, and online check-in, and arrange your ground transportation to the airport.
- ⇒ **Feedback:** kindly complete all surveys for the event. This information is useful as it provides organizers with information that will be beneficial for future events.

Part 4: UN Code of Conduct Code: At UN System Events

The United Nations strives to create a welcoming and respectful atmosphere at all its events, fostering an inclusive space where everyone feels safe to participate. This commitment reflects the organization's high ethical and professional standards. All participants, from organizers to attendees, are expected to uphold these standards by acting with integrity and treating each other with dignity.

Please review the United Systems Code of Conduct here:

<https://www.un.org/en/content/codeofconduct/>

Additionally, please sign and return your **Acceptance Form** to the organizers.