

MOVEMENT EXCHANGE

PANAMA PRE-DEPARTURE
HANDBOOK

2017–2018

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movementexchanges.org
info@movementexchanges.org

BIENVENIDOS TO MOVEMENT EXCHANGE IN PANAMA!



Movement Exchange unites dance and service through its university chapter network, international dance exchanges, and year-round dance programs at home and abroad. By uniting dance and service, we can make the world a better place one community at a time. We are delighted to have dancers, like you, who are passionate about serving through dance, and we hope that this experience offers you a glimpse into how dance can positively transform the lives of others, strengthen communities, and promote cross-cultural understanding.

Movement Exchange began international dance exchanges in Panama in 2010. We've since held yearly performances starring over 100 youth and currently fund year-round dance programs at various orphanages and communities in Panama. These programs are funded in part by your program donation and are taught by local Panamanian instructors. Our network includes a number of university chapters throughout the United States, whose members are committed to providing year-round dance education in their own communities.

What began as a small idea has now grown into a nationwide community of like-minded dancers who are empowered to give back to the world. We hope this exchange will further develop your relationship to dance by sparking your desire to be an ever-evolving teacher and inspiring you to advocate for dance's ability to change lives. We admire your commitment to movement and global service, and we look forward to witnessing how your individual perspective will enrich our time together.

DON'T FORGET TO FOLLOW MOVE-EX!



@movementexchange



@movementexchange



@movementxchange

move to change

MODEL FOR DANCE DIPLOMACY

OUR APPROACH

SERVICE



Local & International
Dance Service

EDUCATION



Teaching, Learning
& Collaboration

SUSTAINABILITY



Year-Round Dance
Education Programs



OUR IMPACT

- Cross-Cultural Understanding
- Social Inclusion
- Community Empowerment

- Civic Engagement
- Self-Esteem
- Creative Expression



SAMPLE ITINERARY: Panama City Exchange (Mar–Nov)



DAY ONE

Welcome to Panama, an isthmus connecting the Atlantic and Pacific Oceans. We will celebrate your group's arrival with a welcome dinner in Casco Viejo, the historical district of Panama City. Panama is a melting pot of diverse cultures, which can be seen in the Spanish and French architecture found throughout this part of the city. The cathedral and colonial period homes with balconies are great examples of this unique architectural combination. Once we settle into our nearby accommodations, everyone will receive an In-Country Handbook that functions to guide daily discussions for our week of dance and service.

DAY TWO

We will start off our day with a hike up Cerro Ancon, a small inner-city rainforest with a breathtaking view of Casco Viejo, Panama City's skyscrapers, and the vast Pacific Ocean. After the hike, it's time to dance. Today, you will be taking class from the students at the University of Panama to get a sense of their training and movement. After lunch, we will head across the scenic Bridge of the Americas to Malambo Orphanage in Arraijan. Malambo is home to over 100 children, the majority of which are girls. This particular orphanage takes care of many children with disabilities and chronic diseases such as HIV. We will tour the grounds and get to know the children before class. You may not speak Spanish, but you speak the language of dance, so we will break into 2-3 group and teach class to the girls for the rest of the afternoon.

DAY THREE

Rise and shine for a full morning of dance class! We will be learning one of the following techniques from a local dance professional: flying low modern, aerial dance, salsa, or breakdance. Following class, we'll be picked up for our second day at Malambo Orphanage. By now you should feel more comfortable teaching and developing relationships with them, so delve deeper into your class material. We return to Magnolia Inn right after the classes to do reflections. Dinner on your own tonight will allow you to explore the city's scene!

SAMPLE ITINERARY: Panama City Exchange (Mar–Nov)

DAY FOUR

To start of your day, you will be taking a Panamanian folkloric dance. What a great way to get to know Panama's many cultural dance traditions! So get ready and warm up for some "seguidillas." After lunch, we'll be dropped off at the Aldea SOS Orphanage in Panama City. The Aldea SOS Orphanage is a beginning class for boys and girls ranging in age from 6-18. Remember that at Aldea you will be teaching outside in an open area. Aldea SOS is a similar house system to the Malambo Orphanage and also has over 100 kids who live there full-time. Dinner is on your own again tonight, feel free to explore the myriad of restaurants that Casco can offer!

DAY FIVE

This morning you will take another dance class in either flying low modern, aerial dance, salsa, or breakdance. After lunch we'll head on to a small tour at Mi Pueblito. Mi Pueblito is a picturesque town that was built to exhibit the folklore and tradition of Panama, past and present. Here you will get to witness different housing styles back in the days, from natives to towns. After the small tour we'll find our way back to the Aldea SOS Orphanage in Panama City, this will be our second day seeing the kids. Help them get out of their comfort zone as you teach today! They'll loosen up after seeing your familiar faces again. After dancing at Aldea, it's back to Casco for reflections and dinner will be on your own tonight again. The plazas will start to become more alive tonight, so feel free to explore!

DAY SIX

Take this morning as well-deserved free time to explore, take a nap, or journal. After lunch, we'll be picked up for our last day of teaching at the Aldea SOS PTY orphanage. Be sure to finalize your choreography because we'll have one big show. Say your final goodbyes to the students you've gotten to know this week and we'll head back to Casco Viejo for dinner.

DAY SEVEN

Beach day today! Be sure to bring a bathing suit, towel, and plenty of sunblock. After lots of sun and sand, we will have our final group dinner and reflections. We will celebrate a jam-packed week of dance and service with a night out salsa dancing, Panamanian style. Time to put those newly refined salsa skills to use!

DAY EIGHT

Our final group breakfast will precede a morning stroll for last minute souvenir shopping. It's time to say our last "hasta luego" to all our new friends in Panama and head to the airport. Panama thanks you for your passion, energy, and time!

Note: Classes at the University of Panama will occur provided that it is in session during our exchange dates. All itineraries are subject to change.

SAMPLE ITINERARY: Community Exchange (Dec–Feb)



DAY ONE

Welcome to Panama, an isthmus connecting the Atlantic and Pacific Oceans, and a melting pot of diverse cultures. We celebrate your arrival with a welcome dinner in Casco Viejo, the historical district of Panama City. Here you will see many examples of intricate Spanish and French architecture, such as the cathedral and colonial period homes with balconies. Casco Viejo has the best view in town for sunsets over the sea. Once we settle into our accommodations nearby, you will be receiving an In-Country Handbook that will be guiding daily discussions for the week of dance and service.

DAY TWO

Early to rise today! We will be leaving Casco Viejo to teach a morning class in a community outside of the city. Once we arrive, you will be teaching your first class of the week. You should have two lesson plans ready: one for your first class and one for your second class. We will have five days to prepare for a performance and community celebration! After class and a Panamanian lunch, we will set off on an excursion to a nearby port where we'll watch the sunset by the waterside and return to for a traditional dinner. We will end the night with reflections on our first day.

DAY THREE

Breakfast will be in the school followed by a group warm-up and class preparation. Today will be a continuation of working on the choreography for the community showcase. What kind of changes do you see in the kids so far? After class, we will visit an Embera community that is near the town. The Embera people are one of five main indigenous groups in Panama and are known for their impressive canoes and non-permanent jagua tattoos. You will be able to get a jagua drawing done on your skin if you'd like!

DAY FOUR

Following breakfast, we will continue our classes at the public school. There are no dance studios in town, and our classes are definitely a highlight of the year for many of the local kids. You should be starting to refine your pieces, because show time is in two days. Our local meal of sancocho will refuel us for a trip to another nearby city in the province. After sightseeing, we will return to dinner hosted by one of the families in town.

SAMPLE ITINERARY: Community Exchange (Dec–Feb)

DAY FIVE

This morning, we will mix it up by taking a folkloric dance class. Get ready to sweat and feel the rhythms of Panamanian culture! Before lunch, we will perfect the choreography for the show with the kids. An afternoon visit to the nearby ecological farm is followed by a hearty dinner and nightly reflections. Get to bed early today, because the show will be tomorrow morning.

DAY SIX

It's show time! We will begin the morning with breakfast, a group warm-up, and then head over to the school to set up for the performance. Get ready for lots of dancing. This is your chance to see what the rest of the community is like. You will get to meet your kids' teachers, friends and families—what a treat! We will say our goodbyes and give our last round of hugs because after the show we will return to Casco Viejo in Panama City. Tonight, we will have some time to explore Casco Viejo and its colonial streets before grabbing dinner. You may want to check out the Mercado de Mariscos, serving some of the best ceviche, fried fish and patacones in Panama City.

DAY SEVEN

Rise and shine for a full morning of dance class! We will be learning one of the following techniques from a local dance professional: flying low modern, aerial dance, indigenous dance forms, or Afro-Panamanian dance. Following class, we will visit one of the engineering marvels of the past century, the Panama Canal. Hopefully we will see a boat passing through so you can witness the complexity of its lock system. We will celebrate a jam-packed week of dance and service with a night out salsa dancing, Panamanian style. Time to put those newly refined salsa skills to use!

DAY EIGHT

On our final morning we will take one last dance class from a local professional before we take a stroll for last minute souvenir shopping. It's time to say our last "hasta luego" to all our new friends in Panama and head to the airport. Panama thanks you for your passion, energy, and time!

Note: All itineraries are subject to change.

PROGRAM CONTRIBUTIONS

PROGRAM DONATION PER PARTICIPANT

Students (high school and university): \$1,390 – 8 days, 7 nights

Non-students: \$1,590 – 8 days, 7 nights

A non-refundable and non-transferable deposit of \$500 is due 3 months prior to the exchange dates.

Note: Movement Exchange university chapters who recruit a group of 15 or more participants will have the 16th participant's fee (\$1,390) waived. How this discount will be dispersed among chapter members is decided by the university chapter.

PROGRAM DONATION INCLUDES:

- Eight days and seven nights of lodging at hostel (shared rooms)
- Transportation to and from the airport in Panama City (PTY)
- Daily transportation between youth foundations, orphanages, and activities
- 24/7 guides and translators
- Classes with local dance professionals
- Discussions on Panamanian culture
- Breakfasts, most lunches and dinners (Some dinners will be on your own...time to explore!)
- Excursions to beach, the Panama canal, and/or other tourist sites
- Pre-program preparation

PROGRAM DONATION DOES NOT INCLUDE:

- Airfare to and from Panama City (PTY)
- Some dinners
- Personal expenses
- International travel/health insurance

PROGRAM DONATION BREAKDOWN

Distribution	Percentage
Exchange logistics (including transportation, lodging, meals, studio space, translators, dance instructors, cultural activities, dance supplies, and other operating expenses)	~70% of program donations
Sustainability and administration of international and domestic programming (including continued classes throughout the year by in-country instructors at three orphanages and two communities in Panama, staffing, university chapter support, insurance, and related fees)	~30% of program donations

A portion of your program donation contributes to the sustainability of Movement Exchange by supporting year-round, locally staffed dance education at the Panamanian orphanages we partner with.

SUSTAINABILITY



Dance Education Programs

PROGRAM CONTRIBUTIONS

HOW TO SUBMIT PROGRAM DONATIONS

Option one: Empowered fundraising page at empowered.org/movement-exchange

Suggested method Funds raised here go directly to the organization.

Email info@movementexchanges.org if you would like an individual fundraising page set up on Empowered.

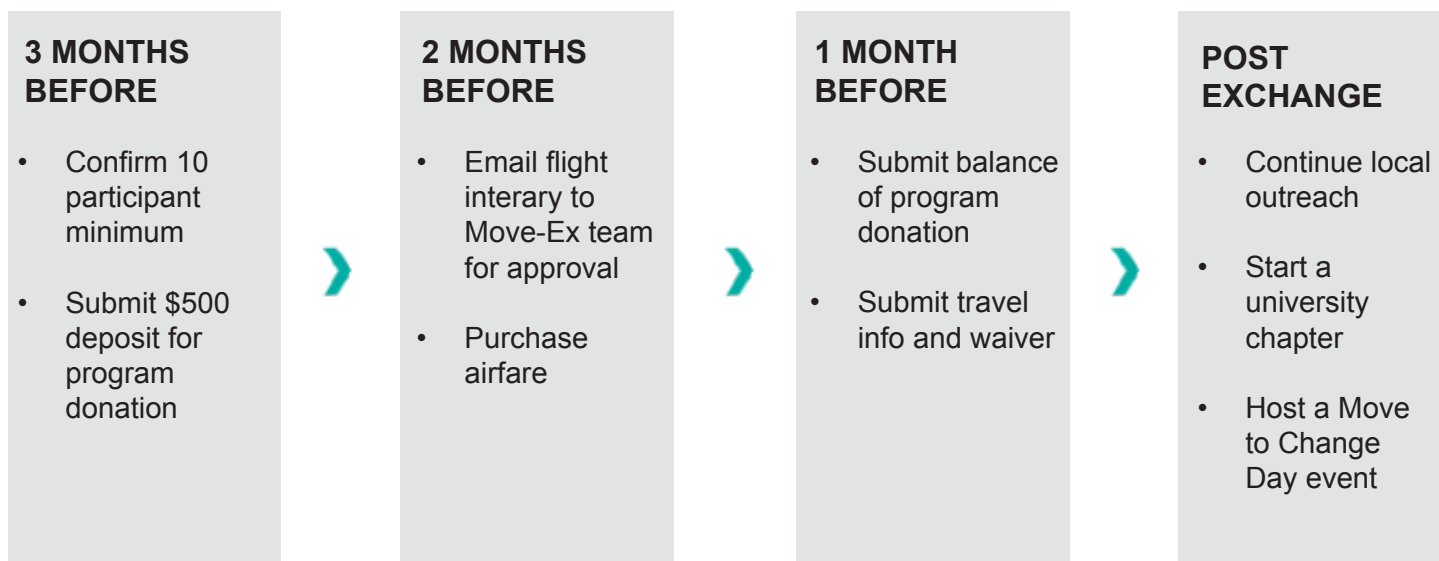
Option two: Paypal via [movementexchanges.org](https://www.movementexchanges.org).

Visit the donate page on our website (www.movementexchanges.org) to submit the program donation online or email info@movementexchanges.org for the direct link.

HOW TO BUY AIRFARE

1. **Go to [Kayak.com](https://www.kayak.com) to find best fares** from your city to Panama City (Tocumen International Airport: PTY)
2. **Send itinerary to Move-Ex team for approval BEFORE you buy your tickets.** Participants must arrive in Panama at designated times as there will only be one group pick up and drop off from the airport.

EXCHANGE TIMELINE



CONTACTS AND IN CASE OF EMERGENCY

IN CASE OF EMERGENCY

All participants will be transported immediately to the U.S. Embassy. It is the point of contact for all U.S. nationals. In the case that participants are not in Panama City, our second point of contact for everyone is Malambo Orphanage (Hogar de Malambo).

Parents/guardians will be contacted, as well as the U.S. Embassy on their 24-hour line:
(507) 207-7000

IN CASE OF INJURY OR SICKNESS

For minor issues, participants will be taken to the Ministerio de Salud, a clinic located in Casco Viejo.

For serious injuries, participants will be taken to Hospital Nacional (<http://www.hospitalnacional.com>). The Movement Exchange staff will alert parents/guardians and the U.S. Embassy.

IMPORTANT EMERGENCY NUMBERS

- 911 National Medical Emergency
- 103 Fire Station
- 104 National Police
- 455 Red Cross
- 355 Medical Rescue (Protección Civil); for 24 hours service dial: 3160080

HEALTH INFORMATION

There are currently no required vaccinations to travel to Panama.
For more information, go to www.cdc.org

All participants must have personal health insurance that covers international travel.

Please check with your U.S. carrier regarding international travel coverage.
There are also many sites online that offer affordable international health insurance for traveling.



If you have questions, contact us at
info@movementexchanges.org

WHAT TO PREPARE

You will be teaching many dance classes for different levels. Possible teaching locations include a range of orphanages, foundations for at-risk youth, public schools, the University of Panama and/or varying dance studios and communities. Prepare a curriculum including games, warm-ups, across the floor movement, combinations, and choreography with the goal of holding a small performance starring your students by the end of the program.

Think about your curriculum and how it will demonstrate and instill these core values:

Positive self-esteem and self-confidence, cross-cultural understanding, community and collaboration, social equality and inclusion, creative expression and artistic independence, and a diverse knowledge of styles and concepts.

Check out our Curriculum Handbook, which you can download at www.movementexchanges.org, for more information on how to prepare for teaching and other reading materials.

In addition to thinking of dance combinations and choreography, consider the following:

- **Practice Spanish** words and phrases that you will use to explain and teach the movement. Use Spanish Basics on the following page to practice.
- **Bring music** for your choreography and classes (songs in Spanish are highly recommended!) in CD format as well as on your iPod. Please bring small speakers or iPod players, although Movement Exchange will supply the music players for your classes.
- **Prepare your patience.** Welcome to the Caribbean! The itinerary will change, rain means people show up hours late, and the general pace of life is much slower.
- **Please check out the FAQs on the website** for other questions. Don't hesitate to contact us if something is not answered.
- **Prepare your thoughts** and post on our blog and Facebook page about your experience with photos, videos and commentaries! You'll be invited to blog for us. Follow the directions on WordPress in the email we send you.

SPANISH BASICS

COMMON PHRASES

Hola	Hello
Como estas? Que tal?	How are you?
Estoy muy bien, y tu?	I am very well, and you?
De donde eres?	Where are you from?
Soy de...	I am from...
Que hora es?	What time is it?
La hora es...	It is (the hour is)...
Como te llamas?	What is your name?
Me llamo...	My name is...
Donde esta el bano?	Where is the bathroom?
Como se dice...?	How do you say...?
Con permiso	Excuse me
Por favor	Please
Callense, por favor!	Be quiet, please!
Yo soy bailarín/bailarina	I am a dancer (male/female)
Gracias	Thank you
Adios	Good bye

BODY VOCAB

La cabeza	Head
El pecho	Chest
El cuello	Neck
La espalda	Back
El brazo (los brazos)	Arm (arms)
La pierna (las piernas)	Leg (legs)
El estomago	Stomach
El cinturon	Waist
La cadera (las caderas)	Hip (hips)
La mano (las manos)	Hand (hands)
El pie (los pies)	Foot (feet)

NUMBERS

Uno	One
Dos	Two
Tres	Three
Cuatro	Four
Cinco	Five
Seis	Six
Siete	Seven
Ocho	Eight

ADJECTIVES

Derecho	Straight
Derecha	Right
Izquierda	Left
Aqui	Here
Rapido	Fast
Lento	Slow
Alto	High
Bajo	Low
Grande	Large/big
Pequeno	Small

VERBS

Bailar	To dance
Saltar	To jump
Mover	To move
Caminar	To walk
Correr	To run

WHAT TO PACK

- Passport and two photo copies of passport
- Important documents: insurance information, photo ID, and reservation information, if applicable
- Dance clothes and shoes (bring a variety of t-shirts, tank tops, shorts, and knee-length legwear)
- Music downloaded on your phone or iPod and on CDs or USBs for the kids to keep
- CD player/iPod player (battery operated is ideal), and the louder the better!
- Games and activities to play with kids and/or gifts for the new friends you will meet
- Flashlight or head lamp
- Non-perishable snacks
- Insect repellent in wipe form (>30% DEET)
- Prescription medication/travel medicine (recommended: stomach soothers and anti-diarrheals)
- Lightweight pants, light sweatshirt
- Umbrella and/or raincoat
- Closed-toed shoes
- Hat, sunglasses, sunblock
- Camera/video camera
- Refillable water bottle (water in Panama City is safe to drink!)
- Shower sandals
- Towel
- Travel-size toiletries (check these in your suitcase due to new TSA regulations on liquids)
- Swimsuit
- \$100–\$300 in spending money in U.S. dollars. Allocate enough extra cash for yourself to cover the designated dinners on your own, souvenirs, etc. Panama uses the U.S. dollar.

HOW TO PACK

- Print and bring the Curriculum Handbook as you will want to refer to it on the exchange. It is great for developing lesson plans.
- Panama is hot, humid, and wet, so be sure to plan accordingly.
- Bring smaller bills, such as \$5's and \$10's, as some vendors do not have change for larger bills.
- Leave hair dryers and other such beauty products at home. You will not need them.
- Pack light. A large backpack or duffle bag should provide plenty of room for everything that you need to bring. Try to bring only carry-on luggage.
- Medicine: keep them in their original prescription bottles and always in your carry-on luggage. Be sure to follow security guidelines if the medicines are liquids.
- Bring some plastic sandwich bags to keep your camera, wallet, etc dry.

ABOUT PANAMA

Welcome to Panama, a Caribbean isthmus connecting North and South America! It is a small country in size, but one with amazing cultural and environmental diversity.

PANAMA VIEJO (OLD PANAMA CITY)

Panama Viejo was the first Spanish City founded in the America's Pacific Coast in 1519. It was founded by the Spanish conquistador Pedro Arias de Ávila, and became the starting point of expeditions that conquered the Inca Empire in Peru. It was a stop-over point of one of the most important trade routes in the history of the American continent leading to the fairs of Nombre de Dios and Portobelo, where most of the gold and silver that Spain took from the Americas passed through. The city was destroyed by a devastating fire when the pirate Henry Morgan sacked it in 1671. It was rebuilt and formally established in 1673, as "Casco Viejo."

PANAMA CANAL

From the moment the Pacific Ocean was "discovered" by Vasco Nuñez de Balboa in 1513, the European desire to build a bridge between the Atlantic and Pacific Ocean existed. Although the Spanish, English, Americans, and Colombians thoroughly researched this possibility, it was the French who started building the canal in 1882. After the French failed to complete the Canal and went bankrupt, the United States continued the construction in 1904.

- When the French started building the Canal, Panama was part of the "Gran Colombia" (Colombia, Venezuela, Ecuador & Panama). Because the U.S. supported Panama on their separation from Colombia, Panama gave them the right to build the Canal.
- It took the U.S. 10 years, 75,000 workers and \$375 million dollars to complete the construction of the Panama Canal by 1914.
- The U.S. had created the largest earthen dam, the largest artificial lake (Lake Gatun), and the largest set of locks, turning out to be the most expensive project in U.S. history.
- Over time, tensions grew between Panamanians and the U.S. as the U.S. had perpetual ownership of the Canal. Due to violent incidents that occurred through the years, it was agreed that the Panama Canal would go to Panamanian hands on Dec. 31, 1999.



Streets of Casco Viejo



The Panama Canal

U.S. INVASION

In 1989, the U.S. broke international law and its own policies by invading Panama in order to bring its dictator Manuel Noriega to justice for drug trafficking. Corruption was widespread during Noriega's rule, and he was able to use his power to imprison and sometimes kill many who opposed him. Following the shooting of a U.S. Marine, President George Bush ordered Operation Just Cause, an invasion consisting of over 25,000 soldiers. The mission took hundreds of Panamanian lives and damaged Panama City and El Chorrillo. The military was able to quickly achieve its goals as Noriega surrendered on January 3, 1990. He was tried, convicted, and jailed on drug trafficking charges.

RECOMMENDED READINGS

The Path Between the Seas: The Creation of the Panama Canal by David McCullough

A People Who Would Not Kneel: Panama, the United States and the San Blas Kuna by James Howe

Other topics to read up on:

- Panama History
- Indigenous groups in Panama: Kuna, Embera, Wounaan, Ngobe-Bugle, etc.
- Afro-Panamanian Congo
- Salsa and Reggae music

ARRIVAL + ACCOMODATIONS IN PANAMA

ARRIVING IN PANAMA

Before landing in Panama, you will receive an immigration form on the plane: the immigration and customs forms. You will be asked what your address will be, please use this one:

Magnolia Inn: Calle 8a Este 8-18, Panama

Upon your arrival, the Movement Exchange team will meet you right outside baggage claim at the Tocumen International Airport in Panama City. There is wifi in the Panama City airport if something happens, and you need to contact the Move-Ex team in Panama.

If you are arriving before or after the scheduled time block, this should be communicated beforehand to the Move-Ex team. Movement Exchange is responsible for one airport pick-up and drop-off, as well as in-country transportation throughout the duration of the program. Participants arriving or departing outside of the established time blocks should meet us at the place of stay. We will accommodate flight delays and cancellations caused by airlines.

ACCOMODATIONS

All participants will be staying in shared room accommodations throughout the exchange. Most participants stay at Magnolia Inn, a luxury hostel located in the heart of Casco Viejo., the colonial neighborhood of Panama City. In the event that the exchange includes travel outside of the city, participants will be notified of their accommodations in advance.

CONTACTING HOME

Dancers will have access to internet upon arrival. Access to internet is not guaranteed every day of the program. However, Movement Exchange will ensure that participants are in touch with family via email at least once during the program. We recomend downloading the application "WhatsApp" for communicating over wifi. If you choose to bring an unlocked cell phone, phone cards are available for purchase. You may also look into an international service plan for your phone if desired.



MAGNOLIA INN

Luxury hostel in Casco Viejo, Panama City
Address: Calle 8a Este 8-18, Panamá, Panama
Phone Number: +507 202-0872



IF YOU EXTEND YOUR STAY

HOSTELS

- Magnolia Inn: www.magnoliapanama.com
- Luna's Castle: lunascastlehostel.com
- Hotel Casco Viejo: hotelcascoantiguo.com
- Hostal Amador: hostalamadorfamiliar.com

RESTAURANTS

- El Caribe on Via Argentina in the neighborhood of Cangrejo for some coconut rice and fish
- La Jarana for great Peruvian in the neighborhood of San Francisco
- Las Clementinas' for a lovely set lunch menu in Casco Viejo
- Coca Cola Café for an inexpensive Panamanian dinner in Casco Viejo
- Beirut for your Lebanese fix in the neighborhood of Cangrejo
- Mi Ranchito for Panamanian food with a great view on the Causeway

SITES

Two sites worth visiting if you have extra time:

- Bocas del Toro Archipelago (Afro-Antillean population speaking Wadi-wadi)
- San Blas Islands (where the indigenous Kuna live)

Both of these archipelagos are on the Caribbean side of Panama and although quite a drive and boat ride from Panama City, they are definitely worth the trip to learn more about the diversity of people and landscape in Panama.

Shorter day trips could include:

- A visit to Isla Grande in the state of Colon (Caribbean side)
- Pacific beaches of Panama such as Gorgona, Malibu, and Punta Chame



HELPFUL WEBSITES

www.visitpanama.com

<http://www.embassyofpanama.org>

Note: If choosing to extend your stay, you are **required to sign a separate Release of Liability form**, as Movement Exchange will not be responsible for your extended time as a tourist—it is not a part of your participation in the Movement Exchange program.

Movement Exchange is not responsible for your airport transportation if your travel dates extend beyond the program dates or if you arrive outside of the set time frame. Please check with the Move-Ex team before you book your flights.

PANAMANIAN PARTNERS AND AFFILIATES

U.S. EMBASSY is the center for diplomatic representation of the United States in Panama. A partner and funder since the inception of Movement Exchange, the U.S. Embassy continues to hold close ties with the organization.

MALAMBO ORPHANAGE, founded in 1890, is a non-governmental organization providing care and education for children and adolescents, whether Panamanian or foreign. Their mission is to provide care and promote the protection of girls, boys, and teenagers in situations of violation of their rights by means of education, moral and civic principles. The Malambo Orphanage serves 130 kids, 35 of which are HIV positive, and is located in Arraijan, southwest of Panama City.

ALDEA SOS PANAMA is an association of the umbrella organization, SOS Children's Villages International, which aims to provide childcare, health care, education, and emergency response to abandoned and orphaned children worldwide. Their programs focus on preventing crisis leading to family separation, strengthening socially disadvantaged families, and providing individualized care and advocacy for children.

UNIVERSITY OF PANAMA DANCE DEPARTMENT offers an array of dance degrees: ballet, modern and traditional folklore. Many of their students begin their dance training as freshmen. Move-Ex teaches and takes class at the university.

NATIONAL DANCE SCHOOL OF PANAMA is the country supported pre-professional dance school. Move-Ex holds master classes here during their school session.

