

August 1st, 2019: Day 1:

4:30 AM:

- Students will arrive at the airport 2.5 hours prior to their international flight through Atlanta to Panama City in order to check in as a group.

6:00 AM – 9:00 AM:

- We will depart as a group on Delta Flight DL 2308 from Houston to Atlanta

9:00 AM – 5:30 PM:

- We will head to our gate for our flight from Atlanta to Panama City. During this time, students and chaperones will be planning and organizing the Sports camp, as well as developing a plan for who would like to do what parts of the infrastructure project.

6:09 PM – 9:30 PM:

- We will depart aboard Delta Flight DL 393 heading from Atlanta to Panama City Panama.

10:00 PM – Arrival:

- We will be greeted at the airport by our transfer and travel as a group to the Hotel we are staying at in Playa Venao. Students will be able to sleep on the transfer. Upon arrival we will check in, and students will go to sleep after a long day of travel.

August 2nd, 2019: Day 2:

7:30 AM – 8:00 AM:

- Students will have a late wake up for our first day in order to have time to recover after the long travel day.

8:00 AM – 9:00 AM:

- We will eat breakfast at the hotel.

9:00 AM – 11:00 AM: (Pending Transportation Availability)

- We will work on our infrastructure project.

11:30 AM – 12:30 PM

- We will return to the surf camp and eat lunch as a group.

1:00 PM – 6:00 PM

- Students will have the option to either participate in an optional deep-sea fishing excursion. If they don't participate in the deep-sea fishing excursion, they will have the option to surf out front or take a hike to a local waterfall.

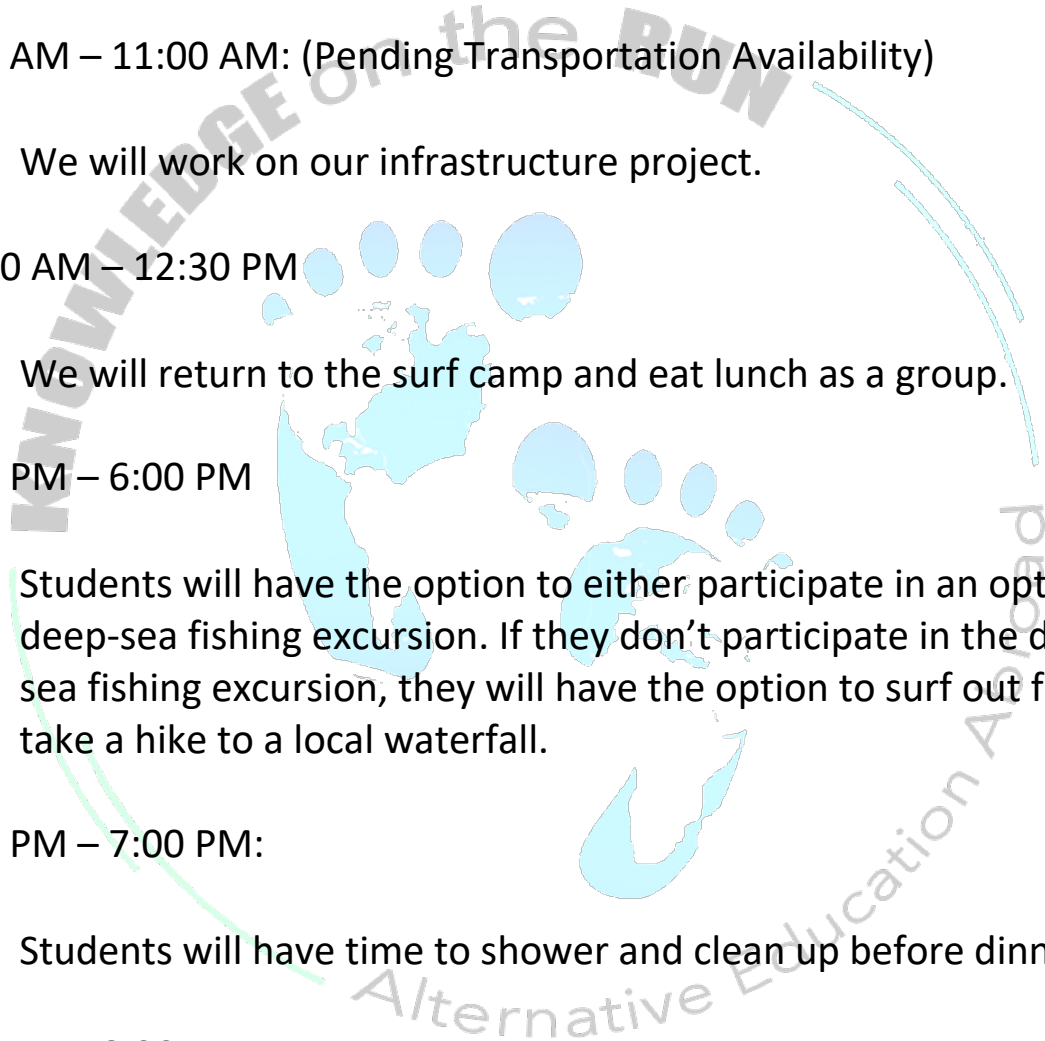
6:00 PM – 7:00 PM:

- Students will have time to shower and clean up before dinner

7:15 PM - 8:30 PM:

- We will proceed to and have a group dinner at the surf camp.

9:00 PM – 10:00 PM:



- Students will write their gratitudes for the night, write in their travel journals, and lights out will be promptly at 10:00 PM.

August 3rd, 2019: Day 3:

5:45 AM:

- Students will wake up and throw on their swim suits

6:00 AM – 8:00 AM:

- Students will participate in morning surf lessons

8:00 AM – 9:00 AM:

- We will eat breakfast at the hotel after a long morning surf.

9:00 AM – 11:00 AM: (Pending Transportation Availability)

- We will travel as a group to our infrastructure project and continue to work on this as a group.

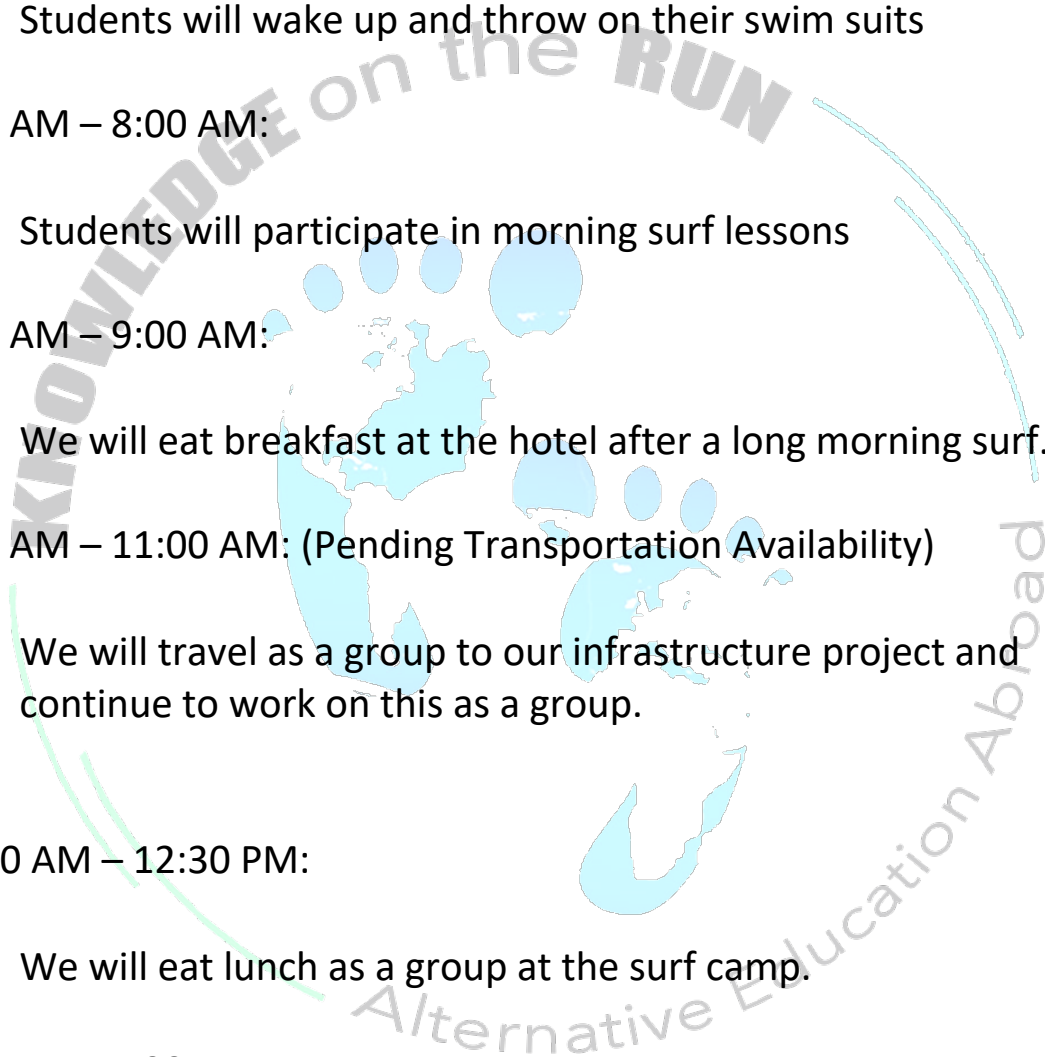
11:30 AM – 12:30 PM:

- We will eat lunch as a group at the surf camp.

1:00 PM – 4:00 PM:

- We will be operating our sports camp with 3 stations for our students to operate (Rugby, Soccer, and Surfing).

5:00 PM – 7:00 PM:



- After a long day of working on our infrastructure project and operating the sports camp students will have an opportunity to rest by the beach in a hammock, surf, take a chaperone to go on a hike near the camp, or take a shower and clean up for dinner.

7:15 PM – 8:30 PM:

- We will have dinner as a group in Playa Venao

9:00 PM – 10:00 PM:

- Students will write their gratitudes for the night, write in their travel journals, and lights out will be promptly at 10:00 PM.

August 4th, 2019: Day 4:

5:45 AM:

- Students will wake up and throw on their swim suits

6:00 AM – 8:00 AM:

- Students will participate in morning surf lessons

8:00 AM – 9:00 AM:

- We will eat breakfast at the hotel after a long morning surf.

9:00 AM – 12:00 PM:

- We will be taking the morning off from our infrastructure project. So, prior to the sports camp, students will have time to surf some

more, swim, take another hike, or relax and hang out around the camp.

1:00 PM – 4:00 PM:

- We will be operating our sports camp with 3 stations for our students to operate (Rugby, Soccer, and Surfing).

5:00 PM – 7:00 PM:

- After a long day of working on our infrastructure project and operating the sports camp students will have an opportunity to rest by the beach in a hammock, surf, take a chaperone to go on a hike near the camp, or take a shower and clean up for dinner.

7:15 PM – 8:30 PM:

- We will have dinner as a group in Playa Venao

9:00 PM – 10:00 PM:

- Students will write their gratitudes for the night, write in their travel journals, and lights out will be promptly at 10:00 PM.

August 5th, 2019: Day 5:

5:45 AM:

- Students will wake up and throw on their swim suits

6:00 AM – 8:00 AM:

- Students will participate in morning surf lessons

8:00 AM – 9:00 AM:

- We will eat breakfast at the hotel after a long morning surf.

9:00 AM – 11:00 AM: (Pending Transportation Availability)

- We will travel as a group to our infrastructure project and continue to work on this as a group.

11:30 AM – 12:30 PM:

- We will eat lunch as a group at the surf camp.

1:00 PM – 4:00 PM:

- We will be operating our sports camp with 3 stations for our students to operate (Rugby, Soccer, and Surfing).

5:00 PM – 7:00 PM:

- After a long day of working on our infrastructure project and operating the sports camp students will have an opportunity to rest by the beach in a hammock, surf, take a chaperone to go on a hike near the camp, or take a shower and clean up for dinner.

7:15 PM – 8:30 PM:

- We will have dinner as a group in Playa Venao

9:00 PM – 10:00 PM:

- Students will write their gratitudes for the night, write in their travel journals, and lights out will be promptly at 10:00 PM.

August 6th, 2019: Day 6:

5:45 AM:

- Students will wake up and throw on their swim suits

6:00 AM – 8:00 AM:

- Students will participate in morning surf lessons

8:00 AM – 9:00 AM:

- We will eat breakfast at the hotel after a long morning surf.

9:00 AM – 3 or 4:00 PM:

- We will travel as a group and spend the majority of the day working on our infrastructure project and cleaning up around the school. Lunch will be provided in the middle of the day.

4:00 PM – 6:00 PM:

- After a long day of working on our infrastructure project and operating the sports camp students will have an opportunity to rest by the beach in a hammock, surf, take a chaperone to go on a hike near the camp, or take a shower and clean up for dinner.

6:15 PM – 7:30 PM:

- We will have dinner as a group in Playa Venao

8:00 PM – 9:00 PM:

- Students will write their gratitudes for the night, write in their travel journals, and lights out will be promptly at 9:00 PM. Our lights out time will be moving to an earlier point on our all-day infrastructure project work days. This will be manually intensive labor, and with the early mornings we want to ensure our students continue to get adequate rest.

August 7th, 2019: Day 7

5:45 AM:

- Students will wake up and throw on their swim suits

6:00 AM – 8:00 AM:

- Students will participate in morning surf lessons

8:00 AM – 9:00 AM:

- We will eat breakfast at the hotel after a long morning surf.

9:00 AM – 3 or 4:00 PM:

- We will travel as a group and spend the majority of the day working on our infrastructure project and cleaning up around the school. Lunch will be provided in the middle of the day.

4:00 PM – 6:00 PM:

- After a long day of working on our infrastructure project and operating the sports camp students will have an opportunity to rest by the beach in a hammock, surf, take a chaperone to go on a hike near the camp, or take a shower and clean up for dinner.

6:15 PM – 7:30 PM:

- We will have dinner as a group in Playa Venao

8:00 PM – 9:00 PM:

- Students will write their gratitudes for the night, write in their travel journals, and lights out will be promptly at 9:00 PM. Our lights out time will be moving to an earlier point on our all-day infrastructure project work days. This will be manually intensive labor, and with the early mornings we want to ensure our students continue to get adequate rest.

August 8th, 2019: Day 8:

5:45 AM:

- Students will wake up and throw on their swim suits

6:00 AM – 8:00 AM:

- Students will participate in morning surf lessons

8:00 AM – 9:00 AM:

- We will eat breakfast at the hotel after a long morning surf.

9:00 AM – 3 or 4:00 PM:

- We will travel as a group and spend the majority of the day working on our infrastructure project and cleaning up around the school. Lunch will be provided in the middle of the day.

4:00 PM – 6:00 PM:

- After a long day of working on our infrastructure project and operating the sports camp students will have an opportunity to rest by the beach in a hammock, surf, take a chaperone to go on a hike near the camp, or take a shower and clean up for dinner.

6:15 PM – 7:30 PM:

- We will have dinner as a group in Playa Venao

8:00 PM – 9:00 PM:

- Students will write their gratitudes for the night, write in their travel journals, and lights out will be promptly at 9:00 PM. Our lights out time will be moving to an earlier point on our all-day infrastructure project work days. This will be manually intensive labor, and with the early mornings we want to ensure our students continue to get adequate rest.

August 9th, 2019: Day 9:

5:45 AM:

- Students will wake up and throw on their swim suits

6:00 AM – 8:00 AM:

- Students will participate in morning surf lessons

8:00 AM – 9:00 AM:

- We will eat breakfast at the hotel after a long morning surf.

9:00 AM – 3 or 4:00 PM:

- We will travel as a group and spend the majority of the day working on our infrastructure project and cleaning up around the school. Lunch will be provided in the middle of the day.

4:00 PM – 6:00 PM:

- After a long day of working on our infrastructure project and operating the sports camp students will have an opportunity to rest by the beach in a hammock, surf, take a chaperone to go on a hike near the camp, or take a shower and clean up for dinner.

6:15 PM – 7:30 PM:

- We will have dinner as a group in Playa Venao

8:00 PM – 9:00 PM:

- Students will write their gratitudes for the night, write in their travel journals, and lights out will be promptly at 9:00 PM. Our lights out time will be moving to an earlier point on our all-day infrastructure project work days. This will be manually intensive

labor, and with the early mornings we want to ensure our students continue to get adequate rest.

August 10th, 2019: Day 10:

Morning (Wake up as early as we have to in order to make it to the airport for our 8:30 AM flight. Discuss with Morgan staying in Panama City the night of the 9th because of our morning flight.)

6:00 AM:

- We will arrive at the airport in Panama City as a group 2.5 hours prior to our international flight. We will check in, and proceed through security as a group.

8:30 AM – 1:37 PM:

- We will depart on Delta Flight DL 392 heading from Panama City to Atlanta Georgia.

1:37 PM – 3:00 PM:

- We will have time to head through US customs, and back through the Atlanta airport in order to catch our connecting flight from Atlanta back to Houston.

3:46 PM – 5:02 PM:

- We will depart on Delta Flight DL 2815, departing from Atlanta Georgia and Arriving at George Bush Intercontinental Airport in Houston.

5:30 PM:

- Students will be greeted by their parents at baggage claim, gather their belongings, and head home after a wonderful trip after making a big difference in a Panama community's daily life.

