



Join Us in Panama



ONCE-IN-A-LIFETIME EXPERIENCE!

Rotarians will volunteer with in the B.E.S.T. vocational training courses which are funded primarily through Rotary donations & district grants. Help local young adults learn English and practice their customer service skills!

Enjoy your afternoons & weekends with cultural activities, visits to indigenous communities & tours around the beautiful islands of Bocas del Toro!

FOR MORE INFORMATION

EMAIL EMILY@GIVEANDSURF.ORG

WE'LL HANDLE THE DETAILS!

- Accommodations
- Most Meals
- Local Transportation
- Locally led tours & activities
- On-site staff support & local guides

One week: \$945 (Shared Occupancy)
Panama City add-ons available!

April 12-18, 2026

October 11-17, 2026



[@giveandsurf](https://www.instagram.com/giveandsurf)

CALLING ALL PEOPLE OF ACTION!

SAMPLE ITINERARY

- Sunday afternoon arrival in Bocas & orientation, Group Dinner
- Monday-Friday mornings: Volunteer teaching English and assisting with the vocational training programs
- Afternoons:
 - Monday: Snorkel & boat trip
 - Tuesday: Free time; Happy Hour with local Rotarians
 - Wednesday: Visit San Cristobal indigenous community & Cacao Farm Tour
 - Thursday: Visit Bahia Roja & Red Frog Beach
 - Friday: Free time
- Saturday morning depart for Panama City

OTHER DETAILS

- All ages welcome! Under 18 must be accompanied by a parent or chaperone
- For an additional fee, we can arrange your Panama City hotels, tours & transportation as well as domestic flights
- Extend your stay! We're happy to make recommendations on where to stay & what to do!

Give and Surf has been providing free educational programs & services since 2011. The Rotary Club of Bocas del Toro was founded in 2019 and has supported many initiatives in the focus areas of education, clean water & the environment.

Learn more at www.giveandsurf.org or on Facebook at [BocasdelToroRotary](#) and [Giveandsurf](#).

