



THE SCHOOL
FOR FIELD STUDIES

Panama Fall 2026 Travel Instructions

Booking travel:

Your round-trip itinerary is due by June 1st, 2026

Enter your flight information, including all layovers, in your Student Portal.

SFS operates on a cohort-based model and exceptions for late arrivals or early departures will not be granted.

Tickets booked incorrectly are your responsibility to rectify and can be difficult and expensive to change!

Round-trip Travel to Program: Arrival Airport: PTY -Tocumen International Airport Arrival Date: August 31st, 2026 Arrival Time: before 4 PM Departure Airport: PTY -Tocumen International Airport Departure Date: December 10th, 2026 Departure Time: 5 AM or later	Mid-Semester Break: Dates: October 10th – October 18th *Dates subject to change Students are responsible for their own food and accommodations during non-program time. See the field guide for estimated costs. Students traveling internationally will need to return by October 17th.
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Important booking notes:

- **Purchasing:** SFS recommends purchasing flights directly with the airline rather than 3rd party websites to expedite customer service in case of travel delays/cancelations.
- **Connecting flights:** SFS recommends at least 2 hours for all layovers. Terminal changes, customs and immigration, and travel delays should be considered when booking.
- **Travel to the center:** On arrival day, SFS staff will meet students at PTY Airport and arrange group transportation to a hotel in Panama City for the night. This will likely be around midday to early afternoon, so if you arrive earlier, you will need to wait at the airport until that time.
- **Traveling pre- or post- program:** If you choose to arrive before the program start date and time or leave after the program end date and time, any planning and costs associated with additional transportation, accommodation, visas, health testing, etc., are the responsibility of the student. You will still be expected to meet the group at the airport or hotel on the official arrival date and time, and you will be dropped off at the airport on the official departure date and time.
- **Luggage:** SFS does not have specific luggage limitations; however, you will be sharing a room with limited storage space. For your flight from Panama City to Bocas, the luggage allowance is 18 kg per checked bag (up to two bags). One carry-on bag of up to 6 kg is allowed (carry-on bags with wheels must be checked; backpacks are allowed in the cabin), as well as a small personal item. Be sure to also check your other airlines' baggage policies.
- **Make the most of your travels:** Join a frequent flyer program and consider purchasing carbon offsets.

Travel Insurance:

SFS is not responsible for reimbursing travel expenses for programs canceled or rescheduled due to acts of war/civil unrest, strikes, weather, quarantine/epidemics/sickness, government regulations, or failure of equipment, power, or communications.

Therefore, SFS highly recommends purchasing travel insurance and refundable flights to protect your ticket investment. Be sure to ask specifically about coverage as it pertains to COVID-19.

Airport Letter:

The SFS admissions team will send an "Airport Letter" 1-3 weeks prior to departure. This letter will include where and when to meet SFS Staff at the airport and what to do should you or your baggage get delayed.

Health & Travel Entry Requirements:

Health and travel-related entry requirements may change prior to departure. SFS will communicate updates as they become available; however, students are responsible for confirming and complying with all destination and transit requirements before traveling.

Passport Requirements:

A valid, signed passport is required for students to enter Panama. Your passport must be valid for at least 3 months after arrival or for the entire duration of your stay in Panama, whichever is longer.

Visa Requirements:

US Citizens:

1. **Panama Tourist Visa:**
 - a) Your tourist visa will be granted on arrival and lasts for 180 days.
 - b) Students are solely responsible for obtaining the correct visa for the duration of their program.
 - c) Cost: Free *Cost subject to change

Non-US Citizens: Students who are not U.S. citizens are responsible for investigating and obtaining a visa that will cover them for the entire program prior to arrival. If this applies to you, please contact your country's consulate for further instructions.