
Fifth Montevideo Environmental Law Programme Regional Conference
Legal responses to combat the three planetary environmental crises in Latin America and the Caribbean

PRACTICAL INFORMATION FOR YOUR TRIP TO PANAMA

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1. INTRODUCTION

1.1 City of Panama

“Panama is a small tropical territory of special importance, as it spans the bridge between North and South America. The existence of this isthmian “corridor” had an impact on the dispersion of people, agriculture and technology across the American continent.”

Richard Cooke y Luis Alberto Sánchez, 2004

Panama City is the most cosmopolitan capital of Central America and a must-see for any traveller in the area. Panama's capital is composed of three cities in one: a historic district, a rebuilt district, and very modern areas. This vibrant and dynamic urban centre is a truly cosmopolitan city in the middle of the tropics with breathtaking nature.

Panama City, the oldest permanently occupied European settlement on the Pacific coast of the Americas, was founded in 1519, following the discovery of the South Sea by the Spanish in 1513. Archaeological remains of the original settlement (known today as the Panama Viejo Archaeological Site) include pre-Columbian remains of aboriginal occupation in rock shelters, and now encompasses a 32-hectare protected heritage site. The site is an exceptional testimony of colonial urbanism: the ruins of its cathedral, convents, and public buildings present technical and stylistic characteristics typical of their temporal and cultural context.

The current appearance of the Historic District known as Casco Viejo is marked by a unique fusion of 19th and early 20th century architecture, inspired by styles from the late colonial period, the Caribbean, the Gulf Coast, France, and eclectic (especially neo-Renaissance) influences. In the 19th and early 20th century, the styles of the buildings changed greatly, but the principles of spatial use remained essentially the same. The plan of the Casco Viejo, an intricate grid of streets and building blocks of different widths and sizes and fortifications inspired by late Renaissance treatises, is an outstanding and probably unique example of 17th century colonial urban planning in the Americas.

1.2 Currency and credit cards

The official currency of Panama is the Balboa and the US dollar, which have the same value (1\$=1.00 Balboa).

Major credit and debit card franchises (MasterCard, Visa, AMEX), as well as US dollars in cash, are accepted in most hotels, major restaurants, and shops.

1.3 Electricity

In Panama the common voltage is between 110V and 127V (the same in the United States, Canada, and most Central American countries). You can see in the image below the type of plugs.



1.4 Language

The official language of Panama is Spanish; however, English is used in hotels and in the city's main restaurants and bars.

1.5 Climate and time zone

Panama City's climate is characterised by a tropical savannah climate. The rainy season is between May and December, while the dry season is between January and April.

The average temperature is normally around 27°C. The maximum daily temperature is approximately 30°C.

The standard time zone is GMT-5.

1.6 Tipping

Tipping is a common practice in Panama. Generally, it is a voluntary service, and you contribute 10% of the total value of the bill.

2. BEFORE LEAVING FOR PANAMA

2.1. Alojamiento

Please note that UNEP is not responsible for room reservations. Each person must arrange his or her own hotel reservation. It is recommended that you make your reservation in advance of the event. Most hotels offer free cancellation.

The hotel where the event will be held is the hotel [Hilton Panamá](#). For those individuals who would like to stay at the same location, please contact the hotel directly to reserve your accommodations at +507 280-8000. The host hotel has blocked a number of meetings until September 26, please mention the regional conference when contacting the hotel.

Traffic in Panama City is busy and daytime rains are frequent at this time of the year. Therefore, in order to avoid inconveniences or delays, we suggest that participants stay at the host hotel or at an accommodation close to it.

Below we share additional accommodation options** that have been approved by the United Nations Department of Safety and Security in Panama.

HOTEL	WEBSITE	ADDRESS	INFORMATION
Central Hotel Panamá	https://www.centralhotelpanama.com/es	Plaza de la Independencia, C. 5a East, Panama	Located in the heart of Casco Viejo
Radisson Hotel Panamá Canal	https://www.radissonhotelsamericas.com/en-us/hotels/radisson-panama-city-canal	Av. Amador, Panamá	Next to Panama Canal
InterContinental Miramar Panamá	https://www.ihg.com	Miramar Plaza, Av. Vasco Nuñez de Balboa, Panamá	On the seafont
Hilton Panamá	https://www.hilton.com/es/hotels/ptyhfh-hilton-panama/	Avenida Balboa & C. Aquilino de la Guardia	On the seafont
Le Méridien Panamá	https://marriott.com	Calle Uruguay & Av. Vasco Nuñez de Balboa, Panamá	On the seafont
Hotel Las Américas Golden Tower Panamá	https://lasamericasgolde tower.com	Av. Balboa y Calle Esquina, Marbella, Panamá	Seaside
Marriott Executive Apartments	https://marriott.com	Calle Colombia y Calle República del Paraguay, Panamá	Next to Iglesia del Carmen Metro Station
Hotel Ejecutivo	https://www.executivehot el-panama.com/	Calle 52, Aquilino de la Guardia, Panamá	Next to Iglesia del Carmen Metro Station

The Bristol Hotel	https://www.bristolpanama.com/	Calle Aquilino de la Guardia, Panamá	Next to Iglesia del Carmen Metro Station
Hotel Hyatt	https://www.marinnhotels.com/	Avenida Aquilino De La Guardia, Panamá	Next to Iglesia del Carmen Metro Station
Crowne Plaza Panamá	https://www.ihg.com/	Manuel Espinosa Batista Av. At The Financial & Banking Area, Panamá	Next to Iglesia del Carmen Metro Station
Victoria Hotel and suites Panamá	https://www.victoriapanama.com/	El Cangrejo, Calle D, Panamá	Next to Iglesia del Carmen Metro Station
Riande Urban Hotel	https://www.riandehoteles.com/	C. Eusebio A. Morales, Panamá	Located in the center of the banking area
Holiday Inn Panamá Distrito Financiero	https://www.ihg.com/	Calle Ricardo Arango y calle 53E, Panamá	Located in the center of the banking area
Hotel Riu Plaza Hotel	https://www.riu.com/	C. 50, Panamá	Located in the center of the banking area
Hotel Four Points		53rd Street East and 5th B South, CL Floor, Panama	Located in the center of the banking area
Hotel Sortis	https://marriott.com	56th and 57th Street, Panama	Located in the center of the banking área

** Please be aware that each participant must contact the hotel of his or her choice directly to make their respective reservations.

-----2.2. Conference documents

The concept notes and programmes of the event are available on the [Regional Conference website](#) and on the [LEAP website](#). At the same time, you will have all the necessary documents in your mail, through which we keep the communication channels open and direct.

Please note that UNEP makes every effort to make this event a green meeting. In this sense, this meeting will be paperless. No documents will be printed. We encourage participants to bring their laptops to download presentations or work on files that will be available during the meeting.

We kindly ask participants to bring their own pens and notepads (if needed).

2.3. Dress code

We recommend business casual clothing. Although the weather is warm, the temperature in the meeting rooms is usually around 21°C (70°F), so we suggest you dress with covered sleeves or a light coat.

3. UPON ARRIVAL

3.2. Tocumen airport and transportation

Tocumen International Airport (IATA: PTY, ICAO: MPTO), commonly known as Tocumen, is the main international air terminal serving Panama City. It has two terminals, which are connected by a pedestrian walkway and is located about 20 km east of Panama City.

The transfer to downtown Panama City takes approximately 30 to 50 minutes. UBER service in the Republic of Panama is reliable. At the same time, you can use a private transportation service referred from the hotel where you are staying. The suggestion is not to take yellow cabs at the airport or on the street.

3.3. Conference venue

The venue for the meeting will be the Hilton Panama Hotel, located at [Avenida Balboa & C. Aquilino de la Guardia](#), Panama City, Panama.

The hotel is located on the waterfront, in the Marbella neighborhood, adjacent to the main avenues and close to the city's financial district.

The Regional Conference of the Fifth Montevideo Programme on Environmental Law, Legal Responses to Combat the Triple Planetary Crisis in Latin America and the Caribbean, will

begin at 09:00 a.m. on Monday, September 25, 2023. The registration desk will be available on that day from 8:30 a.m.

4. CONTACT

For any additional information please contact at the following email: unep-lac-governance@un.org, by copying: Andrea Brusco: andrea.brusco@un.org, Eduardo Visuete Osorio: eduardo.visueteosorio@un.org, Maria Candela Zaffiro Tacchetti: maria.zaffirotacchetti@un.org, Maria Catalina Pedrozo: maria.pedrozo@un.org
