

Top Reasons to Volunteer in Panama with UMMP!

★ Safety

Panama is very safe country to live & explore with one of Latin America's most exemplary democracies. It is home to over 25,000 American Citizens & thousands of other foreigners from around the world. The Panamanian people are very helpful and will inspire you with their open & friendly attitudes! In Panama you are also safe from natural disasters. Panama is the only hurricane-free & non-destructive earthquakes zone in Central America.



★ Free Insurance

All tourists arriving in Panama through Tocumen International Airport receive free medical insurance with top level coverage in case of emergency during the first thirty days of their stay. What a friendly welcome gift!

★ Breathtaking Tourist Attractions

If you have seen the Planet Earth Rainforest & Jungles series you already have seen some of the beauty Panama has to offer. Panama is one of the most attractive tourism destinations in the world. Whether you want to lay on a white sand beach, go whitewater rafting, zip-line through the jungle, relax in a natural hot spring, hike a volcano, go on a mountain bike adventure, take a coffee tour, go rappelling or rock climbing, sweat your stress away in a yoga class, learn to dance salsa, go cliff jumping, horseback riding, learn how to make your own jewelry, interact with the wildlife of Panama, learn to cook, go sport fishing, scuba diving, skydiving, or on an ATV tour, kayaking, birding, have a spa day, explore the Panama Canal or shop till you drop, Panama has it!

★ Program Variety & Uniqueness

UMMP offers the only volunteer immersion program in Boquete. Whatever your passions, talents & skills are, we have a placement for you to explore your interests! Our volunteer programs are unique in our focus on personal growth and the experience in its wholeness. Volunteering alone will not change your life, but the experience in its entirety will!

★ Spanish

Spanish is the now the third most spoken language (after English & Mandarin) with over 400 million native Spanish speakers worldwide in over 20 different countries. Open the doors of communication and expand your opportunities!

★ Comforts of Home

With over 100 multinational companies with offices in Panama, you have access to many comforts of home including reliable Internet, hot water, English book stores, 24 hour grocery stores stocked with some of your favorite foods, and some amazing international restaurants!

★ Panama is Cheap

If you are on a budget, Panama offers some amazing stuff for cheap prices. Imagine taking a bus for 8 hours & only paying \$12.60! Or eating a delicious Panamanian meal for \$3! Or going to the grocery store and filling a bag of fruits & vegetables and only paying \$4. Or getting a stylish outfit including accessories for only \$30! Go local & save!

★ The Diversity of Cultures

Panama has not one, but six vibrant indigenous tribes that have maintained their customs & rituals over the centuries. Come & experience walking back into a time of communal living in breathtaking villages so different than what we know. It is a way of life you can only experience first hand. Indulge yourself in the magic they have to teach us!

★ Top 5 Happiest People in the World

Panama has some of the happiest people in the world according to the Happy Planet Index, ranking in the top five! The study explores people's happiness, life satisfaction, life expectancy & environmental footprint. Come experience the joy and return home with a smile on your face & Panama in your heart!