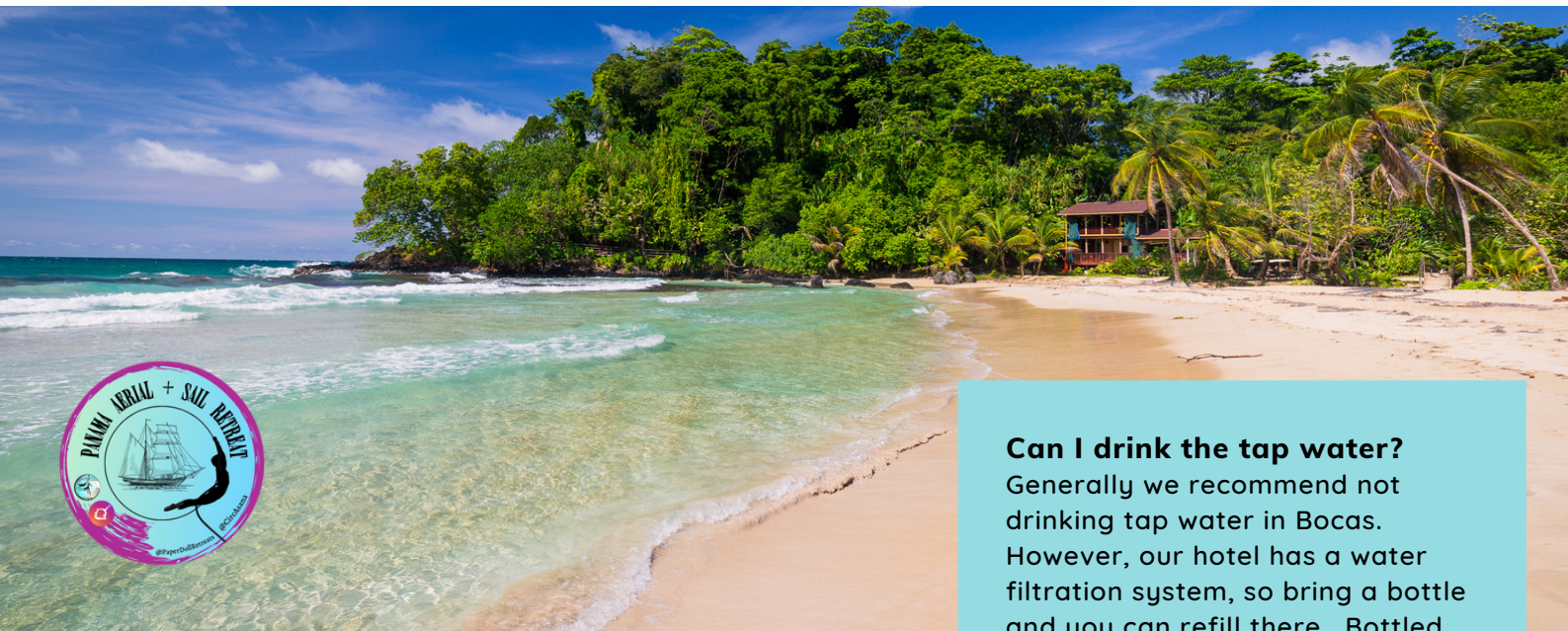


FAQS - BOCAS DEL TORO



Where is Bocas del Toro?

Bocas del Toro (meaning “bull’s mouth”) is a province on Panama’s Caribbean coast. It comprises the mainland and nine main islands. The capital is Bocas del Toro (Bocas Town) on Isla Colón. We will be staying on YOUnicorn island (aka Bastimentos Island), about a 15-min boat ride from Isla Colón.

What is the population?

Approximately 125,000 people.

What language is spoken?

Spanish, along with numerous indigenous languages. English is the most common foreign language.

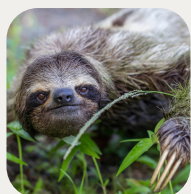
What is the local currency?

The official currency is the Balboa, however USDs are accepted everywhere. No need to exchange your USDs before you come.

How is the weather?

Bocas del Toro is a comfortable temperature all year around, ranging from 70°F to 90°F (20-30°C), but most often somewhere in the middle. It is beautiful and green here, which means you are likely to get some tropical rain during your visit! We may need to reschedule classes depending on the weather, so keep this in mind when booking additional activities.

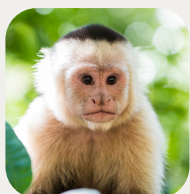
What animals might I see?



Sloths outnumber humans on our island!



Cute red frogs on your jungle walks to the beach



Monkey visits during our workshops



Starfish, rays and beautiful fish during snorkling

Can I drink the tap water?

Generally we recommend not drinking tap water in Bocas. However, our hotel has a water filtration system, so bring a bottle and you can refill there. Bottled water is also easy to come by when outside our location.

Do I need an adapter plug?

Bocas has the same electrical outlets as the US / Canada, so if you’re coming from there you are in luck! If not, bring one.



Is Bocas Safe?

Panama is regarded as one of the safest countries in Central America. People are generally very friendly, and we expect you’ll have a fabulous time!

As in any country, exercise caution and pay attention to your surroundings for potential danger. The most common crime in Bocas del Toro is petty theft, so be weary of your belongings (e.g. it is better not to leave valuables on the beach while swimming).

What should I pack?

1. Bathing suit & towel
2. Sunscreen 30 SPF+
3. Sunglasses and a hat
4. Insect repellent
5. Light rain jacket
6. Tights for aerial
7. Hygiene products + meds
8. Cash (USDs are fine)
9. Maybe a costume for the photoshoot
10. Love of circus & yoga



Travel insurance?

We absolutely 100% recommend travel insurance for your trip! It helps reduce stress if unexpected challenges arise.

Is tipping customary?

By law, tipping is always voluntary in Bocas. It's common for a 10% voluntary gratuity to be added to restaurant bills. You may tip in other situations for exceptional service, e.g. between US\$1-10.



How do I get to Bocas del Toro?

After carefully looking over local bus schedules, flight paths and shuttle bus services, we suggest two great options:

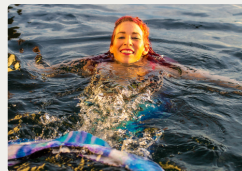
1. Fastest and most direct route: Fly into Panama City (PTY), take a 30min taxi or Uber to Albrook Gelabert Airport (PAC), then a 1-hr direct flight to Bocas del Toro with [Air Panama](#). Note: there are only 2 flights daily, so you may need a night in the City en route.
2. More economic but longer route: Fly into San Jose, and take a [Caribe Shuttle](#) to Bocas del Toro (approx. 10 hrs, departing San Jose around 6am, arriving in Bocas around 4pm - includes lunch).

What do I need for entry in to Panama?

You'll need at least 6 months validity in your passport, with a blank page for entry/exit stamps. All requirements around COVID-19 have been lifted in Panama.

Do I need any specific vaccinations?

Make sure your routine vaccinations are up to date. Hepatitis, rabies and typhoid vaccinations are generally recommended - good idea to check with your travel doctor.



Are ATMS easy to find?

Not really - there is a National Bank ATM in Isla Colon (main island, 15-min in boat taxi), so easier to bring cash with you.

Are credit cards accepted?

Yes at our venue! In other places, sometimes cards are accepted however charges may apply.

Does our venue have laundry service?

Yes! Selina offers a 24hr laundry service for \$10 per load.

Can I hire a surfboard?

October isn't surf season in Bocas, but if we do have a swell during our stay, Selina has a variety of boards for rent.

Can I visit other islands?

Yes! Boat taxis are affordable and safe, and we'd be happy to help you organize them as needed.