



Live the experience of a Junta de Embarra discovering the custom of the man of the field in which families and communities get together to build a Quincha house, a Panamanian cultural treasure and an authentic element, especially from the central region of the country.



This activity will take place in the district of Pedasí, located in the province of Los Santos, where cattle ranching, the cultivation of sorghum, corn, melon and watermelon are practiced; the coastal towns support a small fishing industry and everyone treasure the beautiful Iguana Island, wildlife refuge and cetacean birthplace.

## **February 8th**

13:00 Junta de Embarra officially begins

A brief explanation will be given about the Junta de Embarra, directed by Orlando Barcasnegras, specialist in Anthropology and Folkloric Researcher, and there will be an interpretation in English by Juan Antonio De La Guardia, Tourist Guide and member of the Asociation of Tourism Guides of Panama.





Mr. Orlando Barcasnegras Mr. Juan Antonio De La Guardia

### 14:00

Lunch will be served

The menu will be a traditional soup prepared with meat and vegetables accompanied by white rice. There will be options for vegetarians.

Accompanied by sugar cane juice and local liquors.

## **Interesting Fact**

Pia Alonzo Wurtzbach, Miss Universe 2015 participate in a Junta de Embarra during her visit in Panama





Food will be served in traditional dishes and gases made by barro. Also the spoons wil be made by wood. All of the utensils are biodegradable.

### **Difficulty: Easy**

Dress code: comfortable clothes, slippers or sandals that can get dirty/damp. You must bring a change of clothes.

The Junta de Embarra will finish at 17:00

# Coctail in Casa de Campo

### 19:00 p.m.

A night to relax in a hotel that maintains the sample of the typical patios with fruit trees in the Panamanian countryside with colonial details.



### Activities

A mix of Panamanian culture plus the inherited by the Spanish in a pleasant networking environment enjoying traditional lounge music by the musical group of a well-known young Panamanian Musician from the province of Los Santos.

### **Difficulty: Easy**

Dress code: we recomend to dress white comfortable clothes.

