

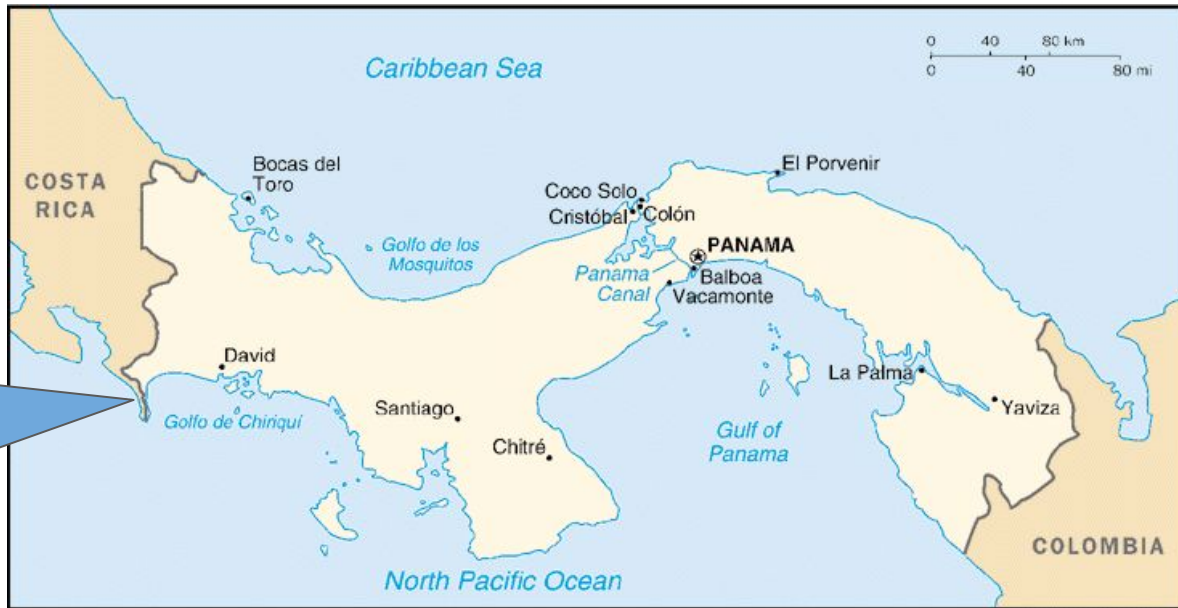
*Welcome to Panamá*



By: L. W.



# Location:

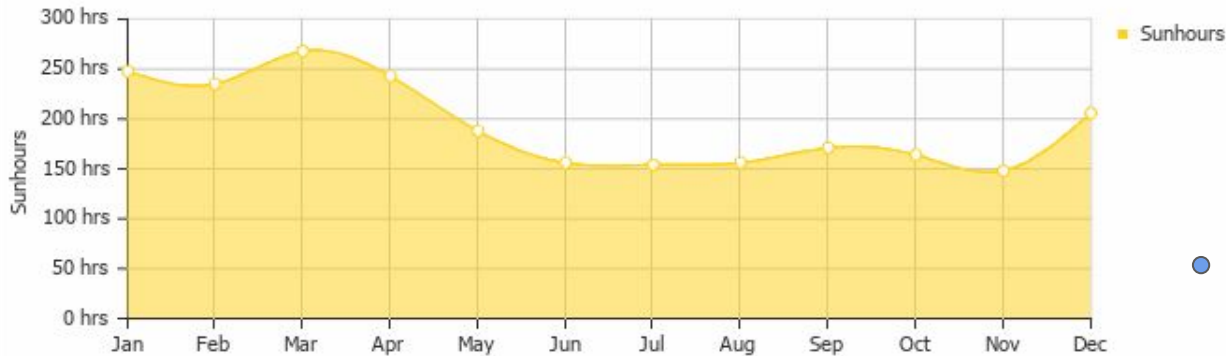
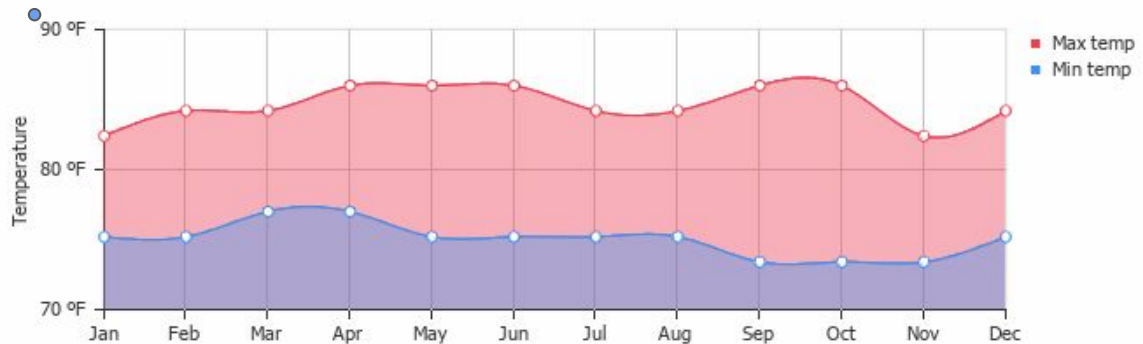


Panamá is located between North and South America. It is part of the isthmus that connects the two continents.

Average minimum and maximum temperature over the year

# Climate:

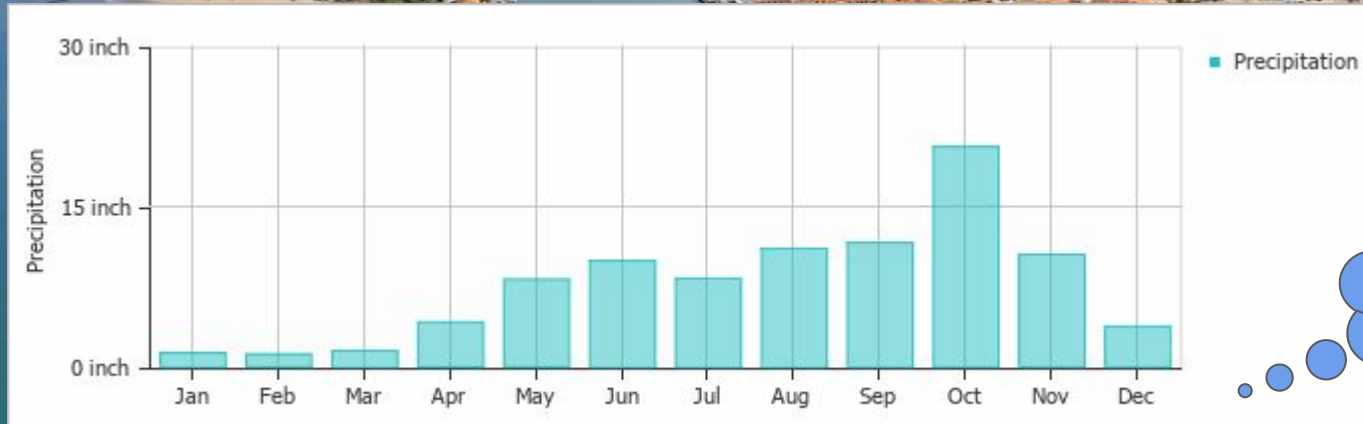
Panamá has a tropical climate. The humidity increases the closer you get to the ocean or bodies of water, and gets slightly cooler in more mountainous places.



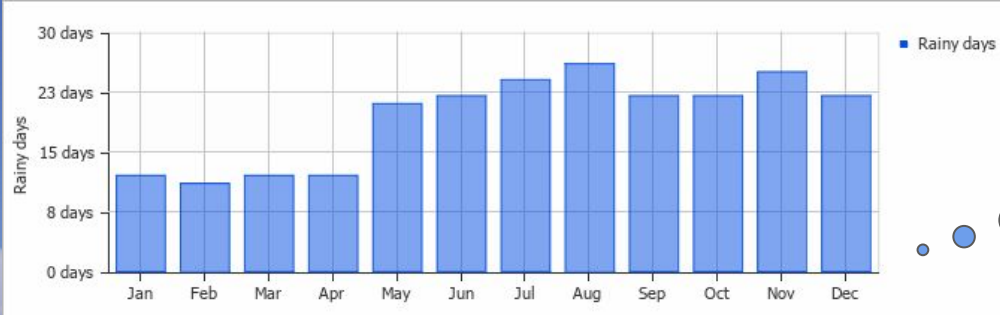
Average monthly sunhours



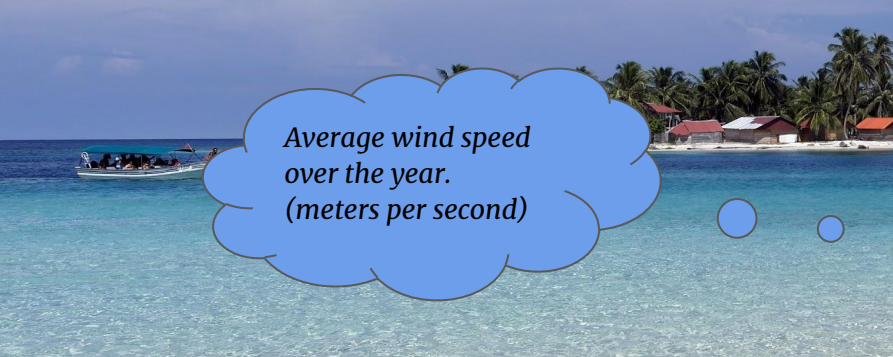
Average water temperature over the year



Average monthly precipitation over the year (rainfall, snow)



Average monthly rainy days over the year

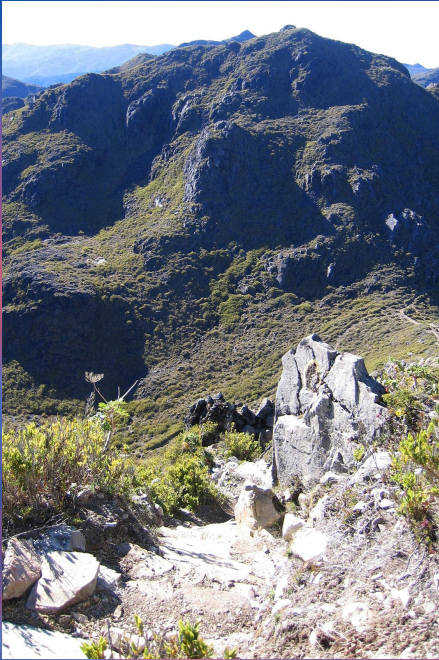


Average wind speed over the year. (meters per second)



Average humidity over the year

# Geography



Panamá is “7,082 square kilometers, 772 kilometers in length, and is between 60 and 177 kilometers in width.” (<http://countrystudies.us/panama/24.htm> copied directly from this source) Panamá has 2 coastlines: the Caribbean Coast, and the Pacific Coast



THE IMAGES SHOWN ON THIS SLIDE ARE VARIOUS ANGLES OF THE CORDILLERA DE TALAMANCA MOUNTAINS.





**Panama City**



**Panamá Viejo**



**Casco Viejo**

# Main Cities



All of these cities are extremely prominent in the history, culture, and present day events in Panamá. They are also filled with popular landmarks and attractions.

# Where Should you Visit?

**One of the most famous and popular places to visit in Panamá, is the Panamá Canal.**





# Popular Landmarks

These landmarks are both very old and were part of Panamá when it was newly founded.



**Puente del Rey**



**Casa Alarcon**



**Catedral de Nuestra Señora de la Asunción in Panamá Viejo.**

# Churches throughout Panamá



**Iglesia y Convento de la Compañía de Jesús in Casco Viejo.**



**Iglesia de San José in Panamá Viejo.**

Parque Nacional Soberania is a rainforest not far from Panamá City and has many species of birds and animals. It is a great place to spend the day hiking and exploring.

# Parque Nacional Soberania



PANAMÁ IS A MIX OF MULTITUDES OF CULTURES. ABOUT 67% OF THE PEOPLE HAVE A MIX OF EUROPEAN AND INDIGENOUS HERITAGE. ANOTHER CHUNK OF THE PEOPLE ARE DESCENDED FROM AFRICA. CHINESE DESCENDANTS CAN ALSO BE FOUND.

# The People



# Clothing



**The Gala Pollera is traditionally worn by the women and normally adorned with many different types of jewelry.**



**The Gala Pollera is adorned with these head combs. The larger comb is called "peineton".**



ALL OF THE TRADITIONAL OUTFITS THAT ARE MENTIONED, ARE ALL HANDMADE IN PANAMÁ.



**These necklaces are also worn by the women wearing a Gala Pollera.**

**This is an example of how the jewelry is arranged when wearing this traditional outfit of Panamá.**

# Clothing (continued)



**The men in Panamá wear a traditional outfit called a Montuno.**



**A Montuno is not considered complete without this hat. It is called a “Sombrero Pintado”.**

Colombia influences the food of Panamá more than Central America. Therefore meat, particularly beef, and seafood are prominent foods. Everyday meals typically consist of meat, roots found locally -such as potatoes- rice and greens.

# Food



**Arroz con Pollo**



**Sancocho**



**Ceviche**

# Desserts



**Huevitos de Leche**



**Cocadas**



**Suspiros**



# Music

Traditionally, the people listen to music such as salsa, cumbia, and merengue. In modern day Panamá, Reggae music, sung in Spanish is popular.



Ruben Blades (Salsa Musician)

OTHERS INCLUDE:

→ LOS RABANES  
(ROCK BAND)

→ ERIKA ENDER  
(MUSIC PRODUCER)



Danilo Perez (Renowned Jazz Musician)

# Sports

**Panamá has a history of excelling in several sports. These include many Olympic sports, boxing, baseball, and soccer.**



Beijing 2008  


**In 2008, Irving Saladino won a gold medal in long jump during the Beijing Olympics.**



**Mariano Rivera was a pitcher for the New York Yankees. He was the first player ever to be unanimously nominated for the baseball hall of fame, which he joined in 2019.**



**Above is an image of Panamá's National Soccer Team.**

## Molas



# Crafts



## Chaquira



## Tagua

Some famous crafts include woodcarving, pottery, and molas



## Sombrero Pintado

# Celebrations and Festivals



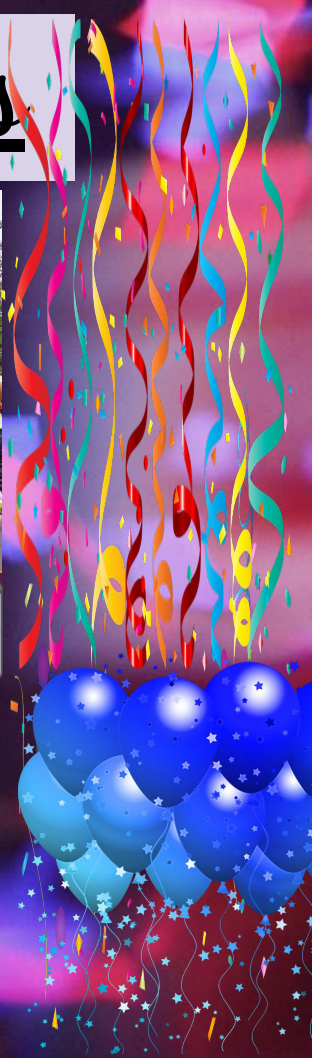
**Panamá Jazz Festival**



**Panamá Festival**



**Easter**



# Dancing



<https://www.youtube.com/watch?v=jFehTgjWU6k>

# Fun Fact!



When you are standing in a certain place in this country, you are able to see the Caribbean and the Pacific Ocean at the same time.





Thank  
you

**...for listening to my presentation. I hope you enjoyed it and learned a lot!!!!**  
**-Luisa Williams**



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