



With Archbishop Ulloa Mendieta

Transportation

Public transportation in Panamá is primarily a system of buses. There is one Metro line in operation, with a second due to open in 2018. As with all WYDs, we expect the public transportation system to be strained by the volume of pilgrims moving throughout the city.

To help our pilgrims avoid unnecessary delays and confusion, we have reserved hotels in a safe neighborhood at the center of the city. This way, JMJyouth pilgrims are within walking distance of the main events and other popular destinations, and will have fewer occasions to depend on buses and metro trains.

Food & Drink

Food in Panamá is very diverse, and restaurants can be found for most cuisines. The local food is typical of Latin American countries, and notably includes rice, beans, grilled meats, tamales, and other corn-based dishes. Tap water is drinkable in Panamá City, and pilgrims will be encouraged to refill bottles frequently.

The WYD Committee has yet to determine how they will provide meals to pilgrims. In our preliminary meetings, we recommended a return to the debit card system used in Rio de Janeiro in 2013. Under this program, pilgrims would receive a debit-style card with credit that can be redeemed for lunches and dinners at any participating restaurant. Most restaurants choose to participate with this style of program, giving pilgrims a variety of options in every part of the city. However, it is possible that the committee may choose to use a system of meal vouchers, as was used in Krakow in 2016.

Health Considerations

Panamá City has a strong healthcare system. It is expected that your WYD Registration will include health insurance to cover first-aid and emergency care during WYD Week. As an additional layer of protection, JMJyouth will have a staff doctor on-call 24/7 to assist pilgrims in need of medical attention or advice.

Panamá does not require any special vaccinations for its visitors. Travelers typically are concerned about contracting mosquito-borne illnesses, including Malaria, Yellow Fever, and Zika Virus. The risk of these diseases is very limited in the city. None the less, pilgrims should take the added precautions of wearing long sleeves and pants, and using DEET mosquito repellent.

Safety

Like major cities in the United States, Panamá City is very safe, although certain neighborhoods attract more crime and should be avoided. For this reason, standard safety precautions should be observed by pilgrims at all times.

Your JMJyouth WYD Guide will assist your group in learning safe travel habits during your city tour. In the event of an emergency, our Panamá City office and network of WYD Guides are prepared and available to assist your pilgrims.



Panamá City Skyline



Cinta Costera



Steve with President Varela



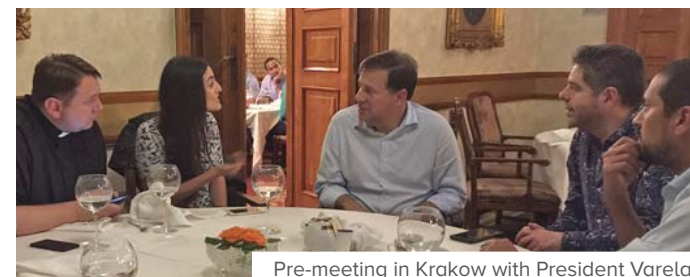
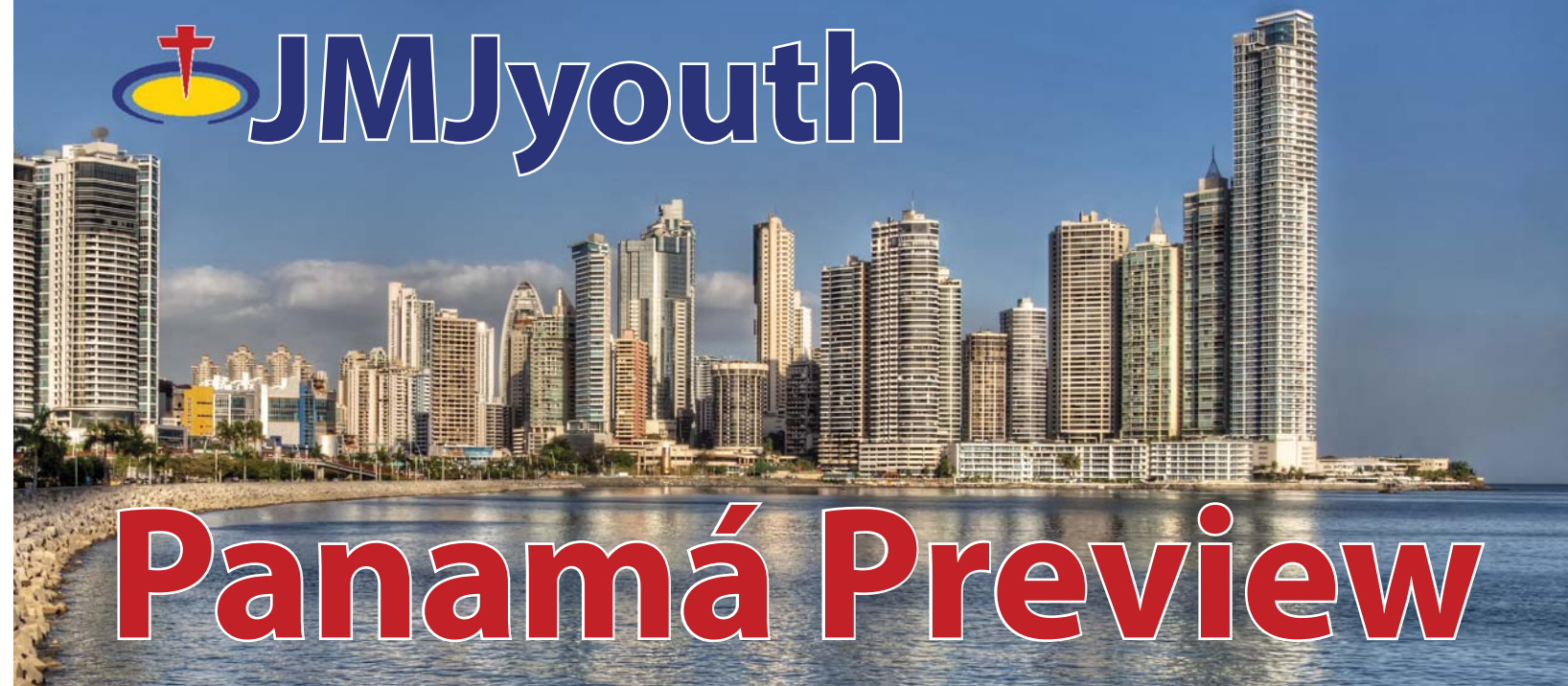
Panamá Canal Miraflores Locks



Biodiversity Museum



Ruins of Panamá Viejo



Pre-meeting in Krakow with President Varela



Steve and Mario on location

MAIN EVENTS (Opening Mass, Papal Welcome, and Way of the Cross) will be held in Cinta Costera, a park along the coast of the Panamá Bay. The adjacent street(s) will be closed prior to and during each event, and will re-open afterward to ease traffic as pilgrims disperse.

ENGLISH-LANGUAGE CATECHESIS has not yet been assigned a location.

YOUTH FESTIVAL activities will be spread throughout the city, including some large arenas.

The **VIGIL & CLOSING MASS** will take place at Panamá Pacifico, an airport located about 10 miles west of downtown Panamá City. Pilgrims will cross the iconic Bridge of the Americas on their pilgrim walk.

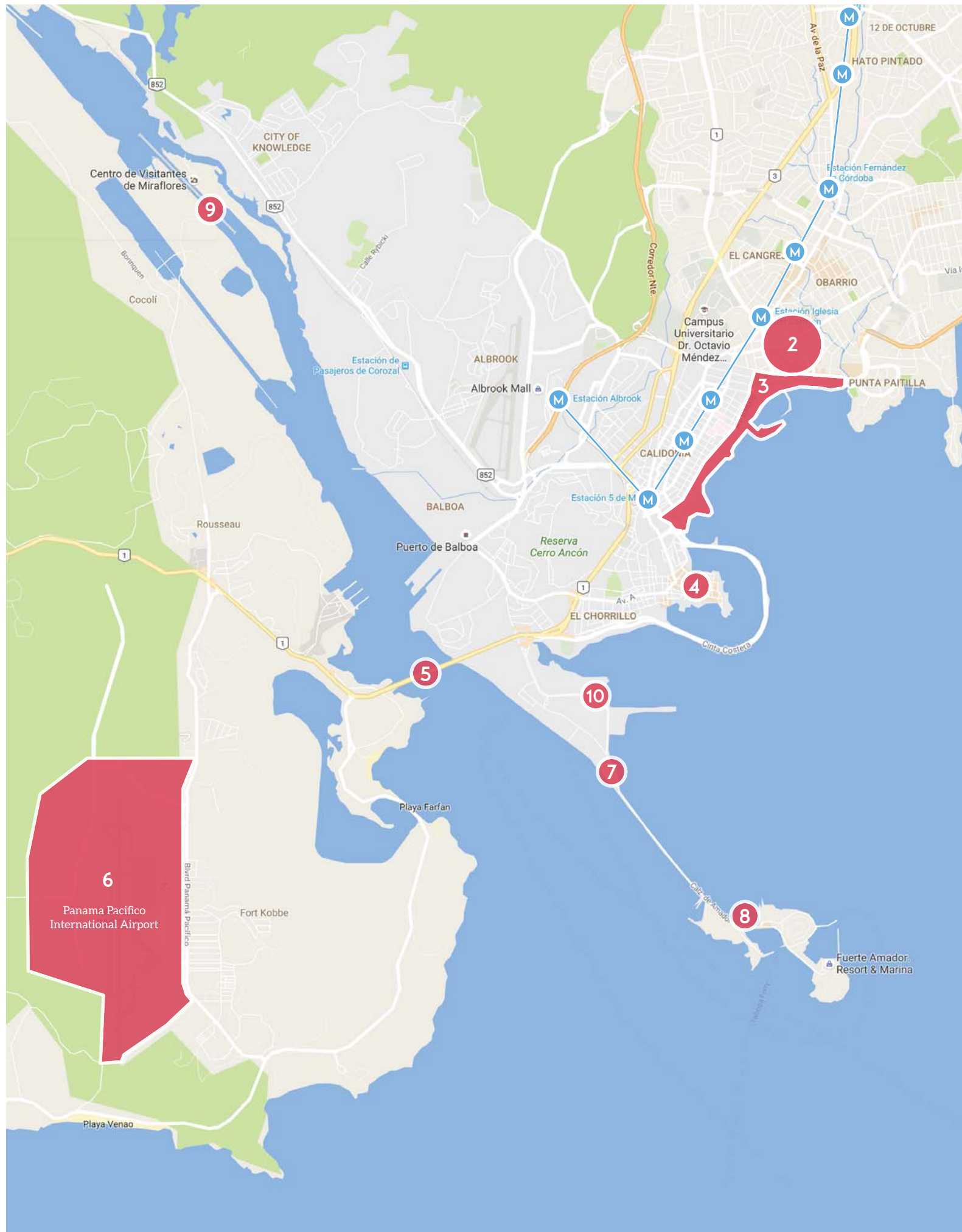
Please turn the page for a map of these locations.

At JMJyouth, we start planning for each World Youth Day years in advance - often before the next host city is officially announced! We began working with contacts in Panamá City in Spring 2016, and made our first official visit that September.

While there, we met with the head of the WYD Committee, the Archbishop, and even the President of Panamá. These leaders shared with us their initial plans for hosting our favorite event. We are now passing these details along to you, to help you envision your pilgrimage to World Youth Day 2019. As you read on, please remember that the information contained in this preview represents the early stages of planning in Panamá City, and may change for the final event.



San Felipe de Neri in Casco Viejo



Panamá

1. Panamá Viejo (Old City)
2. JMYouth Hotels
3. Proposed Site for Main Events, Cinta Costera
4. Cathedral of Panamá City, Nuestra Señora de la Asunción
5. Bridge of the Americas
6. Proposed Site for Vigil and Final Mass, Panamá Pacifico
7. Biodiversity Museum
8. Cityscape Lookout
9. Miraflores Locks - Panamá Canal Tour
10. Amador Convention Centre (Youth Festival)
11. Atlapa Convention Centre (Youth Festival)

 Metro Line


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