

What's the best advice you can give future students to maximize their experience abroad?

"Be open and realize that you'll remember this trip for the rest of your life, so make every day count and be positive!"

"Put the phone down. Ignore social media. Ignore America. Emerge into your surrounds and engage with the people around you."

"Get to know the people in your group! Have a purpose/goal. What do you want from the program?"

"Go out to eat with the bus drivers, buy them a meal and talk about their lives in Panama! They often know local hangouts that you would never know to find if you just went out on your own."

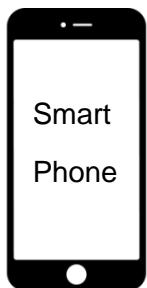
"Try foods you never have, learn the language, and try things and activities you are unsure about!"

"Go to areas that are not "touristy" areas and attempting to speak the language and understand and accept differences."

What items did you not bring that you wish you had?

- Light weight shirts
- Small speaker – "Beats Pill"
- Umbrella
- Small purse
- Flip flops/water shoes
- BUG SPRAY

Which devices would you recommend others take in the future?



What items did you pack and NOT need while abroad?

- Too many t-shirts
- Business suit
- Sweater
- Jeans

Most common ways to communicate with family and friends back home:

#1. Through WiFi-enabled smart phones apps

- Skype
- Whatsapp
- iMessage

#2. Blogging/ Facebook

WCOB Panama

"Having the opportunity to engage in the field helped my understanding of my major significantly. I got real world experience of what a supply chain major potentially could be doing in the area of global logistics. It was an amazing and life changing experience! I really feel more confident in my major choice after this program."

Approximately how much did you spend out of pocket during the program (in USD)?

	Max Value	Average Value
Food:	400.00	326.92
Going out/free time:	200.00	103.08
Lodging:	100.00	7.69
Other:	100.00	7.69
Personal travel/excursions:	250.00	81.54
Program related travel/excursions:	50.00	5.00
Souvenirs/gifts:	200.00	82.31

What credit cards were most accepted?



What advice do you have for students to budget and spend money wisely?

"Go to the grocery store and buy groceries for multiple meals instead of eating at the Plaza where dinner can cost you up to \$10."

"Consider meals your biggest expenditure! Map out how much you want to spend daily on food. Don't buy every "cool" thing you see walking around town. Have more than one source of payment. I brought my checkbook, credit card, debit card, and had cash on hand."

"Set daily spending targets and adjust later for surpluses/deficits."

"Watch your expenses and have a weekly number of what you would like to spend and STICK TO IT. It is easy to spend a larger amount of money than anticipated the first week, but you must watch this and stay on track for the while trip."