

PANAMA INTERNET LINKS

LOCAL NEWSPAPERS

SPANISH

La Prensa: <http://www.prensa.com>

El Panamá América: <http://www.elpanamaamerica.com.pa>

Panama America, Critica, Dia a Dia: <http://www.epasa.com>

ENGLISH

English news

The Visitor: <http://www.focuspublicationsint.com>

ONLINE NEWS

Panama News: <http://thepanamanews.com>

Latinol: <http://www.latinol.com>

Panama Guide: <http://www.panama-guide.com>

The Visitor: <http://www.focuspublicationsint.com>

ACCOMODATIONS

Places to Stay in the City

La Estancia: <http://www.bedandbreakfastpanama.com>

La Cresta Del Oro: <http://www.lacrestadeloro.com>

The Balboa Inn: <http://www.thebalboainn.com>

REAL ESTATE

Palmetto Realty: <http://www.palmettorealty.biz>

GSL Worldwide: www.gslworldwidecorp.com

UNIVERSITIES & HIGHER EDUCATION

University of Texas Panama: <http://lanic.utexas.edu/la/ca/panama>

University of Florida Panama: <http://www.fsu.edu/~cppanama>

University of Louisville: <http://www.louisville.com.pa/html/index.php?id=80>
<http://louisville.edu/provost/intcent/sa/panama.html>

Nova SouthEastern University: <http://www.nova.edu>

InterAmerican University: <http://www.uip.edu.pa>

Smithsonian Tropical Research Institute: <http://www.stri.org>

STUDY SPANISH

Spanish Panama: <http://www.spanishpanama.com>

ILISA Panama: <http://www.ilisa.com>

Amerispan Panama: <http://amerispan.com>

ILERI Panama: <http://www.ilerispanishschool.com/panama.html>

INSURANCE

Kevin Bradley: <http://www.panamakevin.com>

HEALTH

John Hopkins Hospital Panama: <http://www.hospitalpuntapacifica.com>

Paitilla Hospital Panama: http://www.centromedicopaitilla.com/index_ing.html

Hospital Nacional: http://www.hospitalnacional.com/english/quienessomos_eng.php

TOURISM INSTITUTE

<http://www.ipat.gob.pa>

PANAMA CANAL

<http://www.pancanal.com>

<http://www.panamacanalmuseum.org>

BUSINESS

General Business Information: <http://www.businesspanama.com>

U.S. - Panama Business Council <http://www.us-panama.org>

RAILWAY

<http://www.kcsi.com/pcrc.html>

PANAMA EMBASSY

<http://www.embassy.org/embassies/pa.html>

CONVENTIONS

Conventions & Visitors Bureau: <http://www.panamaconventions.com/>

TIDES

Panama, Balboa Tides <http://tidesandcurrents.noaa.gov/tides07/tab2wc1a.html#120>

MUSEUMS

Modern Art Museum <http://www.macpanama.org> Tel. 262-8012

Philately Museum <http://www.correo.gob.pa> Tel. 225-2803

Old Panama City Museum <http://www.panamaviejo.org> Tel: 226-8915

Bio Diversity Museum: <http://www.biomuseopanama.org>

FOREIGN GOVT AGENCIES, also see PDF file Embassies in Cerrito's Webpage

US: <http://travel.state.gov/panama.html> <http://usembassy.state.gov/panama>

Canada: <http://www.dfait-maeci.gc.ca/panama/> <http://www.panama.gc.ca>

France: <http://www.ambafrance-pa.org/index2.html>

Germany: <http://www.panama.diplo.de/es/Startseite.html>

SOCIETIES

Audubon Society of Panama: <http://www.panamaaudubon.org>

Panama Canal Authority (Official Website): <http://www.pancanal.com>

PANAMA INFORMATION & GROUPS

Who's New Panama; a women's welcome group: <http://www.wnpan.org>

Expat get-togethers in Panama: <http://www.expatsinpanama.com>

More on Taboga: <http://www.taboga.panamanow.com/>

Recommended tour company: <http://www.panoramicpanama.com/>

More on Panama: <http://www.escapeartist.com>

Lonely Planet: <http://www.lonelyplanet.com/worldguide/destinations/central-america/panama>

Frommer's Panama: <http://www.frommers.com/destinations/panama/>

Yahoo groups on Panama: <http://groups.yahoo.com/>

PanamaStart: <http://www.panamastart.com>

E-GOVERNMENT

<http://www.e-panama.gob.pa>

OTHER SITES OF INTEREST

Smithsonian Tropical Research Institute: <http://www.stri.org>

Autoridad de la Región Interoceánica: <http://www.ari.gob.pa>

Colon Free Zone: <http://www.zonalibredecolon.com.pa>

Empresa Punto Italia: <http://www.panamaturismo.info>

Unión de Triatlón de Panamá: <http://www.triathlon.org.pa>

Hummer Expeditions: <http://www.hummerexpeditions.com>

Tipico Panama: <http://www.tipicopanama.com>

Encuentro Folklórico Panameño: <http://www.encuentrospanamausa.com>

ADDRESSES OF OTHER ARTICLES & BOOK TITLES by Cynthia Cudmore-Mulder, see Pirates, Facts and other Stories on this website for recent stories:

Raising a Blonde Samurai: <http://www.escapeartist.com/efam/38/Japan1.html>

Curacao Take the Plunge, dive guide text and book design: Curacao Tourism Development Bureau (CTDB), Neth. Antilles

Official Island Guide to Curacao, research assistance, map design, book design by C. Cudmore (and consortium); CTDB

Among print articles published: ALM Tradewinds Airline Magazine, Curacao Inc. Business Newsletter, Curacao International Trade Center Newsletter, Curacao Affair, Bonaire Affair, Curacao Nights, St. Maarten Communicator - Telephone Company Corporate Newsletter, Curacao Telephone Corporate Newsletter, Curacao Ports Authority Newsletter, Curacao Currents Newsletter, Curacao Holiday, Aruba Holiday, Bonaire Holiday, St. Maarten Holiday.