

## Internal Travel

The large majority of business visitors to Panama will do their business in Panama City. Some will need to travel to the Colon Free Zone. Very few will have a requirement to travel beyond these two areas. The most appropriate way to travel about Panama City is by taxi. These are plentiful, and can be hired, usually at the hotel, per trip, by the hour or by the day. Travel to the Free Zone can easily be done in day trips from Panama City by taxi, at reasonable expense.

## Hotels

Panama City has a good range of hotels suitable for business travellers in terms of price, quality, location and facilities (telex, telephone service, etc.).

## Customs Regulations

The normal items carried by a traveller (including cameras and personal, portable electronic equipment) can be brought into Panama without difficulty. Commercial samples can generally be imported with a minimum of formality. When in doubt, exporters should contact the Embassy for advice.

## Health and Personal Security

Medical services can usually be obtained, if needed, through the hotel. Health risks generally, however, are not exceptional in Panama City. The tap water is drinkable, and meals at restaurants are safe. With respect to personal security, travellers should exercise the caution and care normally required in any large city.

## Business Calls and Entertainment

Travel about Panama City is not difficult, and most visitors can make at least four business calls in a typical day. In addition, a working lunch is both possible and useful. Panamanians are very sociable, and will generally accept a luncheon invitation. The city has many good restaurants.

## Mail

Regular mail can take two weeks, and sometimes more, to travel between Canada and Panama. For urgent material, the services of commercial couriers are recommended.