

# IMPORTANT NUMBERS

## RESOURCES



**CARLOS MUNOZ**

+507 6700-6893

Co-Host



**POLICIA NACIONAL  
POLICIA CHAME**

104

507 2406127

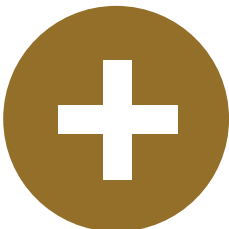


**FIRE DEPARTMENT  
CUARTEL CORONADO  
CUARTEL CHAME**

103

507 240 7629

507 240 6073



**MEDICAL SERVICES**

**SAN FERNANDO CLINIC  
COSTA PACIFICO  
DRA. KYO- SAY YOUNG**

240 1646 / 305 6305

344 7557 / 6453 7100

240 4204 / 6230 5539

# YOUR STAY

## TIPS

1

If you want to eat something, you don't want to cook, and you don't want to go out either, I recommend that you download the app **Pedidosya**

5

If you are going to leave the building, take the remote for the gate . The staff will not always be available to open for you.

2

After 8:00 at night it is a bit difficult to get public transportation, make sure to book a taxi to pick you up after that time

6

Before going for a walk on the beach check the tide chart

3

If you want to buy fresh fish go early in the morning to LOS PESCADORES beach (Gorgona Area), the fishing boats arrive there, and you can buy the fish directly from the fishermen

7

Click on the different links that you will find in this Ebook.  
You will find more information about everything you can do during your stay.

4

The best way to communicate in Panama is via WhatsApp, if you don't have WhatsApp, I recommend that you download it.