

Expense	Projected Amount	
Airfare	\$400-1200	This depends on where you are coming from.
Buses "Chivas"	\$40-80	The buses are inexpensive, and average is \$20 round trip to and from your village to Panama City, but your total travel expenses will depend on the frequency of your weekend travels, and your village location.
Visa	\$5-10	obtained at the airport customs upon entry
Cellphone/phone cards	\$10-200	The phones themselves are around \$20, and Sim cards are around \$10, but the minutes cost extra, so your total depends on personal tendencies. In the past, volunteers have been fine without cellphones, using a payphone in their villages instead, but please note that not all villages have payphones that work.
Incidentals	\$80-150	souvenirs, food, drinks, personal purchases, going out *the total depends on your personal spending habits
Orientation	\$150	this is the high end of the range, but includes the cost of our hostel, some tours, food, going out at night etc.
Midpoint Break	\$70	This is an average, includes hostel and food
Approximate Total	\$1700	* While this is an average, many volunteers manage to spend both less and more than this figure.
Currency	Balboa, American Dollar	*In Panama the currency is the Balboa and the American Dollar (PAB, USD). 1 Balboa is only available in coin denominations and is 1 Balboa is equal to 100 centesimos, the official paper currency in Panama is the American Dollar which is accepted 1B=\$1USD. The coins are in denominations of B1 and B10; 50, 25, 10,5,1 centesimos. The centesimos are of identical size and denomination as US coins and both are used here interchangeably. The Balboa is set to the USD
	Exchange rate as of 12/11: 1 to 1	* Note that fluctuation in the currency compared to the American dollar can occur so please check current International Banking standards.
Average Expenses		
chicken meal	\$3-5	
empanada	\$0.25	
desayuno (breakfast)	\$1	
soda	\$0.75	
postcard	\$0.25	