

WELCOME TO THE MIRAMAR PANAMA INSIDER COLLECTION

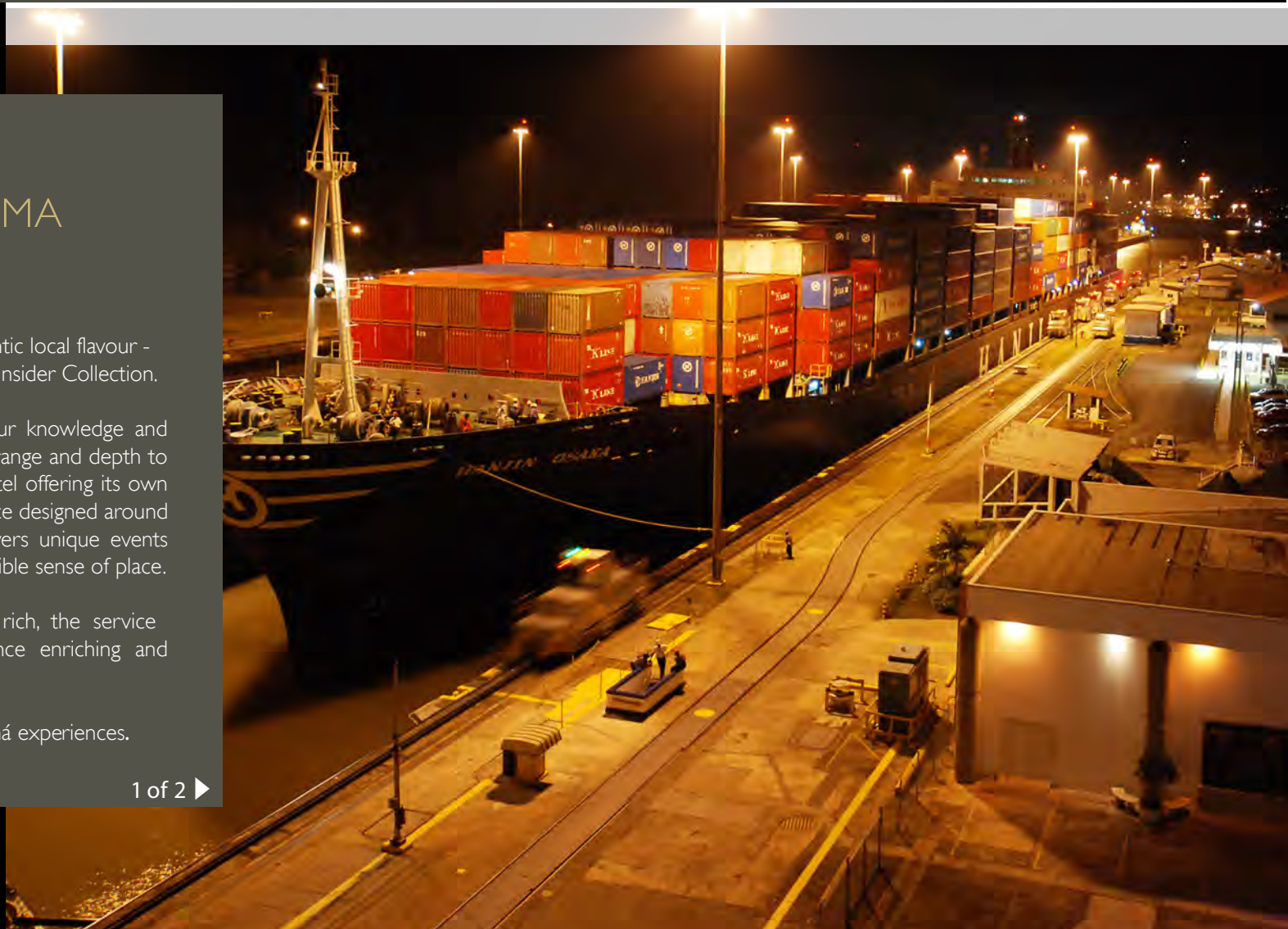
Truly memorable meetings and events with authentic local flavour - that is the inspiration behind the InterContinental Insider Collection.

Our network of hotels and resorts is global; our knowledge and expertise local, giving planner guaranteed choice, range and depth to add to any meeting or conference. With each hotel offering its own bespoke selection of services, and every experience designed around you, the InterContinental Insider Collection delivers unique events firmly rooted in their location with a rare, but tangible sense of place.

The options are limitless, the local knowledge rich, the service professional and faultless, the delegate experience enriching and rewarding every time.

Sample for yourself some of our wonderful Panamá experiences.

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INSIDER LOCATIONS

Choose an InterContinental venue for your event and a world of possibilities opens up. As locals, your hotel team holds the key to a side of your locality tourists never see. What and who they know gives you an exclusive mix of authentic venues and experiences to play with.

INSIDER SPEAKERS

Bring your event to life with an inspirational speaker - someone who can really strike a chord with your delegates and enrich their experience beyond measure. Fascinating and engaging, motivating Insider Speakers range from celebrities and cultural experts to sporting heroes. Whatever their passion, they all have a local connection and you will discover that their unique insights and local know-how make your event one to remember.

INSIDER COMMUNITY

There's nothing quite like immersing yourself in the community to gain an added depth and understanding to your experience in a new destination. Insider Community has been designed to benefit local people and create truly memorable and meaningful experiences for your delegates too.

INSIDER INTERACTIONS

This team-building experience will help your delegates connect with each other as never before. Using the unique character, heritage or geography of your destination to inspire interaction, each experience, whether based on or offsite, offers an original way to engage delegates and motivate them to build effective working relationships.

INSIDER BREAKS

With Insider Collection even your breaks are fulfilling experiences. From serving up a delicious lunch of provincial dishes for a taste of regional cuisine to spending some quality time with your Concierge team to get their best insider tips, a few hours out of your busy schedule becomes a whole experience in itself.

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ENJOY AND EXPERIENCE MI PUEBLITO

Mi Pueblito, located just on the outskirts of Panama City, is a unique representation of Panama's culture and history. The complex consists of three distinct villages: typical Panamanian, Antillian, and Indian (Kuna, Embera, etc.)

In the typical Panamanian village you'll find several small gift shops, restaurants, a pollera museum, barber shop, as well as numerous chairs, benches and tables in an open courtyard.

The Antillian village has several small souvenir stores, eateries, a church and an open courtyard. Further back is the Indian village, you'll find numerous traditional style huts that have been built to help illustrate the Indian way of life in Panama.

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MI PUEBLITO

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THE PANAMA CANAL MUSEUM

The Panama Canal Museum conserves, researches, interprets, communicates and exhibits the testimony of the history of the Panama Canal, for education, knowledge and enjoyment of the public who visit.

They achieve this through careful selection, acquisition and exhibition of objects and material related to the history, construction, technology and operation of the Panama Canal.



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CANAL MUSEUM

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DISCOVER THE BEAUTY OF THE POLLERA

Our "Pollera" is considered one of the most brilliant and select of all traditional costumes of the world.

The Panamanian skirt "Pollera" born from the Spanish female costume of the seventeenth century was worn as a daily outfit, usually white with a wide skirt flight with two or three bases and an overlapping or embroidery floral design.

Our national costume is a mix of the Spaniard dress from all different regions. It has become accustomed to the climate, geographical position of Panama and has evolved since the colonization period till today. The Pollera is composed of two separate parts, consisting of a shirt and a polleron made of fine cloth.

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THE POLLERA

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DISCOVER THE COLORFUL MOLAS MADE BY THE KUNA INDIANS

The mola forms part of the traditional costume of a Kuna woman, two mola panels being incorporated as the front and back panels in a blouse.

In Dulegaya, the Kuna's native language, "mola" means "shirt" or "clothing". Molas are hand made using a reverse appliqué technique. Several layers (usually two to seven) of different-colored cloth (usually cotton) are sewn together; the design is then formed by cutting away parts of each layer. The edges of the layers are then turned under and sewn down.



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KUNA INDIANS

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SHARE WITH A CHILD OF FANLYC

In our country we have over 600 cases of children with cancer; many do not have the resources to pay for their treatments. Twelve years ago, when a group of parents of children with leukemia decided to work against childhood cancer they started the foundation Friends of Children with Leukemia and Cancer (FANLYC). There were only 150 patients, and 25% of them left their treatments.

The foundation Friends of Children with Leukemia and Cancer (FANLYC) was established to provide various types of aid to children and their families to prevent abandonment of treatment.

FANLYC has many volunteers that one way or another help to make the life of these children less painful and joyful. They give them hope and a reason to smile.

You can choose from two options to cooperate with the foundation:

- A 1\$ donation to help this cause or
- Spend half a day in the institution sharing, playing and interacting with the children.



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FANLYC

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COOK WITH OUR CHEF A TRADITIONAL PANAMA DISH

Our Executive Chef will give you the opportunity to enter the Panamanian Cuisine, preparing some unique dishes from our country, such as the Panamanian Tamal, tortilla change, among others.

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LEARN HOW TO PLAY THE TAMBORITO

The Tamborito is a typical dance from some of the interior provinces of Panama.

A leading voice (Cantalante) sings the melody and beats time singing a chorus followed by the cashier and other drums in addition to the voice cantalante. A chorus of women singing as they continue to meet the melody with the beat slaps support establishing a sort of dialogue between the person singing the chorus and drums.

Enjoy learning this contagious dance ...



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THE TAMBORITO

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WALKER'S BREAK AT AMADOR CAUSEWAY

This break gets the same name as the nearby plot of land "stolen" from the sea during the construction of the canal.

Today Amador Causeway is the favorite place of Panamanians for healthy activities like running or walking and bicycling. This break offers healthy options like watermelon with goat cheese; roasted pineapple with vanilla; mango satay with roasted peanuts; strawberry olive; banana, country cheese and cashew muffins. To conclude your walk enjoy the refreshing and according to some, therapeutic chicha of saril.

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AMADOR CAUSEWAY

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THE BEAUTY OF THE CASCO ANTIGUO

To give you a culinary tour we have designed this menu based on local panamanian ingredients and traditional techniques.

Enjoy the otoi chips in spicy chiriqui bean salsa with some spice, the chorizo tableño dressed on 1000 leaves, yams and fried chicken fritters, pineapple and bananas in sweet caramel and some traditional sweet desserts as suspiritos, mini rochets, huevitos de leche and merenguitos. As a beverage you may try the traditional chicheme, made with ground corn, sweetened with sugar, cinnamon and vanilla



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