

## REGIONAL SEMINAR ON CYBERSECURITY AND CYBER DIPLOMACY

2, 3 and 4 June 2025

Panama City, Panama.

### Practical information

#### Event Venue:

**Autoridad Nacional de los Servicios Públicos (ASEP):**

**Vía España - Edificio Office Park**

**Piso 2 salones de. Reunión 230-231**

#### ASEP Contacts

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#### Panama Entry Formalities

##### VISA

All foreign visitors entering the Republic of Panama must carry a valid passport, at least 3 months prior to its expiration date, the tourist card or the corresponding visa, if applicable. The tourist visa can be obtained from Panamanian consulates abroad.

Panama Migration: <https://www.migracion.gob.pa/>

#### Transportation Services

##### AIRPORT:

The **Tocumen International Airport** is located on Domingo Díaz Avenue, just 30 minutes from Panama City.

##### TAXI AT THE AIRPORT:

Costs of tourist taxi services: 2 people to the same place \$30.00 USD. Shared service: 2 people to different places \$20.00 USD each. Collective service: 3 people or more to different places \$15.00 USD each. Travel time: 30 minutes, although at busy hours it can take a little longer. The service includes air conditioning and use of a single passenger. All passengers are entitled to two suitcases, each additional bag will be charged \$1.00.

##### TAXI IN PANAMA CITY:

They are yellow in color and fares are based on a zone system. It is recommended to check the fare before the service is provided to you.

##### UBER SERVICE:

It is the most recognized transportation service worldwide, being easy to use and very useful in unusual places. To access this service, the application must be downloaded through the app store or Google Play.

### PANAMA METRO:

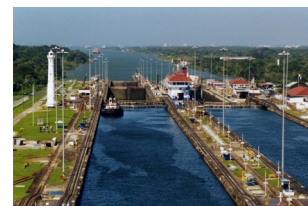
The Metro 1 line starts at the Albrook Transportation Terminal (in front of Albrook Mall) and ends at the San Isidro Station. Tour that takes 26 minutes. To make use of this service, you must purchase the Metro Card whose price is US\$ 2.00, which must be recharged. The cost per trip on the Metro is 35 cents. It operates on a regular schedule from 5:00 a.m. to 10:0 p.m. Monday through Saturday, and from 7:00 a.m. to 10:00 p.m. on Sundays.

Metro line 2, connects with line 1 at the San Miguelito station and then makes its way to the Nuevo Tocumen station, **it has a connection to the Tocumen International Airport**, its price is 0.50 cents, its operating hours are from Monday to Saturday from 5:00 am to 10:00 pm and Sundays from 7:00 am to 10:00 pm.



### Places of interest

**MIRAFLORES VISITOR CENTER:** It is the ideal place to observe the operations of the Canal. It has large balconies that allow visitors to appreciate when the gates of the locks are opened and closed, as ships begin or end their transit through the Canal. Hours: Monday to Sunday, including holidays, ticket office: 8:00 a.m. - 5:00 p.m. Access to the Imax Theater and terraces to see the locks: 8:00 a.m. - 6:00 p.m.



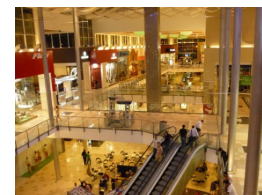
**CASCO ANTIGUO:** The Old Town of Panama City, where the old and the modern are combined in harmony making your visit an unforgettable and pleasant experience. Declared a Historical Monument by UNESCO, it is a place to taste different types of food and drinks in its outdoor cafes.



**LA CINTA COSTERA:** is a place to enjoy the greenery of its areas while being within the city. Bordering the Bay of Panama, it connects Punta Paitilla in the modern sector with the Old Town, the colonial part of the city.

**SHOPPING CENTERS** Panama City has a variety of shopping centers, among which we can mention:








- **Multiplaza Pacific:** Located in Punta Pacifica.  
**Hours of Operation:** Monday to Saturday 10:00 a.m. – 8:00 p.m. Sunday 11:00 a.m. – 7:00 p.m.
- **Albrook Mall:** Located between the Marcos A. Gelabert International Airport and the Grand National Transportation Terminal.  
**Hours of Operation:** Monday to Saturday: 10:00 a.m. - 9:00 p.m.; Sunday: 11:00 a.m. - 8:00 p.m.; National Holidays and Days: 11:00 a.m. - 7:00 p.m.
- **Altaplaza Mall:** It is located on Vía Cinquantenario.



**Hours of Operation:** Monday to Thursday: 11:00 am – 8:00 pm; Friday and Saturday: 11:00 am – 7:00 pm.; Sundays: 11:00 am to 7:00 pm.

### Hotel Information

Please find below a list of recommended hotels for your stay.

HOTEL	ADDRESS	TELEPHONE	ROOM. SINGLE / DOUBLE X NIGHT (+ 10% TAX)	RESERVATIONS / WEB	DISTANCE TO ASEP	OTHER
<b>HOTEL CROWNE PLAZA</b> ★★★★★	Manuel Espinoza Batista Avenue, Via España	(507)340-9887	B/. 115.50 (Single) B/. 132.00 (Double) 1 or 2 people	<a href="mailto:reservas3@bernhotelspanama.com">reservas3@bernhotelspanama.com</a>	2.0 km / 9 min. 	Breakfast included Free WiFi Tax included
<b>HOTEL EL PANAMA, BY FARANDA</b> ★★★★★	56th and 57th Street	(507)215-9991	B/. 80.00 (Single) B/. 96.80 (Double) 1 or 2 people	<a href="mailto:reservas.panama@farandahotels.com">reservas.panama@farandahotels.com</a>	2.4 Km / 10 min. 	Breakfast included Free WiFi Tax included
<b>HOTEL BEST WESTERN PLUS PANAMA ZEN</b> ★★★★★	Between Gaspar Hernández Street and Via Argentina	(507)301-3333	B/. 93.50 (Single) B/. 93.50 (Double) 1 or 2 people	<a href="mailto:reservas@bwpanamazenhotel.com">reservas@bwpanamazenhotel.com</a>	1.3 Km / 6 min. 	Breakfast included Free WiFi Tax included
<b>EXECUTIVE HOTEL PANAMA</b> ★★★★★	52nd Street and Aquilino de la Guardia Avenue	(507)265-8011	B/. 99.00 (Single) B/. 99.00 (Double) 1 or 2 people	<a href="mailto:reservas1@elejecutivo.com">reservas1@elejecutivo.com</a>	2 km / 8 min 	Breakfast included Free WiFi Tax included
<b>HOTEL MARINN PLACE FINANCIAL DISTRICT</b> ★★★★★	Between Aquilino de la Guardia Avenue and Via España	(507)309-2535	B/. 71.50 (Single) B/. 71.50 (Double) 1 or 2 people	<a href="mailto:reservas@marinnhotels.com">reservas@marinnhotels.com</a>	1.9 km / 7 min 	Breakfast included Free WiFi Tax included
<b>HOTEL COURTYARD BY MARRIOTT PANAMA MULTIPLAZA MALL</b> ★★★★★	Multiplaza Pacific Mall, Avenida Via Israel, Panama City, 12345	(507)238-4218	B/. 157.30 (Single) B/. 157.30 (Double) 1 or 2 people	<a href="mailto:Panama.reservas@r-hr.com">Panama.reservas@r-hr.com</a>	2.4 km / 11 min 	Breakfast included Free WiFi Tax included
<b>HOTEL LE MERIDIEN PANAMA</b> ★★★★★	Uruguay Street &, Vasco Núñez de Balboa Avenue, Panama City	(507)297-3200	B/. 172.70 (Single) B/. 180.00 (Double) 1 or 2 people	<a href="mailto:reservas@lemeridienpanama.com">reservas@lemeridienpanama.com</a>	3.1 km / 13 min 	Breakfast included Free WiFi Tax included

Please note that prices may change closer to the date of the event.

### General Information about Panama:

#### **CLIMATE:**

Panama's climate is tropical. Temperatures are relatively high, but vary throughout the year. Normally in the west of the country (on the Pacific Ocean side) temperatures are lower than in the east (Atlantic side). Temperatures in Panama City range between 26° and 34° Celsius and 70-85% relative humidity during the event.

#### **ELECTRICITY:**

In Panama, type A and B plugs are used.



Type A



Type B

The voltage in Panama is 110V – 120V and the frequency is 60Hz

#### **CURRENCY:**

The official currency of the Republic of Panama is the Balboa. However, the circulating paper money is the U.S. dollar. The U.S. dollar circulates freely with the exchange rate being 1 Balboa = 1 dollar.

