



South Pacific Regional Fisheries Management Organisation

DETAILS OF THE 11TH SCIENTIFIC COMMITTEE MEETING

OF THE SOUTH PACIFIC REGIONAL FISHERIES MANAGEMENT ORGANIZATION (SC11)

11 to 16 September 2023, Panama City, Panama

The 11th Meeting of the Scientific Committee of the Commission will be held in Panama, Panama, from September 11 to 16, 2023. To facilitate your travel arrangements, the Secretariat and the Organizer have prepared the information below.

- Meeting Dates
- Meeting location
- Recommended hotels
- Structure of the SC11 meeting
- Visa information
- Transportation from Tocumen International Airport to the hotel
- Social events
- Climate
- Clothing

DATES

- ▶ Scientific Committee Meeting (SC11), September 11-16, 2023.

The eleventh meeting of the SPRFMO Scientific Committee (SC11) will be held in Panama City, Panama, from 11 to 16 September 2023.

The SC Chairperson, Dr Jim Ianelli (USA), will lead the meeting.

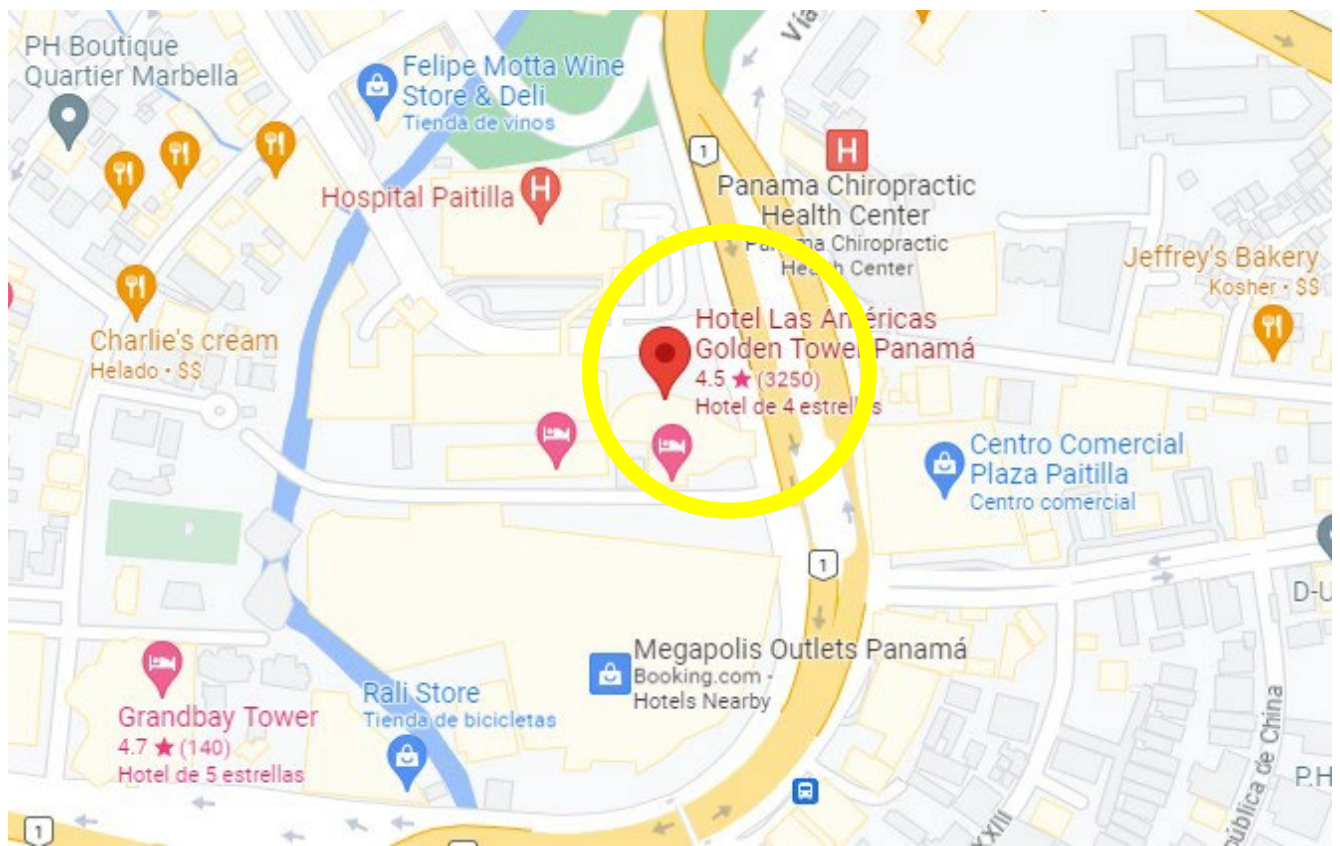
MEETING VENUE

Meetings will be held at the Hotel las Americas Golden Tower, located at Balboa Avenue and 53rd Street corner, Marbella, Panama City.

Aquatic Resources Authority of Panama
Office of technical cooperation and public relations.
Avenida Justo Arosemena, C.45 East,
PANAMA

TEL: 511-6080- 511-6004
Email: sprfmo.sc11@arap.gob.pa

LOCATION OF THE MEETING VENUE



RECOMMENDED HOTEL

If you wish to stay at the venue hotel (Hotel las Americas Golden Tower), special rates are offered for the different delegations:

ROOM TYPE	PRICE (1 NIGHT)	MAXIMUM OCCUPANCY
Deluxe Double	90.00 USD	4 people
Deluxe King	90.00 USD	3 people
Executive People	90.00 USD	3 people
Executive Double	90.00 USD	4 people

- Taxes and rates not included
- All rooms include breakfast
- On the 6th floor is the gym and swimming pool, the gym is open 24 hours a day.
- The hotel will offer you a special rate only if you register using the following link:
<https://bit.ly/3Oh1iGp>

Additional hotel options nearby:

HOTEL	ESTIMATED ROOM STATES	DISTANCE BETWEEN AIRPORT, MEETING PLACE
<p>HILTON HOTELS & RESORTS</p> <p>https://www.hilton.com/es/hotels/ptyhfh-h-hilton-panama/</p> <p>Phone: +507 280-8000</p>	<p>Room with one king bed and city view. With breakfast: 207.00 USD (this price includes taxes, 1 night)</p> <p>Ocean view, two double beds. With breakfast: 272.00 USD (this price includes taxes, 1 night)</p> <p>For more information, please visit the following website</p>	<p>8 minutes by car to Las Americas Golden Tower Hotel and 22, 1 km from Tocumen International Airport (23 minutes by car).</p>
<p>JW MARRIOT PANAMA</p> <p>https://www.marriott.com/es/hotels/ptymj-jw-marriott-panama/overview/</p> <p>Phone: +507 -215-8800</p>	<p>Deluxe Room, 1 King bed, partial ocean view (Max. occupancy: 3, extra beds are allowed) 179.00 USD (1 night)</p> <p>Deluxe room, double, partial ocean view 197.00 USD (Max. occupancy: 3, 1 night)</p> <p>For more information, please visit the following website.</p>	<p>5 minutes by car to Las Americas Golden Tower Hotel and 19, 1 km from Tocumen International Airport (19 minutes by car).</p>
<p>HOTEL RIU PLAZA PANAMA</p> <p>sales.panama@riu.com</p> <p>Phone: +507 378 9000</p>	<p>Deluxe king bed (1 adult) With breakfast 119.00 USD (this price includes taxes, 1 night)</p> <p>Deluxe double beds: With breakfast 119.00 USD (this price includes taxes, 1 night)</p> <p>For more information, please visit the following website</p>	<p>3 minutes by car to Las Americas Golden Tower Hotel and 20, 4 km from Tocumen International Airport (20 minutes by car).</p>
<p>HOTEL PAITILLA INN</p> <p>https://www.plazapaitillainn.com/</p> <p>Phone: +507 208 06 11</p>	<p>Superior double (1 adult) Room only: 82.50 USD With Breakfast: 90.20 USD (Max. occupancy: 3, 1 night)</p> <p>Superior King (1 adult) Room only: 82.50 USD With Breakfast: 90.20 USD (Max. occupancy: 3, 1 night)</p> <p>For more information, please visit the following website.</p>	<p>4 minutes by car to Las Americas Golden Tower Hotel and 19, 9 km from Tocumen International Airport (21 minutes by car).</p>
<p>TERRANOVA HOTEL</p> <p>info@hterranova.com</p> <p>Phone: +507 203 3453</p>	<p>Standard room: 54.00 USD (this price includes taxes, 1 night)</p> <p>Superior standard: 58.50 USD (this price includes taxes, 1 nights)</p> <p>For more information, please visit the following website</p>	<p>7 minutes by car to Las Americas Golden Tower Hotel and 21, 4 km from Tocumen International Airport (24 minutes by car).</p>

STRUCTURE OF THE SC11 MEETING

SC11 will be an in person meeting only, and there will be no option for virtual participation. Members will only be able to make their interventions in person.

The meeting will have lunches provided every day of the meeting; the restaurant is located in the **LB** elevator lobby of the hotel.

VISA INFORMATION

Access the Panama Immigration Services website from the following link to determine if you need a visa to enter Panama.

Link: Visa application for foreigners National Migration Service, <https://www.migracion.gob.pa/>

TRANSPORTATION FROM TOCUMEN INTERNATIONAL AIRPORT TO THE HOTEL

The meeting venue Hotel Las Americas Golden Tower is strategically located in the financial and commercial center. Public transportation (train, cabs, uber) is available from Tocumen International Airport. Access information is available on the following website.

<https://lasamericsgoldentower.com/>

TOURIST SITES OR PLACES OF INTEREST

OUTDOOR ACTIVITIES



Panama Canal / Miraflores Visitor Center: One of the 7 Wonders of the Modern World, the Panama Canal is a must-see for anyone traveling in the country. Built to dramatically decrease the travel time for ships between the Pacific Ocean and the Caribbean Sea, the Canal has seen over 900,000 vessels and counting. The Miraflores Visitor Center is a space where you can live a unique Panama Canal experience. In one place you will find different activities to learn and fully enjoy the Panama Canal.



Amador Causeway: Enjoy one of Panama City's most fun-filled green spaces. The rock extracted when the Panama Canal was being built between 1904 to 1914 was used to build the causeway. The road extends 6 kilometers (3.7 miles) out into the Pacific Ocean. You can find restaurants, shops, and clubs, see Panama City's skyline and the Pacific entrance to the Canal from here as you stroll, jog, skate, bike, rent an electric scooter or just sit and enjoy the breeze.



Casco Viejo: also known as Casco Antiguo, or the 'old quarter,' is Panama City's historic district. Considered a UNESCO Cultural World Heritage Site, the district dates back to 1673, and features vibrant plazas and picturesque brick-paved streets surrounded by colorful buildings. Come for some of the city's best gastronomy, culture and photo ops, and stay to mingle with the locals in the heart of the nightlife scene. The area is ideal for walking, discovering history and enjoying a variety of fine cuisine.



Cinta Costera: the Cinta Costera (Coastal Beltway) is a 7 km (4.3 miles) public recreation area that runs along Panama Bay and includes gardens, bike lanes, sports fields, lookouts, and traditional restaurants.



Ancon Hill: for hiking lovers, Cerro Ancon is a great option! Cerro Ancón (or Ancon Hill) is the highest point in Panama City and boasts sweeping views of the city and canal. The only way to get to the top and soak up the views is to hike. You can get there with just an Uber or taxi driver who can get you to one of the trailheads.



MUSEUMS

Biomuseum: Geologically speaking, the isthmus of Panamá formed only recently, but its appearance literally changed the world. To learn more about Panamá's unique impact on the planet's biodiversity and the country's commitment to protecting the environment, visit the Biomuseo. Famed architect Frank Gehry, the mastermind behind some of the world's most iconic buildings, such as the Guggenheim Museum in Bilbao and the Louis Vuitton Foundation in Paris, designed the striking, colorful building. The Biomuseo is Gehry's first project in Latin America.

Interoceanic Canal Museum: This popular museum and top Panama City attraction is located inside a stunning, well-restored colonial building that once housed the French and U.S. companies in charge of building the canal. Visitors interested in learning more about the famous waterway can wander the halls of this beautiful four-story white and green structure where displays showcase information about the political, social and historical impact of the iconic Panama Canal. Although signage is in Spanish only, English-speaking guest can opt for audio tours for a small additional fee.

Museum of the History of Panama: located in Casco Viejo, Panama History Museum is inside the Palacio Municipal (Municipal Palace), on the low floor, the museum is not very large, but it is large enough to remember and understand some of the history of this beautiful country.

MAC Panama: One of the significant art museums in Panama City is the "Museo de Arte Contemporáneo de Panamá" (Museum of Contemporary Art of Panama), commonly known as MAC Panama. This museum showcases a diverse collection of contemporary artworks from both local and international artists. Visitors can explore a wide range of artistic expressions, including paintings, sculptures, installations, and multimedia exhibits.

Mola Museum: located in Casco Viejo, MuMo invites visitors to explore and learn about molas, a traditional textile art form and a type of intricate, colorful, and vibrant fabric panel made by the Kuna indigenous people of Panama, from their artistic side through its five exhibits: Technique and Evolution of the Mola, Cosmovision, Surroundings, Layers Molas and Storytelling.

TOURS

If you would like to reserve tours to tourist sites in Panama City, please contact:

E-mail: sales@ocean2oceantours.com , www.ocean2oceantours.com
Tel.: (507) 396-9596 Fax: (507)396-9597, Cel. 24/7: (507) 6200-2120.

Panama City Tourist Bus.

E-mail: <https://city-sightseeing.com/es/71/panama-ciudad/77/bus-turistico-ciudad-de-panama>

You can also use the **Uber application**, **google maps** to visit these places.

RESTAURANTS

Links where you can find more information:

<https://panamacascoviejo.com/category/atracciones/museos/?lang=es>
<https://www.multip plaza.com/panama/restaurantes>
<https://www.degustapanama.com/>

COMMERCIAL CENTERS

The nearest shopping center is Multiplaza, but you can also visit Albrook mall with the help of the Panama subway.



Multiplaza Mall: a three-story shopping paradise! Experience a luxury brand avenue and a selection of the most renowned brand stores in fashion, jewelry, and accessories (Adidas, Converse, Zara, Bath & Body Works, Victoria's Secret, Aldo, among others). They also have a food court and a range of well-known restaurants options, such as, Friday's, Tony Romas, PF Chang's, Applebee's, Benihana, and others. <https://www.multip plaza.com/panama> / Hours: Monday to Saturday from 10:00 a.m. to 8:00 p.m. and Sunday from 11:00 a.m. to 7:00 p.m.



Albrook Mall: it is a mega deals mall, with an astounding 700 stores that offers an unparalleled selection of products at unbeatable prices. From fashion boutiques to electronics outlets, home decor to sports gear and food courts, you'll find everything you desire under one roof. <https://www.albrookmall.com> / Hours: Monday to Saturday from 10:00 a.m. to 8:00 p.m. and Sunday from 11:00 a.m. to 7:00 p.m.

METRO DE PANAMÁ

Get Moving on the Metro:



PROJECT RAMAL AIRPORT

A project that positions us at the level of great international cities which provide this important connection, enabling passenger's mobility, allowing them to travel along our city, in a faster and safe manner.

-  2 kilometer extension of elevated highway
-  Benefiting thousands of passengers who move about the Tocumen International Airport
-  8 thousand Airport employees
-  5,000 ITSE students, in addition to the demands of the INADEH and the neighboring schools and communities.





GET MOVING ON THE METRO

IT IS SAFER AND FASTER

FOLLOW THIS GUIDE




APP AVAILABLE METRO DE PANAMÁ OFICIAL

elmetrodepanama

THE RAILWAY CONNECTION BETWEEN THE PANAMANIAN CAPITAL AND THE COUNTRY'S MAIN AIRPORT



GUIDE

In order to leave from the **Airport Station** to any point in the center of the city or the Tocumen area

You should take the train that will take you to the estación Corredor Sur.

Once you are at that spot, you may head to the platform that will transfer you to your destination:

- PLATFORM 1 - towards Nuevo Tocumen
- PLATFORM 2 - towards San Miguelito / Panama City

To go to the **ITSE or Airport stations**

You should arrive at the **Corredor Sur - Line 2**.

At this station you will find the **CENTRAL PLATFORM**.

 Here, you can board an available train, every 10 minutes.

If your destination is the **Tocumen International Airport**

Once at the Airport Station, go down to street level where you can get aboard the shuttle that will take you to Terminals 1 and 2.

RATE PER TRIP

-  LINE 1: \$0.35
-  LINE 2: \$0.50
-  THE USE OF BOTH LINES: \$0.85

PURCHASE YOUR TRAVEL CARD

In the vending and recharging machines located in all the Stations for just **\$2.00**

You may also pay for your trips by making **contactless purchases with your Visa or Mastercard**, turnstiles have been labeled with the corresponding logos for your convenience.



METRO HOURS OF OPERATION

Monday to Friday
5:00 a.m. a 11:00 p.m.

Saturdays
5:00 a.m. a 10:00 p.m.

Sundays and Holidays
7:00 a.m. a 10:00 p.m.

BAGGAGE ALLOWANCE

Luggage up to 100cm x 75cm x 65cm



- The nearest station is the Iglesia del Carmen, you can also use the subway to go to Albrook mall
- Payment for the Panama subway can be made through your visa card.





How to use Line 1 and connect with Tocumen International Airport?

- Access any Station on Line 1 and travel towards the San Miguelito Station, once you have arrived on the platform head towards the foyer where the Line 2 – Connection walkway is located.
- At the San Miguelito Station – Line 2, board the train, with destination to the Corredor Sur Station.
- Once you have arrived at the Corredor Sur Station, head towards the central platform.
- From the central platform, a train will be leaving for the ITSE and Airport Stations every 10 minutes.

SOCIAL EVENTS

There will be a reception hosted by Panama:

September 11, 19:00-21:00 of the Central Hotel, room San Jose, All participants are welcome.

CLIMATE

The weather forecast for the days of the meeting is as follows:

Low 25°C / High 32°C, Rainy.

CLOTHING

For the days of the meeting, casual attire is recommended. Please bring clothing according to the weather forecast.

LOCAL CURRENCY

The daily currency in Panama is the **U.S. dollar.**

ELECTRICITY

The electric current is 120 volts. The plugs and sockets are type A /



Wi-Fi

The Wi-Fi settings will be available at the Hotel Las Americas Golden Tower. If you wish to buy an international sim card, please visit the companies of TIGO, + Movil, Claro.

EMERGENCY INFORMATION

Police Emergency call – 511-9220
Fire, Ambulance or Emergency Rescue..... Emergency call – 911
Paitilla Hospital (Private hospital in front Las Americas Golden Tower Hotel) 265-8800