

July–August 2026

Pacífico Vibes

VOL
03

Be part
of what's happening
in our community

10 interactive sections
to share and discover
stories and activities

Click here and let's co-create
this space together

Ir a versión en español

Welcome

When I think of Panama Pacifico, I think of the people. Of those who have decided to make their home here, pursue their projects, and contribute in various ways.

In this issue, you'll read stories that reflect that commitment—stories of people who promote well-being, education, entrepreneurship, community, and care for our environment.

I value greatly the diversity of talents and experiences that coexist in one place and that, through their daily efforts, help strengthen the sense of community that sets us apart.



I hope you enjoy this new issue and that you find in its pages new reasons to cherish and strengthen the bond that ties us to this place that so many of us are privileged to call **home**.

And, above all, this is an invitation to get involved. **Share your story, and let's continue to bring this community to life.**

Eduardo Valdes T.

President of

P.H. Originario Woodlands

P.H. Single Family III

A handwritten signature in black ink, appearing to be 'E. Valdes' with a stylized flourish below it.

This is us

The future is built by neighbors



Every community needs people who are willing to look beyond the walls of their own homes people who, when faced with a challenge, decide to get **involved, listen, and work towards solutions that benefit everyone.**

Eduardo Valdes embodies that vision. Driven by the desire for his family to grow up in a safe, organized, and constantly evolving environment, he has dedicated his time and effort to fostering conversations and initiatives that strengthen community life.



“When I bought my house, I found the place where I had always dreamed of raising my family. Since then, I've felt a commitment to helping it continue to evolve for future generations.”
Eduardo Valdes



“My way of showing my gratitude for what this place has given me is to help make it even better.”

Eduardo Valdes

His vision extends beyond current needs. **Eduardo envisions a place where every stage of life has its own space: areas for children, gathering places for teenagers, reading and relaxation spaces for older adults, and environments that foster a sense of community among neighbors and families.**



For him, a community’s true growth occurs when it evolves at the same pace as the people who make it up.

Collective well-being doesn’t happen by chance. It stems from people who decide to get involved, take care of what they’ve built, and work to ensure that every generation finds its place.

Because behind every community, there are always people who decide to turn their sense of belonging into action.

Do you have a story to tell?

Share it

Community tips



Carolina Mejia

Parterre Resident

I've always loved outdoor sports and any excuse to get out into nature. **In Panama Pacifico, it's amazing how easy it is to access safe and beautiful places to go running or stand-up paddleboarding.**

The best part is being able to stay active, discover new hobbies, and—just minutes away—enjoy all the comforts of everyday life.

Here's the perfect combination!



Mari Monsalve

Balance Coach and
River Valley Resident

Here, I discovered **that well-being goes beyond exercise. It's the way you choose to live.** The tranquility, nature, and spaces around us makes it easier to connect with yourself.

I have the perfect setting to lead my balance and well-being classes, and today I'm sharing it with a community that values a more mindful life.

Join us in living a balanced life!

Wellness in motion

When healing leads you to help others

Adriana Manga decided to turn her own experience into a way to help others. When she arrived at Panama Pacifico in 2020, she never imagined that this change would also mark the beginning of a project that would transform the lives of hundreds of people.

“Only someone who has experienced pain can truly understand how another person feels.”

Adriana Manga, CEO of Equilibrium

That’s how **Equilibrium** was born —a rehabilitation center that combines therapeutic Pilates, biomechanics, anatomy, and the science of movement to support people seeking to regain mobility, relieve pain, and improve their quality of life.

There are currently three branches, but it was Panamá Pacífico where it all began and where its heart still lies.



“Movement is the best therapy there is.”

Share your story

Offline is the **new luxury**

Panama Traditions Academy

It is a **vibrant gateway to connecting with Panama's roots in an inclusive and bilingual way.** A space where children and adults learn, dance, and share folklore, fostering a sense of identity and cultural pride.

An opportunity for community, legacy, and connection across generations. Long live Panama!

A space where folklore unites generations and celebrates the best of Panamá as a community.



 [+507 6268 1215](https://wa.me/50762681215)

Get around on wheels

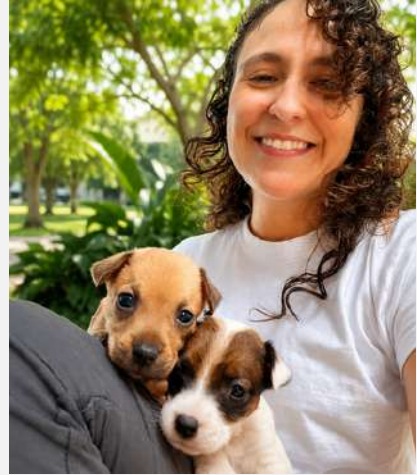


Explore, enjoy, and experience Panama Pacífico on two wheels

- **A 10-km recreational bike** path that safely connects homes, schools, and workplaces.
- **Sunday bike** path events where the main boulevard is transformed into a route for families to enjoy. **From 7:00 a.m. to 11:00 a.m.**
- **Trails for adventurers** surrounded by nature, for those looking for a more exciting ride.

Red Rescates

Veronica Ramirez is spearheading a joint effort to coordinate animal rescues, channel support, and follow up on each case. This led to the creation of **Red Rescates—a collaborative initiative that brings together residents and volunteers to rescue stray animals** and care for the area's community cat colonies.



Behind every rescue there is a story that leave a lasting impression. Like the story of two puppies found in a gutter, one of them trapped and unable to get out. With the help of neighbors and the fire department, they were successfully rescued and now live in adoptive homes. In addition to these cases, there are litters of kittens still searching for their forever home.

There are also invisible challenges: a lack of shelter space, the emotional toll, the process of responsible adoption, and even complex situations in which people claim to be the owners of a rescued animal but cannot provide evidence to support their claim.

“Rescuing isn’t just about saving; it’s about providing emotional support for what comes next,” Veronica shares.

Helping others is the most authentic way to connect!

 [redrescates.panamapacifico](https://www.instagram.com/redrescates.panamapacifico)

What activity would you like to share?

Share it

Pet club

Behavior changes with support

Jacinta came into Carolina's life as a temporary foster dog, but it only took a few days for Jacinta to become part of her family.

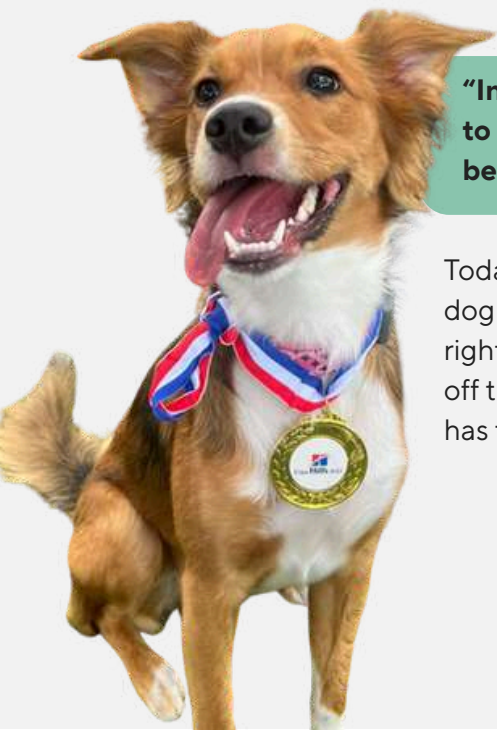
Restless, tireless, and with seemingly endless energy, she found her place at **Doggy's Kingdom**, a training and agility school that offers programs designed to improve pets' obedience and behavior.

What began as obedience training evolved into swimming and agility, where she impressed everyone from her very first competitions.



"Instead of giving up on Jacinta, I decided to understand her. That's where it all began."

Carolina Mejia, owner of Jacinta



Today, Jacinta proves that behind an active dog there can be great talent when given the right support. Her joy is contagious, on and off the field, she reminds us that every pet has their unique way of shining.

Does your pet have a story to tell?

Share it

Coliving

Sloths:

Three species in Panama, two in Panama Pacifico

“They are essentially the fertilizers of the forest floor.”

Reinaldo Perez, wildlife ranger

Of the six species of sloths found in the Americas, three live in Panama, and—even more surprisingly—**two of them can be found here**, making this area a prime location for conservation and coexistence with wildlife.

Beyond their cute appearance and slow pace, sloths play a vital role in maintaining the balance of the ecosystem. By feeding on leaves and returning nutrients to the soil, **they help keep forests healthy.**



Although many people feel the urge to approach or help them, it's recommended that you avoid handling them. **Sloths are highly sensitive to stress and may become distressed or react by biting or scratching.**



"The two-toed and three-toed species are the ones we see here."

Reinaldo Perez, wildlife ranger

It's not about intervening, but about learning to live with them.

If you come across one crossing a road, it's best to let it continue in the direction it's heading or help it using a branch, always avoiding direct contact.

If you encounter a sloth or another animal:

- Watch it from a distance.
- Do not try to move or capture it.
- Report it to the CSI:
+507 316 3636



Living alongside sloths means learning to respect them, since they have inhabited these forests long before we did:

- Keep your distance.
- Watch speed limits.
- Avoid direct contact.

We are part of a living system

What would you like to know about our wildlife?

Share

Growing here

The world continues to place its trust in Panama

The recent **visit by major Japanese companies** to explore investment opportunities **in Panama confirms that the country remains one of the region's most attractive destinations for doing business.** Its strategic location, connectivity, stability, and ability to attract world-class companies bolster the confidence of those seeking to grow in Latin America.

This confidence is reflected in Panama Pacifico, where **multinationals such as Dell Technologies, Caterpillar, 3M, FedEx, PepsiCo, BASF, Grainger, Cochlear, KIO Networks, and NTT DATA have established operations alongside many other companies driving sectors such as technology, logistics, manufacturing, healthcare, and global services.**

This demonstrates that the ecosystem offers the conditions companies seek for their growth in the region.



Great opportunities begin with a decision. For those who live, work, or invest here, **this trend represents a sign of confidence and confirmation that they are part of one of Latin America's most significant hubs for business development.**

When you choose the right environment,
everything grows with you

[Explore opportunities](#)

Connect to transform

APP: growing together with the community

On its 22nd anniversary, **the Panama Pacifico Agency (APP) reaffirms its vision of being a close partner to those who live, work, and invest in the area.**

With a renewed focus, it is strengthening its responsiveness through a new Inspection and Maintenance Department, equipped with machinery and staff to more quickly address tasks in common areas, roadways, and projects requiring coordination with other entities, helping to ensure that solutions reach where they are needed more quickly.



This evolution also drives strategic projects that support growth, including improvements to road infrastructure, initiatives to strengthen services, and planning that responds to the needs of a constantly evolving community. **More than simply carrying out construction projects, the goal is to enhance quality of life and create the conditions for the area to continue growing in an orderly and sustainable way.**



Do you have a story to tell?

[Share it](#)

Best place to live

Promoting holistic development in the community



Some families come to the French Lycée seeking for an international education and end up discovering a different way of life. Many decide to move to Panamá Pacífico after getting to know the school.

“Here, learning goes far beyond the classroom. Students hike trails, go birdwatching, and turn the open spaces at Panamá Pacífico into an extension of the classroom.”

Cyrile Peyre, Director General

That connection with nature also translates into actions such as reforestation projects in partnership with the FUPADEINA Foundation, where students care for seeds that they later plant in nearby areas, and they participate in cleanup days at the Veracruz mangrove swamp, fostering a culture of respect and protection for the environment from a young age.

The horizon also extends far beyond Panama. As part of an international educational network, **the French Lycée offers its students exchange opportunities in other countries and access to merit-based scholarships** to pursue higher education in France, exposing them to a global experience from an early age.



All of this takes place in a community where more than 50 nationalities live side by side. A trilingual environment, different cultures sharing their daily lives, and families who actively participate in school life make diversity a natural part of everyday life, while students prepare to gain admission to top European universities.



That is where the French Lycée finds its place—not only by educating students, but also by supporting families as they grow together as a community. Because **when learning is connected to nature, diversity, and an open view of the world, education transcends the classroom.**

Do you have a story to tell?

[Share it](#)

What does **Panama Pacífico** taste like?

Places have a way of staying with us. Sometimes it's a landscape, a sound, a scent, or even a taste. With that idea in mind, **Pepe was born—a beer created to capture the essence of the community and transform it into a sensory experience.**

The project is the result of a collaboration between Panama Pacífico and Boquete Brew Co., which has been part of the community since 2018. **Inspired by transforming the place's identity** into a beer—inspired by its natural, tropical surroundings—they developed a wheat beer with citrus notes of pineapple and orange, fresh and light, designed to reflect the community's outdoor lifestyle and its connection to nature.



Over time, Pepe became much more than just a beer: **it became a symbol that unites a community throughout its flavors.**

What about you—have you tried Pepe yet?
Don't let your curiosity get the best of you!

Stay tuned

Four Winds, **Wellness Club**



Well-being is enhanced when there are spaces designed for **connecting**, sharing, and growing as a community. **With this vision in mind, Four Winds was founded —a club created to offer experiences that positively impact individuals and families** by bringing together sports, recreation, dining, and nature in one place.

Four Winds aims to become a gathering place where children, teens, and adults can participate in activities that promote an active and healthy lifestyle, all while enjoying an environment designed for well-being.

Its summer program for children ages 6 to 13 exemplifies this mission.

With sports such as soccer, basketball, padel, pickleball, and table tennis, participants enjoy experiences that combine fun, learning, and physical activity in an outdoor setting.



Check out all the activities

 [fourwindsclubpp](https://www.instagram.com/fourwindsclubpp)

Stay connected

Click on the icons

 Social media



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Alert channel



Thank you for being part of our community.

See you in the next edition!