



TRAVEL PROGRAM MEDIA GUIDE

Passage through the Panama Canal and Costa Rica

We hope you find the following list of resources—books, maps, video recordings, audio recordings and websites—relating to your travel program helpful. The book titles listed should be available at local public or university libraries; most of them may be purchased and/or downloaded for e-readers through local and online bookstores.

◆ **GUIDEBOOKS AND MAPS**

Arghiris, Richard. *Central America*. Footprint Handbooks. 2016.

This edition of Footprint's guide to Central America has been extensively researched and updated. Taking you through colonial cities and quiet villages to deserted beaches and lush rainforests, it provides helpful recommendations and regional insight.

Central America Map. ITMB. 2013.

Produced for the traveler, this detailed, double-sided map gives an overview of the whole Central American isthmus at a scale of 1:1,100,000. 26x40 inches.

Costa Rican Spanish Phrasebook & Dictionary. Lonely Planet. 2013.

The fourth edition of a pocket guide to idioms, slang and Spanish as it is spoken in Costa Rica.

Fodor's In Focus Panama. Fodor's Travel Guides. 2016.

Fodor's correspondents highlight the best of Panama, including Panama City's neighborhoods and nightlife, the Panama Canal and the beautiful coasts.

Gill, Nicholas. *Frommer's Costa Rica*. Frommer Media. 2018.

Written by a knowledgeable, long-time resident, this volume contains reviews of the best natural sights and attractions and dozens of detailed maps.

Lonely Planet Costa Rica. Lonely Planet. 2018.

This recently updated guide presents insider tips, cultural insights, more than 30 easy-to-use maps and practical information.

The Rough Guide to Panama. Rough Guides. 2017.

Written in Rough Guides' trademark style, this guide features insightful accounts of Panama's top sights, stunning full-color photography and user-friendly maps.

Vipond, Anne. *Panama Canal by Cruise Ship: The Complete Guide to Cruising the Panama Canal*. Ocean Cruise Guides. 2014. An outstanding guide to the Panama Canal and popular ports of call in Mexico, the Caribbean and Central America, it features a mile-by-mile guide to the transit, a history of the building of the canal and a detailed pull-out map of the canal.



◆ HISTORY AND CULTURE

- Diaz Espino, Ovidio. *How Wall Street Created a Nation: J.P. Morgan, Teddy Roosevelt and the Panama Canal*. Basic Books. 2003. A look into the behind-the-scenes financial wrangling and Roosevelt-era dollar diplomacy that resulted in not only the Panama Canal but the establishment of Panama as an independent nation. A Panamanian and lawyer who has worked on Wall Street, Diaz Espino brings passion and a unique perspective to the tale.
- Greene, Julie. *The Canal Builders: Making America's Empire at the Panama Canal*. Penguin Books. 2010. In this examination of the Panama Canal's construction, Greene plots its emergence as a symbol of American power and incipient globalization but focuses on the human dimensions of the project: the canal workers from all over the world who mobilized, suffered egregious discrimination, pushed for their rights and collectively erected the engineering triumph.
- McCullough, David. *The Path Between the Seas: The Creation of the Panama Canal, 1870-1914*. Simon & Schuster. 1978. A great story, admirably told in vivid, page-turning detail. McCullough reveals the full scope of the Panama Canal, its characters, technical difficulties and Byzantine politics. Capturing all the international intrigue, it reads like a suspense novel even at nearly 700 pages.
- Palmer, Steven and Iván Molina. *The Costa Rica Reader: History, Culture, Politics*. Duke University Press. 2004. Journalism, essays, memoirs, poems and artwork provide a panoply of voices to tell the stories of Costa Rica's people and its natural environment.
- Parker, Matthew. *Panama Fever: The Epic Story of One of the Greatest Human Achievements of All Time—the Building of the Panama Canal*. Doubleday. 2008. An engrossing narrative of the canal's creation, from international diplomacy and treaties to the engineering feats and dangerous, even fatal, work of the thousands of men who constructed it.
- Ventocilla, Jorge, Heraclio Herrera and Valerio Nuñez. *Plants and Animals in the Life of the Kuna*. University of Texas Press. 1995. An ethnobiology and cultural portrait of the Kuna, also called Guna, their island home and relationship to the natural world, this book was produced by a diverse team of Kuna leaders, ecologists and scholars.
- Salvador, Mari Lyn. *The Art of Being Kuna: Layers of Meaning Among the Kuna of Panama*. University of California Press. 1997. This beautifully illustrated text highlights the arts and culture of the Kuna people, who have persisted as a vibrant community despite powerful external forces.

◆ NATURE AND WILDLIFE

- Forsyth, Adrian. *Nature of the Rainforest: Costa Rica and Beyond*. Comstock Publishing Associates. 2008. Biologist Adrian Forsyth uses anecdotes from his many decades in the tropics to illuminate the basic concepts of ecology, evolution and conservation in these marvelous essays. One hundred ninety-one magnificent photographs of rare and wonderful birds, mammals and other creatures of the forest complement the text.
- Henderson, Carrol L. *Birds of Costa Rica: A Field Guide*. University of Texas Press. 2010. Compact and authoritative, Costa Rica's 300 most conspicuous, common and interesting birds, including endemic species, each get a full page with detailed map, description and color photograph.



Kavanagh, James. *Panama Birds: A Folding Pocket Guide to Familiar Species*. Waterford Press. 2018. This excellent guide highlights over 140 familiar and unique species and includes a map featuring prominent bird-viewing areas.

Reid, Fiona, Twan Leenders, Jim Zook and Robert Dean. *The Wildlife of Costa Rica: A Field Guide*. Cornell University Press. 2010. Designed to take along on a walk in the forest, this guide includes 600 detailed illustrations of the mammals, birds, reptiles, amphibians and arthropods you are likely to encounter.

◆ LITERATURE AND TRAVEL MEMOIRS

Houde, Matthew and Jennifer Turnbull. *Two Weeks in Costa Rica*. Travelogue Adventures. 2012. This travel log recounts the adventures of two seasoned travelers hiking in one of the most biodiverse places in the world. Both authors moved to Costa Rica in 2013 and blog about their continuing adventures on twoweeksincostarica.com.

Ras, Barbara. *Costa Rica: A Traveler's Literary Companion*. Whereabouts Press. 1994. This well-chosen anthology brings together 26 remarkable stories by Costa Rican writers. It is an excellent introduction to the character of the people, culture and land.

◆ FOOD

Presilla, Marciel E. *Gran Cocina Latina: The Food of Latin America*. W.W. Norton & Company. 2012. The 2013 James Beard Foundation Cookbook of the Year. *Gran Cocina Latina* spans the vast culinary landscape of the Latin world, giving home cooks, armchair travelers and curious chefs the first comprehensive collection of recipes from the region.

Lasso-Von Lang, Nilsa and Jiwanda Gale-Rogers. *Flavors of Panama*. America Star Books. 2012. A chronological overview of Panamanian cuisine and the different cultures that have impacted the country's gastronomy, this unique cookbook brings together delicious and popular native recipes and variations on many culinary traditions. It also highlights regional foods, holidays, celebrations and eating patterns.

◆ DOCUMENTARIES AND FILMS

Listed below are films, documentaries and travel programs featuring Panama and Costa Rica. All should be available on DVD and/or Blu-ray at your local library and/or bookstores, or may be ordered online.

American Experience: Panama Canal. 2011. Directed by Stephen Ives.

The story of the construction of the Panama Canal in 1914. Produced by PBS, this entertaining documentary recalls an age when America was beginning to emerge as a global superpower.

A Man, A Plan, A Canal, Panama. 2004. Directed by Carl Charlson.

A documentary covering the epic 30-year construction of the Panama Canal, with historic film footage, rare archival photographs and insightful narration by David McCullough.

Escape to Costa Rica. 2017. Directed by Eoin O'Shea.

In this miniseries, science writer and traveler Gaia Vince visits Costa Rica to find out how this remarkable republic has become "the happiest, most sustainable country in the world."

(Available worldwide for streaming on the official site for Channel 4 in the United Kingdom.)



◆ MUSIC AND AUDIO RECORDINGS

www.worldmusic.net

The Rough Guide and the *World Music Network* publish a variety of Central American music as well as superbly researched book guides to international music generally.

◆ WEBSITES

<https://www.cbp.gov>

U.S. Customs and Border Protection (CBP) website.

www.cdc.gov

United States Department of Health and Human Services Centers for Disease Control and Prevention website. Provides information on immunizations and vaccinations and tips for staying healthy when traveling abroad.

www.iec.ch/worldplugs

Information on international electric current and plug types.

<https://www.nytimes.com/section/travel>

The New York Times Travel Section features an array of basic travel-related information, multimedia presentations and links to newspaper articles from recent years on both Costa Rica and Panama.

<http://www.oanda.com/currency/converter>

Online currency converter tool and information on currency exchange rates.

www.timeanddate.com

Information on time zones and time conversions.

www.travel.state.gov

United States Department of State website; details on how to obtain or renew a passport.

www.tsa.gov

Transportation Security Administration website. Provides information on air travel security, including permitted/prohibited items for carry-on luggage.

www.visitcostarica.com/en

The official Costa Rica Tourism Board website.

www.visitpanama.com

The official Panamanian Tourism Institute website.

www.weather.com

Current weather and extended forecasts around the world.