OUTWARD BOUND COSTA RICA

2018 Summer Expeditions, Gap Year or Semester, & Custom Courses
Outward Bound Costa Rica (OBCR) is a non-profit, experiential education organization serving international participants through active learning courses that inspire a lifetime of leadership, growth, and a commitment to serve through adventure-based learning.

The outcomes of OBCR courses facilitate personal growth and success in self-confidence, compassion, leadership, active engagement in service toward social and environmental responsibility and teambuilding.

Regardless of the outcomes, we see participants coming away from our courses with stronger leadership skills, a greater understanding of the world around them, and having discovered that they are capable of more than they ever thought possible.
SERVICE, HIKE & HOMESTAY

Discover the true meaning of “off the beaten path” as you embark on a deep-jungle trek where spectacular rainforest valleys, cascading waterfalls, and winding rivers will both awe and challenge you. Learn to make food in the backcountry, wake up to fresh animal tracks, impressive plant life, and rugged trails as you navigate your way to our village homestays. Experience true Costa Rican hospitality on the farms of our homestay families as you learn to make corn tortillas from scratch and crank the traditional trapiche to squeeze juice from freshly harvested sugar cane. Learn to rappel down the face of a double waterfall on an adrenaline-pumping 80-ft descent. End with a stay at the beach, whitewater rafting, a canopy zipline tour and a trip to the artisan market.

AGES: 14-18 years old

DATES: June 23 – July 7
July 7 – July 21
July 21 – August 4

COST: $3,030
Discover the natural wonders of Panama by lending a hand in local conservation projects and scuba diving in tropical Caribbean waters. Begin in the indigenous community of San San Pond Sak where you will learn from local biologists how to protect the endangered leatherback sea turtle population. You will work in their natural environment to catalog and release newly hatched turtles. Next, head to the archipelago of Bocas del Toro to become NAUI scuba certified. Learn to properly dive and discover spectacular tropical coral reefs and the ecosystem surrounding the islands. Immerse yourself in Caribbean culture and work alongside your course mates as you cook with local ingredients, sleep under thatched roofs, and learn about the way of life in these small island communities. Sea kayak through spectacular tropical mangroves and over remote shallow reefs before spending the night at a distant indigenous island. Learn to wakeboard on some of the most ideal, calm warm waters found anywhere on earth.

**AGES:** 14-18 years old

**DATES:**
- June 23 – July 7
- July 7 – July 21
- July 21 – August 4

**COST:** $3,060
SURF, SERVICE & CPR

Learn one of Costa Rica’s most iconic sports! Surf in a fun and safe environment and turn your summer into an opportunity to help others. Our remote surf camps are located on the Pacific coast of Costa Rica, famous for its warm waters and consistent surf breaks, as well as lack of crowds. Spend your nights under the stars camping on the beach and head out early to catch the morning’s idyllic water. Learn how to read wave conditions, maintain equipment, and surf etiquette thanks to the holistic instruction provided by our experienced instructors. Work in the local communities on much needed projects that help the local school children. Learn important life-saving techniques and the basics of lifeguarding on the warm beaches of Costa Rica. You will learn how to use your board as a rescue device, practice CPR on mannequins, study the best techniques in staying safe on both land and water and earn your American Safety and Health Institute (ASHI) First Aid and CPR certifications.

AGES: 14-18 years old

DATES: June 23 – July 7
      July 7 – July 21
      July 21 – August 4

COST: $2,855
PANAMA SERVICE EXPEDITION

Discover the natural wonders of Panama as you travel to remote communities to assist in teaching valuable life skills regarding health and safety. This course will allow you to explore the remote Caribbean waters in Panama while giving back to community and the environment, practicing your Spanish skills and learning the norms of a new culture. On this expedition, you will engage in diverse community service projects related to environmental conservation and community development. You will live among the indigenous people on the islands of the famous archipelago in Bocas del Toro. Your service projects may include food distribution, gardening, painting, teaching English, building aqueducts and recycling. Learn native customs, culture, language, and food while engaging with the community. You may also participate in additional service projects that include beach clean-ups and/or trail preservation.

AGES: 14-18 years old

DATES: August 4 – 18

COST: $2,800
Create your perfect summer with OBCR

You decide how long you’d like to stay with us, and you decide the courses. Stay for 2 – 8 weeks by combining courses. Or, add one extra week by adding our Surf & Service Extension course. Relax on the beach, play in the waves, learn to surf and work in the local beach community on much needed projects. It’s the perfect ending to an action packed hike or fun filled Panama adventure. You can combine any of the courses in any order you choose, as long as the start and end dates coincide.

SURF & SERVICE EXTENSION

AGES: 14-18 years old

DATES:
July 7 – July 14
July 21 – July 28
August 4 – 11

COST FOR MULTI-WEEK EXPEDITIONS:

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Discover the natural wonders of Panama’s ecosystems and absorb the Panamanian way of life while learning to scuba dive and sea kayak. Begin your adventure with a sea kayaking expedition through the tropical islands of the Bocas del Toro archipelago. There, earn your NAUI scuba certification while diving among vibrant coral reefs, colorful fish, mangroves, and a sunken ship.

**AGES:** 19+ years old  
**DATES:** July 7 – 14  
**COST:** $1,640

**COSTA RICA SERVICE**

Begin with a rainforest trek that will bring you to the heart of Costa Rica’s landscape and its traditions. Learn backcountry skills as you navigate through dense tropical jungle to a series of rural homestays. Rappel an 80-foot waterfall and harvest sugar cane from scratch before leaving the jungle and beginning your beach phase in Manuel Antonio.

**AGES:** 19+ years old  
**DATES:** July 14 – 21  
**COST:** $1,615

*Combine both for a 2-week trip!*

**COST:** $2,975
Coast to Coast Expedition

Embark on a 26-day cross-country expedition that will push you to transcend self-imposed limits and expand your cultural awareness. Trek through rainforest valleys and dense cloud forests as you learn the local traditions of Costa Rica. Venture into the neighboring countries of Panama and Nicaragua where you will dive into the tropical Caribbean Ocean and engage in meaningful service learning projects. You can also earn 12 academic credits upon successful completion of course. Those students who show exceptional leadership skills may receive an invitation to become Instructor Interns during our busy season, June through August.

Ages: 17+ years old and must have graduated high school

Dates:
- Spring 2018 February 2 – April 28 (85 days)
- Fall 2018 September 21 – December 15 (85 days)

Cost:
- Spring $11,175
- Fall $11,400

Credit: 12 semester credits
OUTDOOR LEADER SEMESTER

Learn to set up belay systems, organize rescues, provide wilderness medical care, guide rafts down world-class rivers, lead groups through the Costa Rican rainforest, and scuba dive in Caribbean waters during this comprehensive introduction to the outdoor industry. Seven internationally-recognized certifications and an in-depth study of the Outward Bound educational model are integrated into the program to make you a desirable instructor or guide for various organizations throughout the world. Those students who show exceptional skills during this course are invited to join us as Instructor Interns during our high season, June through August.

AGES: 17+ years old and must have graduated high school

DATES: Fall 2018 October 11 – December 15 (65 days)

COST: Fall $9,300

CREDIT: 10 semester credits
NEXT STEPS

1. Visit our website, outwardboundcostarica.org, to enroll in the Summer Expedition or Semester Course of your choice.

2. You will receive an Information Packet and Packing List for your course.

3. Send OBCR a copy of your flight itinerary, passport, pay your balance within 30 days of your course, and ask us any questions along the way.

4. We will pick you up at the airport and welcome you to Costa Rica for the adventure of a lifetime.
OUTWARD BOUND
COSTA RICA
Custom Courses
CUSTOM COURSES

For more than 20 years, Outward Bound Costa Rica has collaborated with Girl Scout troops, teachers and professors from elementary schools to universities, families, corporate teams, outdoor clubs and groups of friends. We design custom courses where you can choose your dates, duration, and activities for your trip. We offer advice to match your interests and objectives to create the course that is right for your group. Step by step, we assist you in planning an unforgettable adventure in Costa Rica, Panama or Nicaragua.

A custom course can include any or all of the following activities:

OUTDOOR ADVENTURES
SERVICE PROJECTS
CERTIFICATIONS

All activities are designed following the OBCR experiential learning methodology: experience a challenge, reflect and draw conclusions, apply newfound knowledge to achieve self-confidence and self-awareness for the next day’s challenge.

DATES: Year-round
LENGTH: 1 day to several weeks
GROUP SIZE: 5 participants minimum
COST: Upon request, pricing is dependent on the number of participants and number of days on course.
OUTDOOR ADVENTURES

OBCR uses physical challenges in the natural settings of Central America as an opportunity for individuals and groups to understand personal values and build a sense of self-worth. Groups learn to rely on themselves and each other as they push through long hikes, difficult climbs and whitewater rapids on some of the world’s most famous rivers. Family homestays and community connection offer participants an opportunity to maximize their development as they gain compassion and cultural competency.

Participants will face external challenges while learning more about their inner selves: they will develop new technical skills as well as a sense of teamwork, self-confidence and a desire to make a difference. The absence of computers and cell phones contributes to meaningful interaction and active participation.

Our Custom Courses can include the following outdoor adventure activities, combined as you see fit:

HIKES & TREKS:
- Rainforest & Cloud Forest Hikes
- Wilderness Solo
- Eco, Wildlife & Cultural Tours
- Volcano Hikes
- Camping or Homestay

WATER SPORTS:
- Surf & Bodyboard
- Whitewater Raft
- Sea kayak
- Scuba dive
- Snorkel
- Wakeboard

CLIMB/ROPES/HEIGHT:
- Tree climb
- Zipline canopy tour
- Rock climb
- Waterfall Rappel
- And more, depending on your group’s interests and objectives!
SERVICE PROJECTS

Your group will engage with and help local communities, working together on different service projects:

COMMUNITY SERVICE PROJECT

We believe that service to others is exercised through compassion, action and words. Community service usually involves working with and for local indigenous communities around projects such as food distribution, gardening, painting, teaching English, building aqueducts and recycling or other infrastructure related activities. Groups will learn about native customs, culture, language, and food while engaging with the community. These projects put a great emphasis on intercultural exchange and help participants develop or affirm their sense of compassion, tolerance and a desire to make a difference.

SEA TURTLE CONSERVATION PROJECT

Your group will work alongside local biologists to help the endangered Leatherback and/or Olive Ridley sea turtles during the nesting and hatching season. You will help to catalog and release newly hatched turtles, participate in night patrols, cleaning beaches, and building/maintaining nesting areas. These projects are a major step towards the sea turtle conservation and double as an enriching experience for participants, who will develop ecological awareness and gain knowledge and respect for the oceans and their inhabitants.

REFORESTATION & ENVIRONMENTAL PRESERVATION PROJECT

Participants will contribute to a sustainable environmental rehabilitation by planting trees and help with the trail maintenance of a natural reserve, clean a beach or a river, depending on their course location and objectives. Your group will be part of a larger conservation effort, will be immersed in the outdoors and get close and personal with the majestic forests of Costa Rica.

We can adjust the service projects and find new local partners with whom to work depending on what your group is looking to accomplish.
CERTIFICATIONS

We offer a variety of training opportunities for participants who seek to enhance their knowledge and abilities in the outdoors and have designed specialty programs that offer in-depth training in outdoor leadership development, group and risk management, and wilderness safety. We partner with leading outdoor education organizations to offer certifications that are recognized internationally.

Custom courses allow you to design a course specifically to meet your training objectives and can include any or all of training and certification courses listed below:

**NAUI**
- Basic Scuba Diver Certification
- Advanced Scuba Diver Certification

**RESCUE 3 INTERNATIONAL**
- Whitewater Rescue Technician
- Recreational Rappel Operator

**AMERICAN HEALTH & SAFETY INSTITUTE**
- First Aid and CPR for Lifeguards and Professional Rescuers
- CPR/AED for the Professional Rescuer

**OUTWARD BOUND COSTA RICA**
- Wilderness First Responder
- Wilderness Advanced First Aid
- Waterfront Lifeguarding
- Instructor Judgment
- Land Instructor Training

**INTERNATIONAL RAFTING FEDERATION**
- Whitewater Raft Guide License Class I-II or III
Create your Custom Course with Outward Bound Costa Rica

Our trained, certified and experienced instructors will ensure the safety and enrichment of participants as they experience Central America’s wildlife, rivers, beaches, volcanoes, rainforests, and unique culture.

NEXT STEPS

1. Visit our website, OutwardBoundCostaRica.org, and fill out a Custom Courses Inquiry or directly email Custom@OutwardBoundCR.org indicating the potential dates and duration of your program, the activities you would like it to include, and the potential number of participants.

2. Design a fully customized itinerary in collaboration with our Custom Courses and Partnerships Manager.

3. Have each member of your group fill out OBCR’s Online Enrollment Form.

4. Send in your group’s deposit.

5. Book flights, send copies of each flight itinerary, and copies of each passport to Custom@OutwardBoundCR.org.

6. Pay your balance within 30 days of your course, and ask us any questions along the way.

7. You will receive an Information Packet and Packing List for your course.

8. We will pick your group up at the airport and welcome you to Costa Rica for the adventure of a lifetime.
Inspiring a lifetime of leadership, growth, and a commitment to serve through adventure-based learning.

BE. OUT. THERE.

outwardboundcostarica.org  +1.800.676.2018