

COURSE CATALOGUE 2014



**OUTWARD
BOUND**



**Costa
RICA**

www.OutwardBoundCostaRica.org | U.S. Toll-free: +1 (800) 676-2018 | Local: +506 2278-6062



NAVIGATION

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DISCOVER YOUR POTENTIAL



Nothing is Out of Reach

TREK, SURF, & PADDLE Costa Rica's diverse jungles, valleys, rivers, and warm water oceans. Push your physical limits and step outside of your comfort zone to overcome challenges and learn new skills.

LISTEN TO, EMBRACE, & BECOME FAMILIAR with the language and warm culture of your Costa Rican instructors, the sounds of howler monkeys calling through the canopy, and the calm of purple sunsets behind misty rainforest mountains.

LEAD, CHALLENGE, & SHARE EXPERIENCES with your classmates as you embark on a life-changing journey together. Learn to cook in the backcountry, set up tarps, and fall asleep to the sounds of the remote rainforest, crashing ocean waves, or steady flow of the river.

THE OUTWARD BOUND WAY



Live the Adventure

"It was like a lifetime of experiences/lessons compressed into two weeks. I used every sense, every skill, every limb, every milligram of energy in the shortest space of time possible. I know that this was more than an educational experience because when I try to explain the activities/learning to others, I often can't find the words."

Outward Bound Costa Rica challenges participants to **live bigger, bolder lives**. For over 70 years, millions of participants have chosen to embark on a **life-changing journey** with Outward Bound worldwide. The outcomes of our rigorous programs in Costa Rica and Panama expand capacity in leadership, intercultural competence, Spanish language, self-awareness, and life skills.

The objectives of Outward Bound programs are to facilitate personal growth and success in the following areas:

CHARACTER DEVELOPMENT | LEADERSHIP | SERVICE | ACADEMIC ACHIEVEMENT

COSTA RICA: PURA VIDA

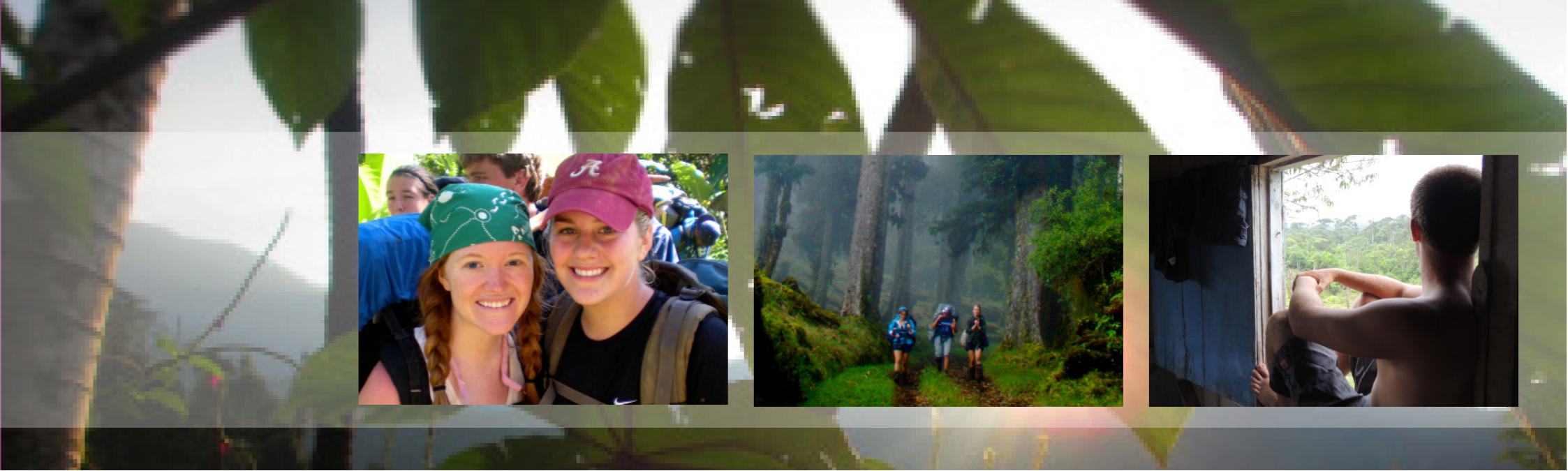


Experience the Difference

EXPLORE WORLD-CLASS WHITEWATER on the Rio Pacuare, famous warm water surf breaks at Witch's Rock, and tropical Caribbean reefs of the Bocas del Toro islands. The tropical wilderness of Costa Rica and Panama serves as the perfect place for you to seek your summit and embark on the journey of a lifetime.

DISCOVER OVER 500,000 SPECIES OF FLORA & FAUNA as you trek through dense cloud forests, tropical jungles, and scenic river valleys. Our programs will inspire your commitment to environmental responsibility—a key element of any Outward Bound experience.

BECOME PART OF THE FAMILY at Outward Bound Costa Rica. The local culture is unmatched in compassion and willingness to share experiences with others. Embrace a new way of life and gain a new perspective that you can bring home. Join millions of Outward Bound alumni worldwide who have embarked on comparable life-changing journeys.



Select a Program

FROM SOARING ABOVE THE RAINFOREST TREETOPS to exploring the depths of the Caribbean Ocean, Outward Bound Costa Rica offers programs with a wide array of activities, objectives, and regions. We know it can be overwhelming to choose the course that's right for you, and we're here to help.

CHOOSE BY AGE GROUP OR PROGRAM TYPE:

Gap Year & Semester | Ages 17+ | pp. 13-19

Summer Expeditions | Ages 14+ | pp. 21-27

Group Programs | All Ages | pp. 29-31

Girl Scout Destinations | Ages 13-18 | pp. 33-36

WANT ASSISTANCE?

+1 (800) 676-2018

info@OutwardBoundCR.org



GAP YEAR & SEMESTER

Our gap year and semester offerings allow students to learn and master new skills as they venture on challenging expeditions outside of the traditional classroom. These courses are ideal for college students and recent high school graduates looking to test their tenacity and cultivate their personal leadership style in the unique tropical wilderness of Costa Rica, Panama, and Nicaragua. Academic credit available for those who apply.

COURSES

- 15** Outdoor Leader Semester
- 17** River to Sea Leadership Semester
- 19** Coast to Coast Expedition Semester

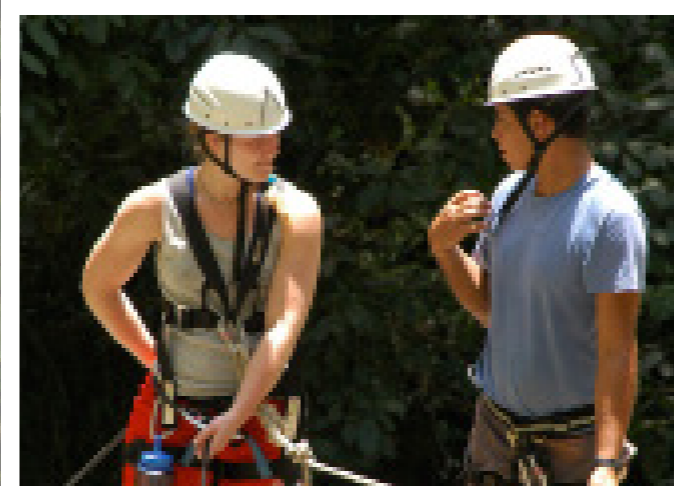
OUTDOOR LEADER SEMESTER



ACCEPT THE CHALLENGE

Work toward earning **seven internationally-recognized outdoor certifications** during this comprehensive introduction to the outdoor industry. **Learn what it takes to be an outdoor instructor or wilderness guide** by discovering Outward Bound's unique approach to experiential education. Upon successful course completion, have the chance to be selected for a paid field internship with Outward Bound Costa Rica.

65 Days | 10 Academic Credits (Optional) | Fall & Spring | \$8,250



CERTIFICATIONS

- Wilderness First Responder
- Whitewater Rescue Technician
- Technical Rope Rescue
- NAUI Scuba Diver Certification
- Whitewater Raft Guide License
- CPR/AED for the Professional Rescuer
- Waterfront Lifeguarding
- Outward Bound Instructor Training



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RIVER TO SEA LEADERSHIP SEMESTER



PUSH YOUR LIMIT

Challenge yourself by exploring some of the world's best waves and whitewater while honing your leadership skills. Train in four essential outdoor certifications as you surf legendary warm water breaks, paddle down dynamic jungle rivers, dive into tropical Caribbean waters, and immerse yourself in Central American culture.

75 Days | 12 Academic Credits (Optional) | Spring | \$9,150



COURSE HIGHLIGHTS

- Discover Costa Rica's most remote surf breaks & dynamic whitewater
- Earn certifications while gaining leadership skills in wilderness and water-based activities
- Discover Panama & Nicaragua's unique indigenous culture on adventure & service-based expeditions



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COAST TO COAST EXPEDITION SEMESTER

EXPAND YOUR HORIZONS

Embark on a **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**.

85 Days | 12 Academic Credits (Optional) | Fall | \$9,950

COURSE HIGHLIGHTS

- Explore Costa Rica on foot on a 24-day trek from the Caribbean to Pacific Coast
- Immerse yourself with Spanish language lessons & community service projects in three Central American countries
- Travel expedition-style with dynamic land and water-based adventures



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SUMMER EXPEDITIONS

Our summer courses combine challenging adventure activities with service learning through which students develop vital life skills as well as expose themselves to the rich, local traditions of Costa Rica and Panama. Students learn to transcend self-imposed limits while trekking remote rainforests, battling whitewater rapids, and catching waves on world-class tropical surf breaks.

Maximize your learning and personal development on a unique Outward Bound experience by mixing and matching our courses to create a two to six-week program.

1 Course | 2 Weeks | \$2,600

2 Courses | 4 Weeks | \$4,500

3 Courses | 6 Weeks | \$5,600

COURSES

23 Rainforest Hike & Homestay

25 Pacific Wave & Water

27 Caribbean Scuba & Service

RAINFOREST HIKE & HOMESTAY

VENTURE OFF THE BEATEN PATH

Embark on a deep-jungle trek where rainforest valleys, cascading waterfalls, and winding rivers will awe and challenge you. On this expedition, you'll do everything from rappelling an 80-foot waterfall, practice cultural traditions with remote village homestays, soar through the canopy, spot monkeys at the beach, and paddle world-class whitewater.

14 Days | Summer | Ages 14+

Session #1: June 14 -28 | Session #2: June 28-July 12 | Session #3: July 12-2



COURSE HIGHLIGHTS

- Challenge yourself with a multi-day rainforest trek and 80-foot jungle waterfall rappel
- Learn about native flora & fauna from your local guides
- Gain an understanding of how rural Costa Rican communities live
- Practice leadership & teamwork through whitewater rafting



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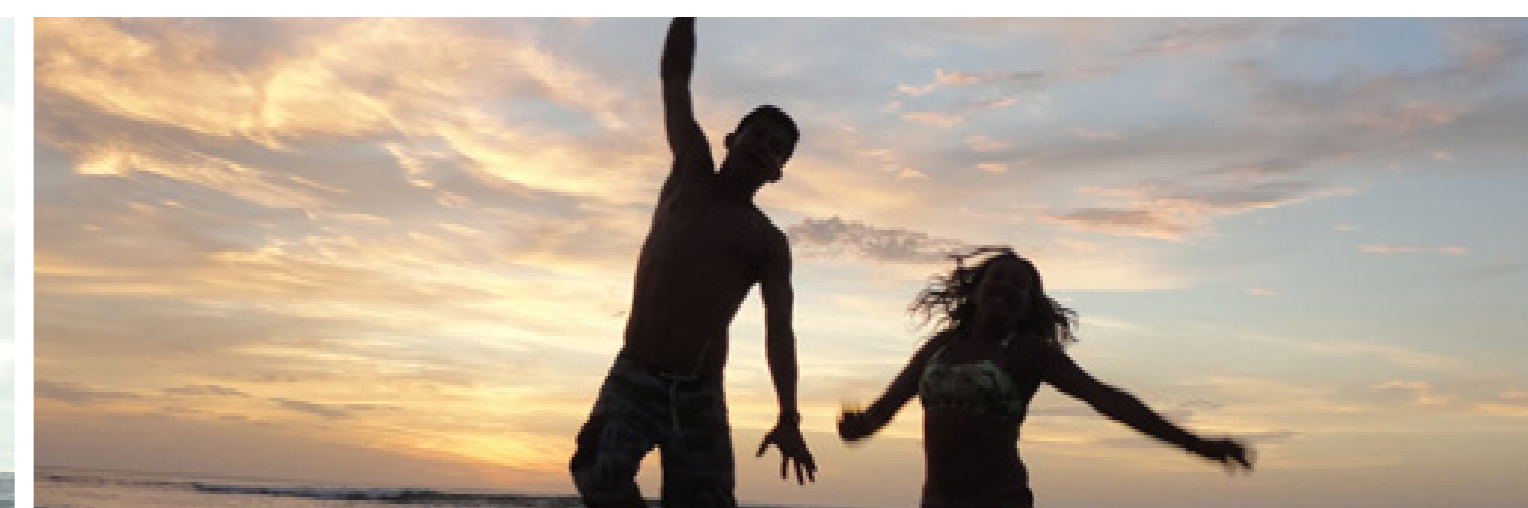
PACIFIC WAVE & WATER

SEEK YOUR SWELL

Discover Costa Rica's best waves and whitewater. On this course, you will learn to surf or improve your surf skills alongside our experienced professional instructors, **work as a team** while battling whitewater rapids with your coursemates, and practice Spanish with locals as you participate in meaningful service projects.

14 Days | Summer | Ages 14+

Session #1: July 12-26 | Session #2: July 26-August 9 | Session #3: August 9-23



COURSE HIGHLIGHTS

- Gain an understanding of land & water safety by earning your CPR certification & getting an intro to lifeguarding
- Learn or improve surfing skills on remote breaks including world-famous Witch's Rock
- Apply decision-making & communication skills on a whitewater rafting expedition



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CARIBBEAN SCUBA & SERVICE



EXPLORE NEW DEPTHS

Discover the natural beauty of Panama while lending a hand in local conservation projects and earning your scuba certification. Immerse yourself in the natural wonders of the Caribbean by exploring tropical coral reefs and mangroves, learning from local biologists, and sea kayaking to remote indigenous islands.

14 Days | Summer | Ages 14+

Session #1: June 28-July 12 | Session #2: July 26-August 9



COURSE HIGHLIGHTS

- Earn your life-long NAUI Scuba Diver Certification (*Advanced certification for students already certified*)
- Gain knowledge of Panama's unique marine ecology & leatherback sea turtle population from local experts
- Engage with indigenous communities & complete meaningful service projects



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GROUP PROGRAMS

Our customized group courses are designed to meet the goals of high schools, universities, and other partners including Alternative Breaks. Group courses utilize a wilderness-based classroom, service learning, and cultural immersion to cultivate leadership, team building, and personal growth in a bilingual setting. Course length ranges from 3-day leadership certifications to multi-week expeditions.

30 Group Programs
Example Groups
Activities Offered

ENDLESS POSSIBILITIES

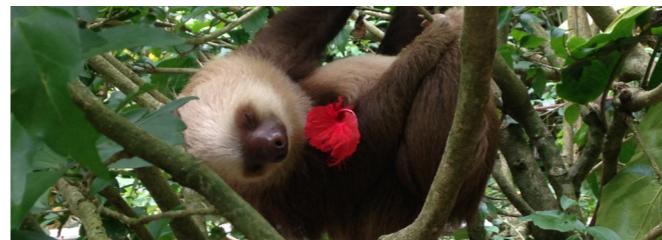
A CUSTOMIZED COURSE, JUST FOR YOU

For over 20 years, Outward Bound Costa Rica has collaborated with groups and individuals to create customized, life-changing learning experiences designed to meet specific goals and objectives. Whether trekking through dense rainforest, rappelling an 80-foot waterfall or immersing in a new language, your experience abroad is more than a trip. It is an expedition that fosters self-discovery, cultural competency, confident leadership, and lifelong learning.

5+ People | 5+ Days | Year-round | Price varies by course length and group size

EXAMPLE GROUPS

- Spanish language students
- Alternative spring breaks
- Outdoor leadership students
- Sports teams
- Office & corporate groups
- Girl Scout troops



DESIGN YOUR COURSE

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ACTIVITIES OFFERED

- Community & conservation service learning projects
- Outdoor certification training
- Whitewater rafting
- Surfing & body boarding
- Scuba diving & snorkeling
- Rainforest trekking & family homestays
- Jungle waterfall rappel
- Hot springs
- Zipline canopy, city, & cultural tours
- Sunrise volcano hike





GIRL SCOUT DESTINATIONS

Since 2006, Outward Bound Costa Rica has been hosting Girl Scouts from across the nation as a sponsor of the GSUSA travel destinations program, adapting our approach to experiential education to meet the objectives for this unique partnership. Girl Scouts are exposed to our focus on leadership and personal development throughout their adventure, facilitated by discussions and meetings woven into all course activities. Our destinations courses are only open to current members of Girl Scouts of the USA who are ages 13-18. Girl Scouts must apply to participate through the GSUSA Destinations program.

COURSES

- 34** Scuba & Sea Turtle Adventure
Costa Rica & Panama Service Challenge
- 36** Venture & Volunteer in Costa Rica
Catching Waves
Rainforest, River, & Reef

MAKE A DIFFERENCE

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SCUBA & SEA TURTLE ADVENTURE

Spark your sense of adventure and passion for learning as you discover new depths and gain compassion for the marine life that inhabits the tropical waters of Panama. You will not only explore the crystal clear Caribbean Ocean while scuba diving but will also dedicate time to protecting and learning about the region's diverse marine life through a meaningful conservation project.

14 Days | \$2,050

Session #1:

June 21-July 5

Session #2:

July 5-19;

Session #3:

July 19-August 2



COSTA RICA & PANAMA SERVICE CHALLENGE

Experience a new culture through service projects and adventure. Work to improve the lives of Costa Rica's rural, indigenous peoples and to protect the unique and fragile ecosystems of these tropical regions. Meet other Girl Scouts, expand your cultural awareness and leave Costa Rica and Panama better than you found it.

14 Days | \$2,050

Session #1:

June 21-July 5

Session #2:

July 5-19





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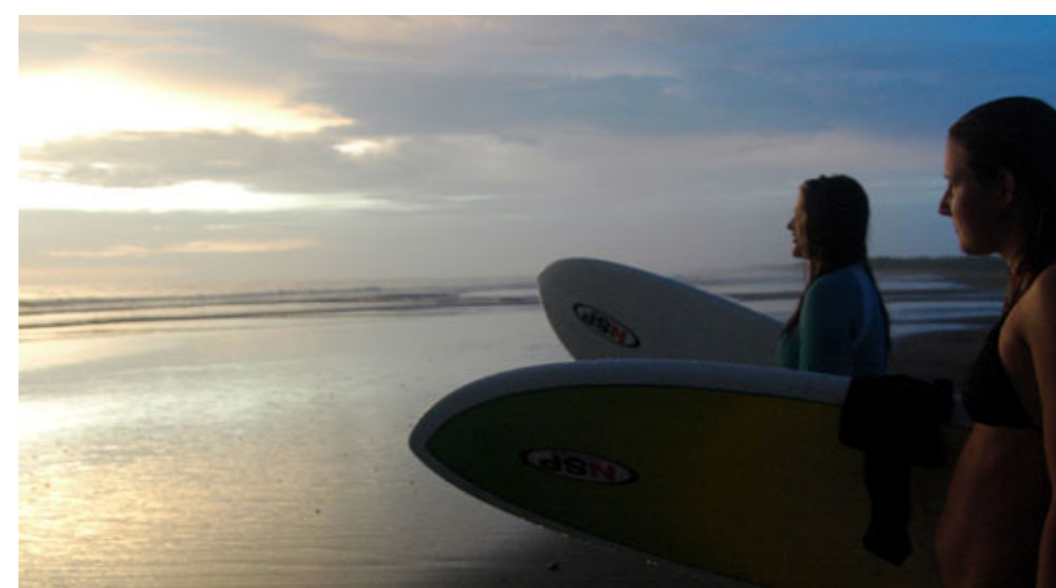


VENTURE & VOLUNTEER IN COSTA RICA

This December, venture to the beautiful country of Costa Rica and immerse yourself in the rich culture of an indigenous village where you will work on service projects that will support the local community. Explore Costa Rica's natural wonders while whitewater rafting, zipping through the treetops on a canopy tour, and visiting the vibrant artisan market of San Jose.



9 Days | \$1,450
Session #1:
December 27, 2014
- January 5, 2015



CATCHING WAVES

Catching Waves is the surf adventure of a lifetime! Experience a variety of water and beach-based activities against the backdrop of Costa Rica's tropical beauty. Learn about surf dynamics and philosophy as well as about the unique coastal ecology of the country's Pacific Coast. Engage in meaningful service projects and explore Costa Rica through whitewater rafting, zipline canopy tour and city visit.



10 Days | \$1,560
Session #1:
June 26-July 1
Session #2:
July 19-29



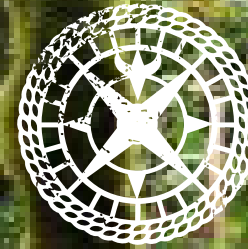
RAINFOREST, RIVER, & REEF

Whether you're trekking through the lush tropical cloud and rainforests, rafting down whitewater rivers, or zipping through the canopy, you will discover your strengths on this unforgettable adventure! Immerse yourself in the culture with traditional family homestays, give back with a day of service, and experience everything from exploring a world-renowned beach to visiting the bustling artisan market of San Jose.



14 Days | \$2,050
Session #1:
July 5-19
Session #2:
July 19-August 8

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