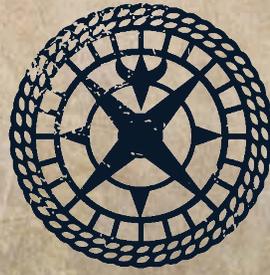


**OUTWARD
BOUND**



**Costa
Rica**

GROUP PROGRAMS

SPANISH LANGUAGE & CULTURE

LEADERSHIP & TEAM BUILDING

SERVICE ADVENTURE





OVER 70 YEARS OF EXPERIENCE

Outward Bound was founded by Kurt Hahn in 1941 to instruct youth in the four pillars of leadership. Hahn said “the foremost task of education is to ensure the survival of these qualities: An enterprising curiosity; An undefeatable spirit; Tenacity in pursuit; Readiness for sensible self-denial; And above all, compassion.”

In addition to Hahn’s four pillars, Outward Bound aims to build these five core principles: self-reliance, physical fitness, craftsmanship, service, and compassion.

OUTWARD BOUND

TEACHING LEADERSHIP ACROSS THE GLOBE



OUTWARD BOUND COSTA RICA

Our approach to experiential education uniquely leverages 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.

Students learn to rely on themselves and each other as they push through physical challenges such as rainforest hikes, dynamic climbs, and high-class rapids on some of the world’s best rivers.

Students will learn to test knowledge, gain compassion, and cultivate cultural competency in an environment outside their comfort zone.

OUR MISSION

Outward Bound Costa Rica inspires and develops leadership, compassion, responsibility, respect for the environment, and commitment to serve through adventure-based wilderness experiences led by a skilled, safety-conscious staff.

“ COSTA RICA WAS ONE OF THE BEST TRIPS OF MY LIFE. I LEARNED SO MUCH ABOUT THE CULTURE, MY CLASSMATES, AND MYSELF. ”

— ELODIE



HOW TO BUILD YOUR ADVENTURE

At Outward Bound Costa Rica, we believe anything is possible. Whether your objective is to improve your Spanish, surf some of the most beautiful breaks in the world, earn a Whitewater Rescue Technician certification, or serve your global community, we can help get you there.

Every course incorporates the five core principles below. To get started, choose a program platform, customize it to meet your objectives, and begin your adventure.

GROUP PROGRAMS

BUILDING YOUR ADVENTURE



LEARNING THROUGH EXPERIENCE

Experiential challenges that connect us to our natural world are the most dynamic metaphors for personal growth and happiness.

PERSONAL & SOCIAL RESPONSIBILITY

Social responsibility begins with the self and extends to the family, work, community, and world.

ENVIRONMENTAL INTEGRATION

Personal wellness is achievable through holistic connections and awareness between self and the environment.

ADVENTURE & CHALLENGE

Challenge and adventure within the context of our environment are fundamental keys to personal growth and satisfaction.

COMPASSION & SERVICE

Compassion is exercised through tolerance and intercultural understanding. Difference and diversity are keys to personal satisfaction and a sense of community and peace. We believe that service to others is exercised through compassion, action, and words.

“ I LEARNED THAT LIFE IS A HUGE ADVENTURE AND YOU MUST PERSERVERE, BE A LEADER AND ENJOY EVERY STEP OF THE WAY. ”

— OLIVIA

SPANISH LANGUAGE & CULTURE

Discover your hidden capabilities as you explore Costa Rica's exotic rainforest, immerse yourself in rich Costa Rican culture, and experience high adventure on some of the world's best rivers and beaches.

RAINFOREST TREK

Discover diverse rainforest habitats as you trek alongside knowledgeable local guides.

Master new skills while passing through rivers and setting up camp. Suddenly, waterfalls and vistas become your backyard.

Develop your leadership style as you encourage your group to tackle dynamic hiking terrain and rainforest weather.

Work as a team to confront group challenges and learn how to become self-sufficient on the beautiful trail.

VILLAGE HOMESTAYS

Learn about sustainable living alongside the families as you harvest local crops and make cheese and homemade tortillas for traditional meals.

Step outside your comfort zone and challenge yourself with an 80-foot jungle waterfall rappel!

Gain cross-cultural understanding while immersing yourself in the Spanish language and traditional Costa Rican culture. Engage with multiple host families in homestays in the rural Costa Rican countryside.

ADVENTURE & SERVICE

Reward your hard work with high-adventure whitewater rafting on class II-IV rapids! Learn to read the river and practice guiding your group members.

Surf, body board, or explore Manuel Antonio National Park, one of the most beautiful tropical beaches in the world.

Soar above the trees on a thrilling canopy tour. Visit the cultural sites of Cartago or take in the stunning views from Irazú Volcano at sunrise.

Engage with community members as you complete a local need-based service project.



“ THIS COURSE INSPIRED ME TO STEP OUT OF MY COMFORT ZONE, TO TRY NEW THINGS, TO BE OPEN, AND TO BE POSITIVE. ”
— VANNIE

LEADERSHIP & TEAM BUILDING



Explore Costa Rica and Panama alongside your group as you cultivate your leadership and communication skills. Get outside of your comfort zone and come together as a team while learning valuable outdoor skills in a unique setting.

OUTDOOR CERTIFICATIONS

Get certified with any of seven internationally recognized outdoors certifications. Push yourself to learn something new, gain new skills, or prepare yourself for a career in the outdoors. Earn your NAUI Scuba Diver, Whitewater Rescue Technician (WRT), Wilderness First Responder (WFR),

Wilderness Advanced First Aid (WAFA), American Red Cross CPR & First Aid, International Rafting Federation (IRF) Raft Guide, or Technical Ropes Rescue (TRR) certification while you explore Costa Rica and Panama.

LEADERSHIP

Practice your leadership style with guidance from our experienced instructors.

Gain self-awareness through Outward Bound's holistic approach to experiential education.

Step up to the challenge with activities such as whitewater rating, surfing, sea kayaking, rainforest trekking, rock-climbing, and more.

Build a foundation in leadership among your classmates while designing group and individual goals for your course.

TEAM BUILDING

Become a team as you work together to cook meals, set up camp, raft world-class rivers, or practice rescue techniques.

Support one another throughout a physically and mentally demanding adventure. You will see what a group of individuals can accomplish when they come together as a team!

Sharpen and utilize your communication skills to accomplish challenging feats together.

“ I HAVE LEARNED THAT I AM CAPABLE OF MORE THAN I PREVIOUSLY THOUGHT. I HAVE FOUND MORE PRIDE IN WHAT I DO AND A SENSE OF INTERNAL MOTIVATION. ”

— LIZ

SERVICE ADVENTURE



“ I AM FOREVER CHANGED AND LEARNED NEW SKILLS THAT WILL GUIDE ME THROUGH LIFE. I’VE LEARNED TO APPRECIATE THE LITTLE THINGS. ”

— SCOTT

Step out of your comfort zone and into the indigenous villages of Costa Rica and Panama as you engage in community service projects that foster communication, awareness, and tolerance among different cultures.

COMMUNITY DEVELOPMENT

Be a catalyst for change.

Participate in meaningful service projects with rural communities such as painting schools, building classrooms, and maintaining or installing new drinking water systems.

Discover your leadership style and how to utilize your strengths for a positive impact. Practice giving and receiving feedback with group members to help each other succeed.

ADVENTURE & CULTURE

Learn outside of the classroom as you explore the region’s beauty with activities such as whitewater rafting, kayaking to service projects in Panama’s warm waters, or exploring pristine tropical reefs and mangroves. Gain an understanding for the local people’s relationship with the environment.

Engage with locals and gain a cross-cultural perspective, understanding, and transference. How is life in Central American communities different than at home? Discover lessons you will take home with you and use in daily life.

CONSERVATION & REFLECTION

Help conservation efforts as you learn alongside biologists about the local sea turtle populations and conservation strategies with the Programa Bionacional de Tortugas Marinas in beautiful San San Pond Sack, Panama.

Reflect on your experiences, connections, and the difference you have made through facilitated group discussions. Analyze with your group how you can take your experience home and inspire change in your own community.

DISCOVER NEW PASSIONS

Whether you want to surf rapids on inflatable kayaks for the first time, try your hand at rock climbing, or explore the cultural sites of Central America, we want to build your itinerary to fit the objectives of you and your group.

Add, subtract, or customize any aspect of your itinerary, from accommodations to activities. For ideas, explore the list of the activities that we offer below.



CONTACT US

CUSTOMIZE YOUR ADVENTURE

- | | |
|---------------------|-----------------------|
| SEA KAYAKING | COMMUNITY SERVICE |
| WHITewater RAFTING | CONSERVATION PROJECTS |
| SURF & BODY BOARD | HOMESTAYS |
| SCUBA & SNORKEL | CAMPING |
| INFLATABLE KAYAKING | SUNRISE VOLCANO TOUR |
| SAILING | CULTURAL TOURS |
| WAKEBOARDING | ZIPLINE CANOPY TOURS |
| NATIONAL PARK TOURS | SAN JOSÉ CITY TOUR |
| MUSEUM TOURS | TREE CLIMBING |

START BUILDING YOUR GROUP PROGRAM

Outward Bound inspires students to step outside their comfort zone and discover leadership, cultural understanding, connection to the natural world and ultimately, self realization.

We look forward to collaborating with you to build a course that meets the needs and objectives of your group!

¡Pura Vida!

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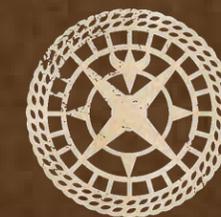


**YOU MIGHT JUST COME BACK A DIFFERENT PERSON.
AND PROBABLY FOR THE BETTER.**



— SAM

**OUTWARD
BOUND**



**Costa
rica**

OUR PARTNERS



TheGreenwoodSchool



HURRICANE ISLAND
OUTWARD BOUND SCHOOL



Outward Bound
Peacebuilding



The University of Alabama
Action Abroad



University of Washington
First-Year Programs



Winterline
Global Skills Program

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SERVICE ADVENTURE

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