



**THANK YOU FOR TAKING THE TIME TO  
COMPLETE THIS RECOMMENDATION.**

Outward Bound Costa Rica provides adventure courses that help students develop leadership skills and foster personal growth. While on course, students will be utilizing group management and communication skills. All of our courses offered in Costa Rica and Panama are challenging and often times very stressful for students, both mentally as well as physically.

Please answer the following questions regarding a student who will be joining us here at Outward Bound Costa Rica. Feel free to use additional pages if you need more space.

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Student Name Printed

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Course Name & Session Dates

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Your Name

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Relationship to Student

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Duration of Relationship

Describe how you feel the student named above will react in this environment and benefit from this type of course.

Describe how s/he currently handles conflict, stress, and group settings.

Is there anything else you would like to mention about this student?

