



# OUTWARD BOUND COSTA RICA

2019/20 OBCR Course Catalog



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.



# Gap Year and Semester Courses



We have specifically designed our gap year and semester courses to be different from other outdoor programs, from traditional study abroad alternatives, and from any travel experience. Join us and see how much you can learn about yourself and the world around you with the tropical rainforests, rivers, and reefs as your classroom. Semester students are eligible for academic credit either through independent study or through our partnership with Western State Colorado University.

## 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:** Fall 2019 September 20 – December 14 (85 days)  
Spring 2020 February 7 – May 2 (85 days)  
Fall 2020 September 18 – December 12 (85 days)

**COST:** \$11,685 (Fall '19, Spring '20) & \$11,977 (Fall '20)

**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:** Spring 2020 February 7 – April 12 (65 days)  
Fall 2020 September 18 – November 22 (65 days)

**COST:** Spring 2020: \$9,532  
Fall 2020: \$9,770

**CREDIT:** 10 semester credits



# NEXT STEPS

1. Visit our website, [outwardboundcostarica.org](http://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**

*Inspiring a lifetime of leadership, growth, and a  
commitment to serve through adventure-based learning.*

**BE. OUT. THERE.**

[outwardboundcostarica.org](http://outwardboundcostarica.org) +1.800.676.2018