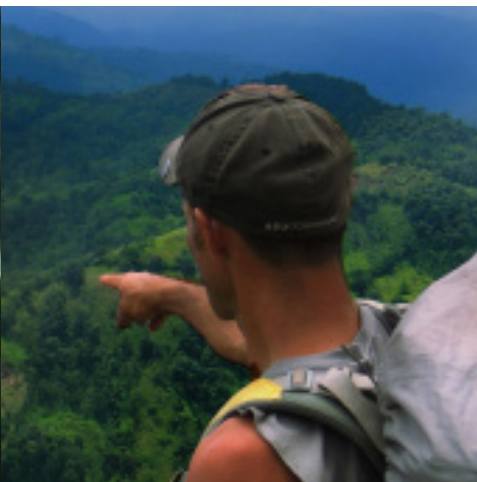


I had an adventure,  
challenged  
myself, and  
I became  
limitless.

— Zechariah



# RAINFOREST & CULTURE

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

## PHASE 1: RAINFOREST TREK

Discover diverse rainforest habitats as you trek alongside knowledgeable indigenous 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.

## PHASE 2: VILLAGE HOMESTAYS

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

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. Challenge yourself with an 80-foot jungle waterfall rappel!

## PHASE 3: ADVENTURE & SERVICE

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

Surf, body board or explore Manuel Antonio National Park, one of the 10 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.

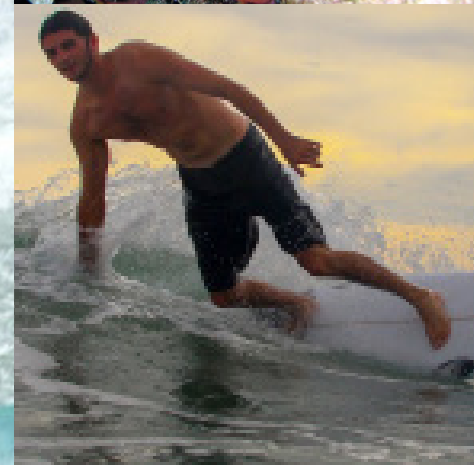
Engage with community members as you complete a local need-based service project.





Amazing experience  
for personal growth  
& leadership.

— Scott



# EXPEDITION CERTIFIED

Spend your break abroad and get certified! Each of these itineraries offers internationally recognized certifications in just nine days. Explore the wild side of Central America as you surf, raft, sail and explore Costa Rica and Panama.

## SCUBA DIVING & WATERSPORT

Earn your NAUI Scuba Diver certification as you explore spectacular tropical reefs with a NAUI instructor. Our course focuses on technical theory, reef ecology as well as meditative and holistic approaches to the underwater world.

Turn up the speed as you wakeboard, knee-board and sail on the warm waters of Panama.

Expand your horizons as you explore mangroves, immerse in indigenous culture and discover local history at the Smithsonian museum.

## SURF & LIFEGUARD

Earn your American Red Cross Waterfront Lifeguard Certification as you train professionally in CPR and First Aid. Along with dry land training, students will practice skills in open ocean to ensure all safety skills and techniques are clearly demonstrated and tested in real world conditions.

Learn to catch waves or improve your surfing abilities or from experienced instructors. Our surfing curriculum basics include hydrology, reading waves, techniques, types of boards and equipment and etiquette.

## WHITewater RESCUE TECHNICIAN

Earn your Whitewater Rescue Technician Certification from Rescue 3 International, which prepares river guides and others to react safely and responsibly in any whitewater situation. Learn to swim rapids, organize rope and perform multiple types of rescues on the beautiful tropical rivers of Costa Rica.

Gain confidence on the river as you adventure down the beautiful Río Pejibaye, putting your certification skills into practice.

Develop your leadership style as you rotate through river guiding positions.



I came, I saw,  
I served.  
I battled the bugs  
& elements of  
nature. I loved it.

— Collins



# SERVICE ADVENTURE

Step out of your comfort zone and into the indigenous villages of Costa Rica and Panama as you engage in community service projects. Cross the border to Panama and contribute to conservation efforts of endangered sea turtles.

## PHASE 1: COMMUNITY DEVELOPMENT

Be a catalyst for change. Participate in meaningful service projects with rural communities such as painting schools, building classrooms and maintaining or creating new 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.

## PHASE 2: ADVENTURE & CULTURE

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

Learn in a classroom without walls 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.

Gain global perspective as instructors facilitate activities to encourage understanding and transference.

## PHASE 3: 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. Collaborate with your group about how you can take your experience home and inspire change in your home community.