



# DESIGN YOUR SUMMER EXPEDITION

Embark on an Outward Bound summer program to build life skills, intercultural competence, leadership skills, and self-awareness. Two to five-week programs in Costa Rica and Panama available for teens age 14+ from June through August.

## 1 EXPLORE COURSE OPTIONS



### RAINFOREST HIKE & HOMESTAY

- Rainforest Trekking
- Cultural Homestays
- Whitewater Rafting
- Zipline Canopy Tour
- Manuel Antonio Beach

**R**



### CARIBBEAN SCUBA & SERVICE

- Scuba Diving
- Wakeboarding
- Sea Kayaking
- Sea Turtle Conservation
- Sailing Tour

**C**



### PACIFIC SURF & CERT EXTENSION

- Surfing
- American Red Cross First Aid & CPR Certification Training
- Beach Camping

**S**

## 2 CHOOSE EXPEDITION LENGTH

Mix and match courses for your desired expedition length. Most students choose a 3+ week program.

5 WEEKS	4 WEEKS	3 WEEKS	2 WEEKS
R + C + S	R + C	R OR C + S	R OR C

\$5,100	\$4,600	\$3,800	\$2,800
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Discounts and scholarships available to those who qualify.

## 3 CHOOSE YOUR DATES FOR 2015

	JUNE		JULY			AUGUST	
	JUN 13 - JUN 27	JUN 27 - JUL 11	JUL 11 - JUL 25	JUL 25 - AUG 8	AUG 8 - AUG 15		
	RAINFOREST	RAINFOREST CARIBBEAN	RAINFOREST CARIBBEAN SURF	RAINFOREST CARIBBEAN SURF			
5 WEEKS	JUN 13 - JULY 18		JUN 27 - AUG 1		JUL 11 - AUG 15		
4 WEEKS	JUN 13 - JULY 11		JUN 27 - JULY 25		JUL 11 - AUG 8		
3 WEEKS			JUN 27 - JULY 18		JUL 11 - AUG 1 JUL 25 - AUG 15		



# FREQUENTLY ASKED QUESTIONS

## SAFETY



For over 70 years, Outward Bound worldwide has provided high impact, life skill, and leadership development adventures. We are the industry leader in identifying risk and managing risk in wilderness areas. Risk is part of everyday life, but with our exceptional risk management systems and well-trained professional staff, we continue to be the industry leader.

## HEALTH & MEDICATIONS



We only require an up to date tetanus vaccination for course participation. There are no required inoculations to enter Costa Rica, but, we encourage students to check with their physician for recommendations of optional inoculations and health precautions. Most young people in normal health and physical condition can successfully complete an Outward Bound Costa Rica course.

## FOOD, WATER, AND SPECIAL DIETS



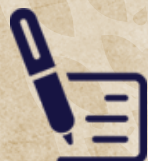
We are able to accommodate a variety of dietary requirements including vegetarian, gluten-free, lactose intolerance and nut allergies. In most areas of Costa Rica, it safe to drink water directly from the tap. While on course, students are directed to safe water sources by their instructors. Some students opt to treat all water during international travel.

## PACKING



We have compiled comprehensive packing lists for each course, which are listed under the course description and also emailed to a student once he/she has enrolled. A common misconception about Costa Rica is that it is always hot. Many course regions are almost one mile above sea level, where it can get quite chilly at night. Students will likely encounter rain showers while on course, even during Costa Rica's dry season.

## TUITION & FEES



Tuition includes all room and board, technical gear, course activities, and in-country transportation. Airfare to/from Costa Rica is not included in the listed tuition cost, nor are personal supplies and equipment (including surfboards for advanced surfers).

We accept tuition payments by credit card, check, or wire transfer. Full payment is due 30 days prior to course start.

## TRAVELING TO COSTA RICA



Students must book travel dates to coincide with the start and end dates listed for their course session(s) and fly into Juan Santamaria International Airport (Airport Code: SJO). We recommend scheduling an arrival time prior to 2pm as course activities usually begin early the following day.

Our staff welcome students upon arrival. We use our own private transportation to shuttle to and from the airport on arrival and departure days.

# SPACE IS LIMITED. ENROLL NOW!

*To confirm your spot in the desired session dates, complete the following steps.*

**STEP 1**

Fill out an enrollment form.

**STEP 2**

Reserve your place on course.

**STEP 3**

Get ready for the challenge.