



OUTWARD BOUND COSTA RICA

Custom 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.



CUSTOM COURSES

For more than 20 years, Outward Bound Costa Rica has collaborated with Girl Scout troops, teachers and professors from elementary schools to universities, families, corporate teams, outdoor clubs and groups of friends. We design custom courses where you can choose your dates, duration, and activities for your trip. We offer advice to match your interests and objectives to create the course that is right for your group. Step by step, we assist you in planning an unforgettable adventure in Costa Rica, Panama or Nicaragua.

A custom course can include any or all of the following activities:

OUTDOOR ADVENTURES

SERVICE PROJECTS

CERTIFICATIONS

All activities are designed following the OBCR experiential learning methodology: experience a challenge, reflect and draw conclusions, apply newfound knowledge to achieve self-confidence and self-awareness for the next day's challenge.

DATES: Year-round

LENGTH: 1 day to several weeks

GROUP SIZE: 5 participants minimum

COST: Upon request, pricing is dependent on the number of participants and number of days on course.





OUTDOOR ADVENTURES

OBCR uses 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. Groups learn to rely on themselves and each other as they push through long hikes, difficult climbs and whitewater rapids on some of the world's most famous rivers. Family homestays and community connection offer participants an opportunity to maximize their development as they gain compassion and cultural competency.

Participants will face external challenges while learning more about their inner selves: they will develop new technical skills as well as a sense of teamwork, self-confidence and a desire to make a difference. The absence of computers and cell phones contributes to meaningful interaction and active participation.

Our Custom Courses can include the following outdoor adventure activities, combined as you see fit:

HIKES & TREKS:

- Rainforest & Cloud Forest Hikes
- Wilderness Solo
- Eco, Wildlife & Cultural Tours
- Volcano Hikes
- Camping or Homestay

WATER SPORTS:

- Surf & Bodyboard
- Whitewater Raft
- Sea kayak
- Scuba dive
- Snorkel
- Wakeboard

CLIMB/ROPES/HEIGHT:

- Tree climb
- Zipline canopy tour
- Rock climb
- Waterfall Rappel
- And more, depending on your group's interests and objectives!

SERVICE PROJECTS

Your group will engage with and help local communities, working together on different service projects:

COMMUNITY SERVICE PROJECT

We believe that service to others is exercised through compassion, action and words. Community service usually involves working with and for local indigenous communities around projects such as food distribution, gardening, painting, teaching English, building aqueducts and recycling or other infrastructure related activities. Groups will learn about native customs, culture, language, and food while engaging with the community. These projects put a great emphasis on intercultural exchange and help participants develop or affirm their sense of compassion, tolerance and a desire to make a difference.

SEA TURTLE CONSERVATION PROJECT

Your group will work alongside local biologists to help the endangered Leatherback and/or Olive Ridley sea turtles during the nesting and hatching season. You will help to catalog and release newly hatched turtles, participate in night patrols, cleaning beaches, and building/maintaining nesting areas. These projects are a major step towards the sea turtle conservation and double as an enriching experience for participants, who will develop ecological awareness and gain knowledge and respect for the oceans and their inhabitants.

REFORESTATION & ENVIRONMENTAL PRESERVATION PROJECT

Participants will contribute to a sustainable environmental rehabilitation by planting trees and help with the trail maintenance of a natural reserve, clean a beach or a river, depending on their course location and objectives. Your group will be part of a larger conservation effort, will be immersed in the outdoors and get close and personal with the majestic forests of Costa Rica.

We can adjust the service projects and find new local partners with whom to work depending on what your group is looking to accomplish.



CERTIFICATIONS

We offer a variety of training opportunities for participants who seek to enhance their knowledge and abilities in the outdoors and have designed specialty programs that offer in-depth training in outdoor leadership development, group and risk management, and wilderness safety. We partner with leading outdoor education organizations to offer certifications that are recognized internationally.

Custom courses allow you to design a course specifically to meet your training objectives and can include any or all of training and certification courses listed below:

NAUI

Basic Scuba Diver Certification

Advanced Scuba Diver Certification

RESCUE 3 INTERNATIONAL

Whitewater Rescue Technician

Recreational Rappel Operator

AMERICAN HEALTH & SAFETY INSTITUTE

First Aid and CPR for Lifeguards and Professional Rescuers

CPR/AED for the Professional Rescuer

OUTWARD BOUND COSTA RICA

Wilderness First Responder

Wilderness Advanced First Aid

Waterfront Lifeguarding

Instructor Judgment

Land Instructor Training

INTERNATIONAL RAFTING FEDERATION

Whitewater Raft Guide License Class I-II or III



Create your Custom Course with Outward Bound Costa Rica

Our trained, certified and experienced instructors will ensure the safety and enrichment of participants as they experience Central America's wildlife, rivers, beaches, volcanoes, rainforests, and unique culture.

NEXT STEPS

1. Visit our website, OutwardBoundCostaRica.org, and fill out a Custom Courses Inquiry **or** directly email Custom@OutwardBoundCR.org indicating the potential dates and duration of your program, the activities you would like it to include, and the potential number of participants.
2. Design a fully customized itinerary in collaboration with our Custom Courses and Partnerships Manager.
3. Have each member of your group fill out OBCR's Online Enrollment Form.
4. Send in your group's deposit.
5. Book flights, send copies of each flight itinerary, and copies of each passport to Custom@OutwardBoundCR.org.
6. Pay your balance within 30 days of your course, and ask us any questions along the way.
7. You will receive an Information Packet and Packing List for your course.
8. We will pick your group 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.



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