



OUTWARD BOUND COSTA RICA

2020 Course Catalog



Outward Bound Costa Rica (OBCR) is a non-profit, experiential education organization serving international students and adults through courses that inspire a lifetime of leadership, growth, and a commitment to serve through adventure-based learning.

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.

On an OBCR course, you can expect to get out of your comfort zone through a variety of challenging adventure activities, rustic accommodations, local foods, and new found friendships from across the world. Get ready to embrace the unknown and dive into a memorable adventure!



BUILD YOUR 2-8 WEEK SUMMER ADVENTURE

Choose a single 2-week Summer Course or back-to-back courses for up to 8 weeks – you can even add on an extra week with our Pacific Surf Extension course! While you already have the flight, experience the most of Costa Rica and Panama's diverse environment, unique culture, and thrilling adventures. Combine any of our courses, as long as the start and end dates coincide.

LONGER THE EXPERIENCE, BETTER THE PRICE

MULTI-WEEK COURSE DISCOUNTS

3 WEEKS:	\$4,250	\$3,950 DISCOUNT PRICE
4 WEEKS:	\$6,335	\$5,050 DISCOUNT PRICE
5 WEEKS:	\$7,400	\$6,098 DISCOUNT PRICE
6 WEEKS:	\$9,265	\$6,870 DISCOUNT PRICE
7 WEEKS:	\$10,330	\$8,160 DISCOUNT PRICE
8 WEEKS:	\$12,230	\$9,300 DISCOUNT PRICE

SUMMER COURSES

For Ages 14-18



TROPICAL TREK & HOMESTAY

Journey through the thick tropical rainforest as you hike along spectacular valleys, cascading waterfalls, and winding rivers that lead you from campsites to cultural group homestays.

At each homestay, experience true Costa Rican hospitality and a profound example of rural living as you learn how to cook traditional meals and extract juice from freshly harvested sugar cane. Challenge yourself on an 80-foot waterfall rappel and a thrilling whitewater rafting expedition down Rio Pejibaye.

After your rainforest expedition, head to Manuel Antonio National Park – a region known for its monkeys, sloths, and beautiful coastline. Soak up the sun and boogie board through the waves before closing out this memorable experience with a day of ziplining through the treetops and exploring the busier side of life on a San Jose city tour.

AGES: 14-18 years old

DATES: June 27 – July 11

July 25 – August 8

COST: \$3,150 USD



Homestay



Rainforest Trekking



Rappelling



Cultural Activities



Ziplining



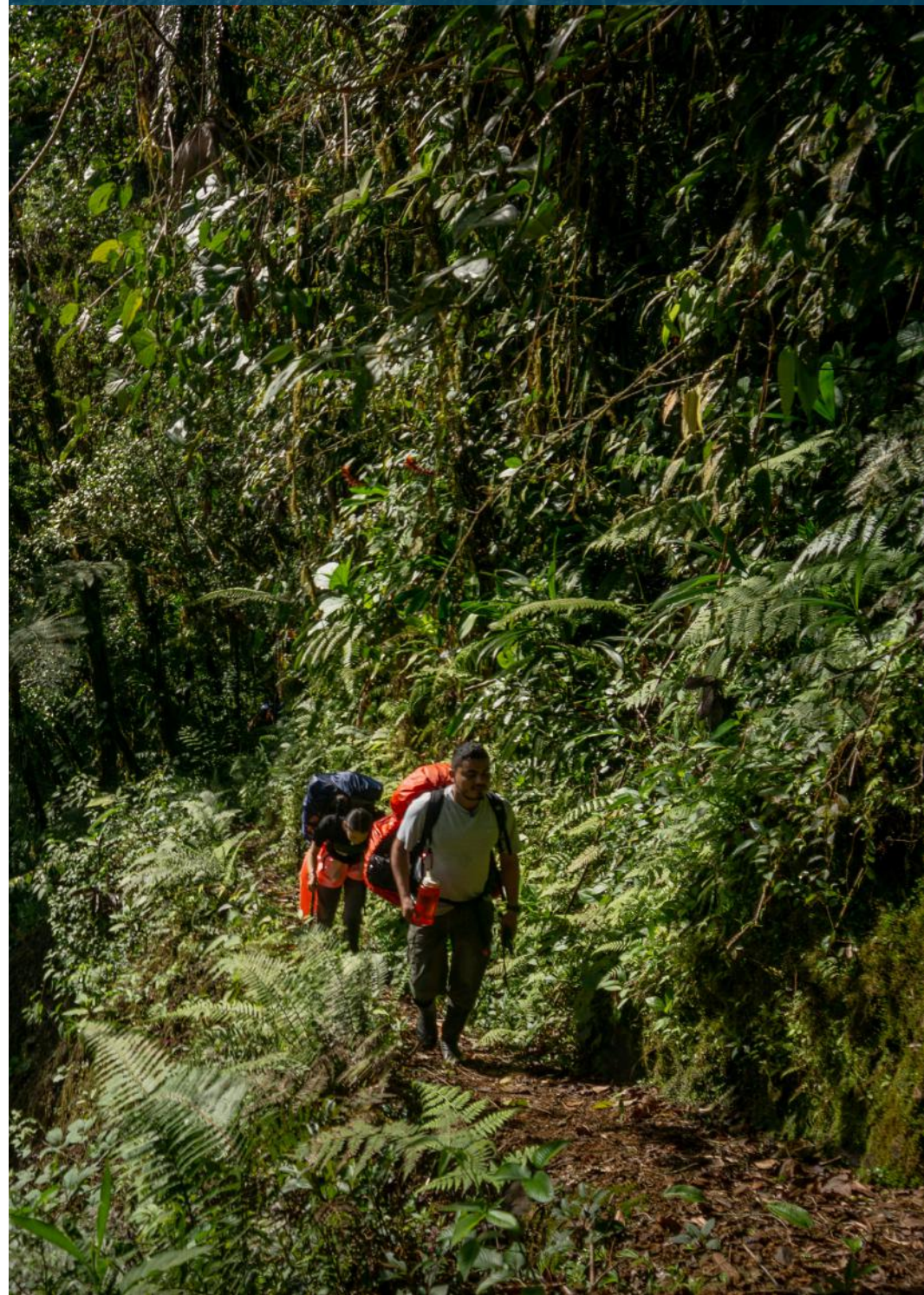
Frog Eco Lodge



Whitewater Rafting



Beach Activities



CARIBBEAN SCUBA & SEA TURTLES

Calling all marine life lovers! Scuba dive in tropical waters and lend a hand in local sea turtle conservation projects on this coastal Panamanian adventure. Begin by traveling from OBCR's rainforest base in Costa Rica to the archipelago of Bocas del Toro, Panama to become NAUI Basic or Advanced Scuba Diver certified. Next, head to the mainland to learn from local conservationists how to protect the endangered leatherback sea turtle populations by excavating old nesting sites and releasing newly hatched turtles.

Additional activities on course include learning about the way of life of small indigenous Bribri island communities on a 3-day service expedition, cruising around Sloth Island for sloth sightings, wakeboarding, kneeboarding, exploring a cave filled with stalactite and stalagmite formations, and beach time at Playa Carenero.

- AGES:** 14-18 years old
- DATES:** June 27 – July 11
July 11 – July 25
July 25 – August 8

COST: \$3,185 USD



Homestay



Scuba Diving



Sea Turtle Conservation



Service Intensive



Wakeboarding



PACIFIC SURF & SAVING LIVES

Learn one of Costa Rica's most iconic sports! Our remote surf camps are located on the Pacific coast of Costa Rica, famous for its warm waters and consistent surf breaks, as well as lack of crowds. Spend your nights under the stars camping on the beach and head out early to catch the idyllic, morning water. Learn how to read wave conditions, maintain equipment, and surf etiquette thanks to the holistic instruction provided by our expert instructors.

Practice important lifesaving techniques and the basics of lifeguarding as you earn your [First Aid & CPR](#) certification on the beaches of Costa Rica. Fall asleep to the sound of crashing waves, explore the laid back beach towns, play soccer, and spend an afternoon hiking to and swimming in a natural waterfall. Spot exotic wildlife like sloths, monkeys, and birds along the way!

- AGES:** 14-18 years old
- DATES:** June 27 – July 11
July 25 – August 8
- COST:** \$2,965 USD

**AMERICAN
SAFETY &
HEALTH
INSTITUTE**
APPROVED
TRAINING CENTER
Basic First Aid
& CPR/AED



Ziplining



Surfing



Whitewater Rafting



Beach Activities



SEA TURTLE & SERVICE EXPEDITION

Travel to Talamanca, Costa Rica and hike into remote indigenous communities to work alongside the Bribri people on service projects. Then, transfer across the Panama border to the sea turtle sanctuary at San San Pond Sak. There you will work with local leaders excavating old nesting sites, releasing baby sea turtles in the ocean, and patrolling the beach at night looking for adult female turtles laying their eggs.

Additional activities on this course will include battling class II-III rapids on Rio Pejibaye, ziplining through the treetops on a canopy tour, visiting the historic Basílica de Nuestra Señora de los Ángeles, volunteering at a local sheep farm, and giving back to the environment on rainforest conservation projects. Earn 24-30 hours of community service.

AGES: 14-18 years old

DATES: July 11 – July 25

August 8 – August 22

COST: \$2,930 USD



Homestay



Sea Turtle Conservation



Service Intensive



Ziplining



Whitewater Rafting



Cultural Activities



PACIFIC SURF EXTENSION

Add one extra week with our [Pacific Surf Extension](#) course! Whether you just spent two weeks trekking the jungles of Costa Rica on [Tropical Trek & Homestay](#) or you've been busy discovering the coral reefs of Panama on [Caribbean Scuba & Sea Turtles](#), this Pacific Surf Extension is the perfect one-week addition to experience the world-class beaches of Costa Rica and learn one of its most iconic sports.

Relax on the beach, play in the waves, learn to surf, and work in the local beach community on service projects. You can combine Pacific Surf Extension with any of our other summer courses, as long as the start and end dates coincide.

AGES: 14-18 years old

DATES: July 4 – July 11

July 25 – August 1

August 1 – August 15

COST: \$1,065 USD



Surfing



Beach Activities



SUMMER COURSES

Ages 19 and up (Adults)



COMBINE BOTH 19+ COURSES FOR A 2-WEEK TRIP

Our summer courses aren't just for students. They're for adults too! Each of our one-week 19+ courses allow for flexibility with your work schedule **OR** take both weeks to combine the best of both worlds with our 19+ Panama Scuba Adventure and 19+ Costa Rica Rainforest Trek trips.

This is your opportunity to step away from your daily life and reflect on what's important to you while scuba diving the tropical waters of Panama or trekking through the lush rainforests of Costa Rica.

COST: \$3,090 USD

See the following pages for one-week details and pricing!

2020 SUMMER CALENDAR

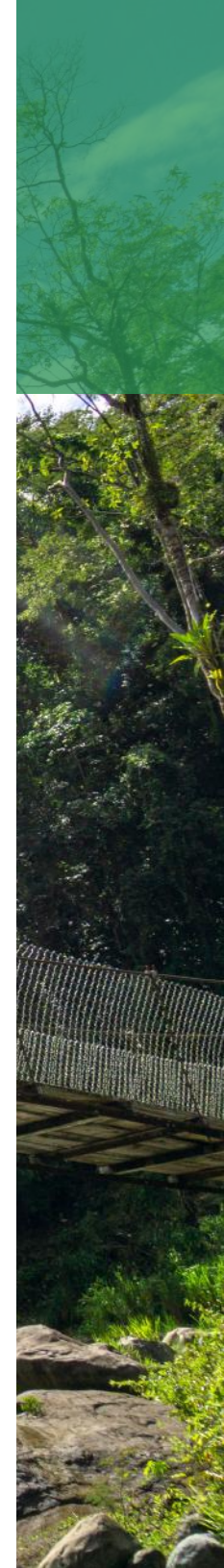
JUL 11 – JUL 18

JUL 18 – JUL 25

2-WEEK:
19+ Panama Scuba Adventure & Costa Rica Tropical Trek

1-WEEK:
19+ Panama Scuba Adventure

1-WEEK:
19+ Costa Rica Tropical Trek



19+ PANAMA SCUBA ADVENTURE

Travel to the island of Solarte in the famous Caribbean archipelago of Bocas del Toro to begin earning your [NAUI Basic](#) or [Advanced Scuba Diver](#) certification. Learn how to ready your equipment, write out dive tables, and read underwater signals while discovering spectacular tropical coral reefs, sunken ships, and catamarans on the ocean floor.

After earning your certification, enjoy a celebratory bioluminescent night snorkel or dive, test your tenacity as you learn to wakeboard, kneeboard, or perfect your technique through the islands of Bocas del Toro.

AGES: 19+ years old

DATES: July 11 – July 18

COST: \$1,680 USD



Combine with 19+ Costa Rica Tropical Trek for a 2-week trip!

COST: \$3,090 USD



Scuba Diving



Homestay



Wakeboarding

19+ COSTA RICA TROPICAL TREK

Embark on a rainforest trek that will bring you to the heart of Costa Rica's highlands. Learn backcountry skills as you navigate through dense tropical jungle to a series of rural group homestays. Experience true Costa Rican hospitality and a profound example of rural living as you learn how to cook traditional meals and discover the "pura vida" culture.

Rappel an 80-foot waterfall and harvest sugarcane from scratch before traveling to the coastline to enjoy the white sand beaches of Manuel Antonio. Close out this memorable experience spotting wild sloths, monkeys, and parrots as you soak up the sun and boogie board through the crashing waves.

AGES: 19+ years old

DATES: July 18 – July 25

COST: \$1,705 USD

Combine with 19+ Panama Scuba Adventure for a 2-week trip!

COST: \$3,090 USD



Homestay



Whitewater Rafting



Rainforest Trekking



Rappelling

GAP YEAR & SEMESTER COURSES

Ages 17 and up

WHICH COURSE IS RIGHT FOR YOU?

Our two semester courses offer you the opportunity to learn outside of a traditional classroom, using the rainforest, rivers and reefs of Central America to foster leadership development and personal growth. Take a look below to see the differences between the two options:

	Outdoor Leader Semester	Coast to Coast Expedition
Focus	Outdoor Skills & Leadership Development	Cultural & Outdoor Exploration
Time	65 days	85 days
Certifications	7	3
Community Service	15-20 hours	45-60 hours
Academic Credit	10 credits	12 credits
Locations	Costa Rica Panama	Costa Rica Panama Nicaragua

Both courses are the perfect opportunity to push yourself outside of your comfort zone to discover your capabilities and passion for the great outdoors.

ACADEMIC CREDIT

Semester students are eligible for academic credit through the following options:

OPTION 1: Transfer credit via Western State Colorado University

OPTION 2: Independent study with your university

Send us an [inquiry](#) requesting our Syllabus and Academic Credit Packet to help you talk to your study abroad or academic advisor to approve course credit via one of the above options.

OUTDOOR LEADER SEMESTER

Looking to gain the necessary skills to jumpstart your career in the outdoor industry? On this 65-day course, you will learn to set up belay systems, organize rescues, provide wilderness medical care, guide rafts down world-class rivers, scuba dive in Caribbean waters, and lead groups through the Costa Rican rainforest.

In addition to earning seven internationally-recognized certifications, this course will focus on developing future leaders in the outdoor industry with an in-depth study of the Outward Bound educational model. Top graduates of our Semester Courses may be invited to join us as paid 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 – Nov 22 (65 days)

COST: Spring \$9,532 USD
Fall \$9,770 USD

CREDIT: 10 semester credits



Wilderness First Responder



CPR for the Professional Rescuer



Recreational Rappel Operator



Whitewater Rescue Technician



American Red Cross

Lifeguarding with Waterfront Module



Scuba Diver or Advanced Scuba Diver



Whitewater Raft Guide License Level 2 or 3

COAST TO COAST EXPEDITION

Come challenge yourself on our 85-day Coast to Coast Expedition! You will surf the pristine waters off the Pacific Coast, raft down thrilling class II-IV rapids, scuba dive through Caribbean islands while discovering the cultures, customs and traditions of local communities. Each phase of this course is designed to push you past self-imposed limits, culminating in a 26-day cross-country trek.

In addition to exploring the rainforests, rivers, and reefs of Costa Rica, Panama, and Nicaragua, this course will offer you the opportunity to gain three internationally-recognized certifications in the outdoor industry and 12 academic credits. Students who show exceptional leadership skills may be invited to become a paid Instructor Intern during our high season, June through August.

AGES: 17+ years old and must have graduated high school

DATES: Spring 2020: February 7 – May 2 (85 days)
Fall 2020: September 18 – December 12 (85 days)

COST: Spring \$11,685 USD
Fall \$11,977 USD

CREDIT: 12 semester credits



Basic First Aid & CPR/AED



American Red Cross

Lifeguarding with Waterfront Module



Scuba Diver or Advanced Scuba Diver

NEXT STEPS

- 1. ENROLL** in the Summer Course or Gap Year & Semester Course of your choice on our website.
- 2. SUBMIT YOUR INITIAL DEPOSIT** to reserve your spot, and you will receive via email an Information Packet and Packing List for your course.
- 3. EMAIL IN YOUR PAPERWORK** (including a copy of your flight itinerary and passport), pay your balance within 30 days of your course, and ask us any questions along the way.
- 4. GET EXCITED** to meet one of our staff at the airport in Costa Rica to start your adventure!





**OUTWARD BOUND
COSTA RICA**

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

BE. OUT. THERE.

www.OutwardBoundCostaRica.org

+1.800.676.2018