



OUTWARD BOUND COSTA RICA

Custom Course Catalog



Outward Bound Costa Rica (OBCR) is a non-profit, experiential education organization welcoming international students and adults on 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!



CUSTOM COURSES ARE PERFECT FOR...



YOUTH GROUPS

A study abroad trip with a difference! Whether your students are looking to gain certifications, develop leadership and teamwork skills, or improve their Spanish, we can create a course to fulfil their goals. Not only will experiences on the course help boost their resume, but they will grow as young adults and discover what they are capable of in a new and challenging environment.



FRIENDS & FAMILY

If you are looking for an adventure for your family or group of friends, we will make sure you experience the best of what Central America has to offer! Whether you are looking to travel more responsibly or have a more authentic trip, you will explore off the beaten track and be immersed in fascinating cultures. Bond with your friends and family through adventure and share the experience of learning and volunteering together.



BUSINESS TEAMS

Take teambuilding to the next level! Develop leadership, problem-solving and communications skills through adventure activities and team exercises. Our custom courses for business teams are designed to bring employees out of their working environments and challenge them to explore their potential both as individuals and as a team. We can also tailor your course for your team members to gain certifications.



SPORTS TEAMS

Strengthen your team on an international trip to boost their skills and love for sport. Bring players closer together as they push themselves beyond their comfort zones during challenging adventure activities. Play alongside and compete with local teams in Central America, with both cultures expanding their knowledge and experiences of the sport. From soccer to swim teams, we can design a course suitable for your athletes.



GIRL SCOUT TROOPS

We have a long history of hosting Girl Scout Troops as we share the same goal of developing leadership skills in young people and helping them explore their potential. A custom course will give your troop the opportunity to create a positive impact through service projects and gain international volunteering experience. We welcome Girl Scout and Boy Scouts both locally and internationally.



DUKE OF EDINBURGH

Earn your Duke of Edinburgh's International Award through the rainforest, rivers and reefs of Costa Rica! Ideal for Bronze, Silver and Gold Adventurous Journeys or the Gold Residential Project. We can create a land or water based itinerary for your group and provide you with everything that you will need, from essential equipment to pre-Adventurous Journey training.

CREATE YOUR OWN ADVENTURE

We believe that the best things in life are personalized; so we offer custom courses for five or more people. Tell us your dates, duration and activities—we'll do the rest! Step by step, we'll create an unforgettable adventure to Costa Rica, Panama or Nicaragua. Bring seven others on your custom course and you will come for free!

DATES: Year-round

LENGTH: One day to several weeks

GROUP SIZE: Five participants minimum

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

No matter your age, the activities you're taking part in or who you're here with, you will be challenged, you will gain new skills and you will have a once in a lifetime experience.

Choose any combination of activities from the following categories to create your course, or come up with your own ideas! We recommend mixing activities from each category to give your trip variety:

[OUTDOOR ADVENTURES](#)

[VOLUNTEERING](#)

[SKILLS & TRAINING](#)



CHOOSE YOUR ACTIVITIES

OUTDOOR ADVENTURES

Nature, fresh air, new, exciting and adrenaline filled adventures. No visit to Central America is complete without them! These outdoor activities will build your confidence and resilience, and help you embrace being outside of your comfort zone. Not only will you learn more about yourself, you will develop life and leadership skills along the way.



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



CHOOSE YOUR ACTIVITIES

VOLUNTEER PROJECTS

Create a positive impact and gain a cross-cultural perspective through one of our meaningful volunteer projects. We work alongside local communities, helping them to increase access to education, improve infrastructure, and conserve the natural world around us.



COMMUNITY SERVICE

Build and paint schools, create sustainable fresh water systems, make playground equipment and other infrastructure. Experience a cultural exchange by interacting with community members and playing with local schoolchildren.



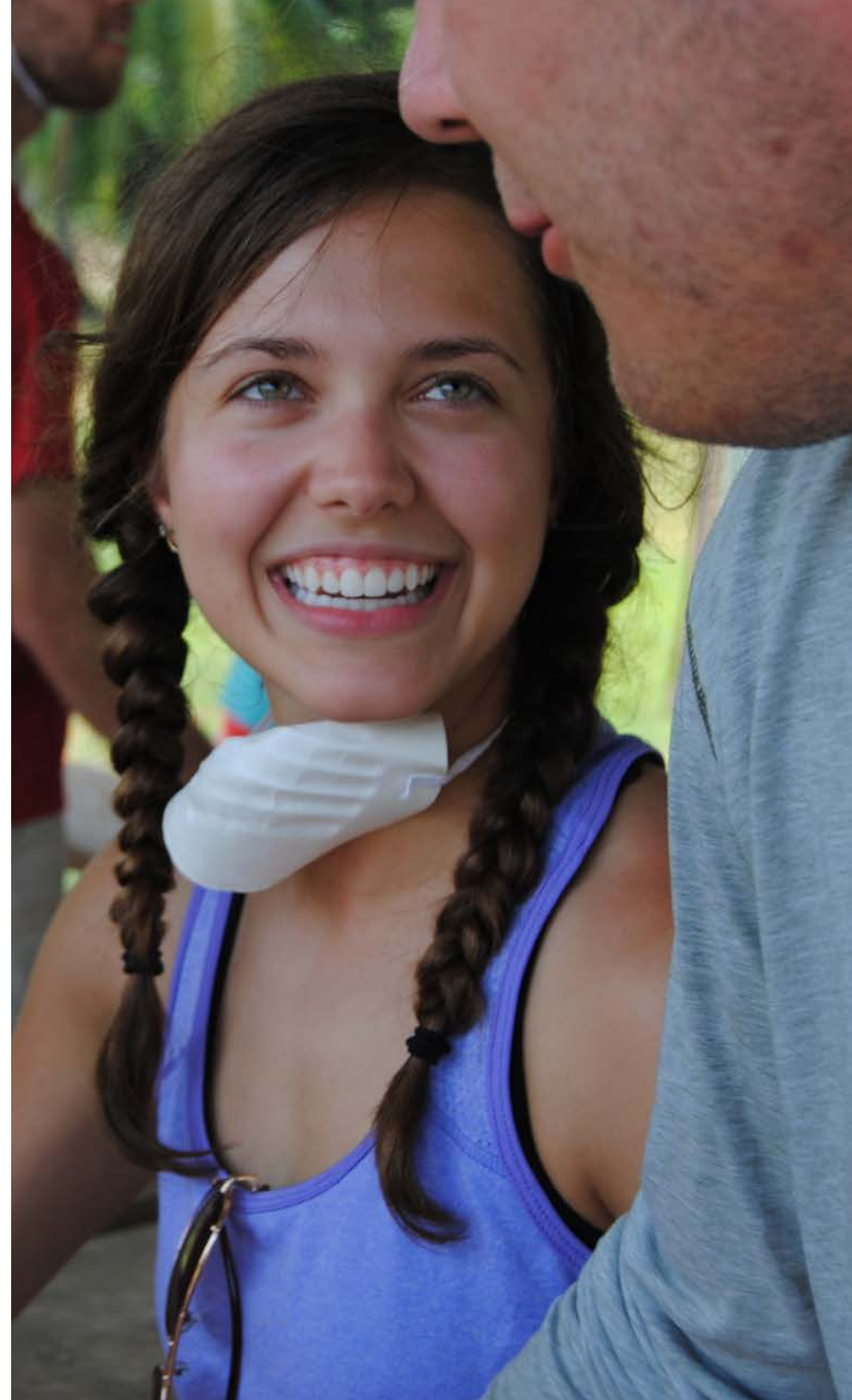
SEA TURTLE CONSERVATION

Work alongside local conservationists to help protect sea turtle populations. Take part in night patrols and beach clean ups, record important data and, if we're lucky, help release baby sea turtles.



ENVIRONMENTAL INITIATIVES

Contribute to an environmental education program for school children in the reserve adjacent to our rainforest base. Give back to nature by maintaining many of the trails and reforesting the reserve with native tree species.



CHOOSE YOUR ACTIVITIES

SKILLS & TRAINING

We offer training opportunities for participants who want to increase their knowledge and abilities in the outdoors, leadership development, and Latin American culture. We partner with leading outdoor education organizations to offer certifications that are internationally recognized. For detailed information about each of the certifications we offer, visit our [Certifications](#) page.



CERTIFICATIONS

- NAUI Scuba Diver Basic or Advanced
- Whitewater Raft Guide License Level 2 or 3
- Whitewater Rescue Technician
- Lifeguarding with Waterfront Module
- CPR for the Professional Rescuer (BLS)
- Wilderness First Responder
- Wilderness Advanced First Aid
- Recreational Rappel Operator
- Basic First Aid & CPR/AED



PERSONAL & PROFESSIONAL DEVELOPMENT

- Leadership Skills
- Teambuilding
- Self-Reflection Activities
- Project Management
- Confidence and Resilience



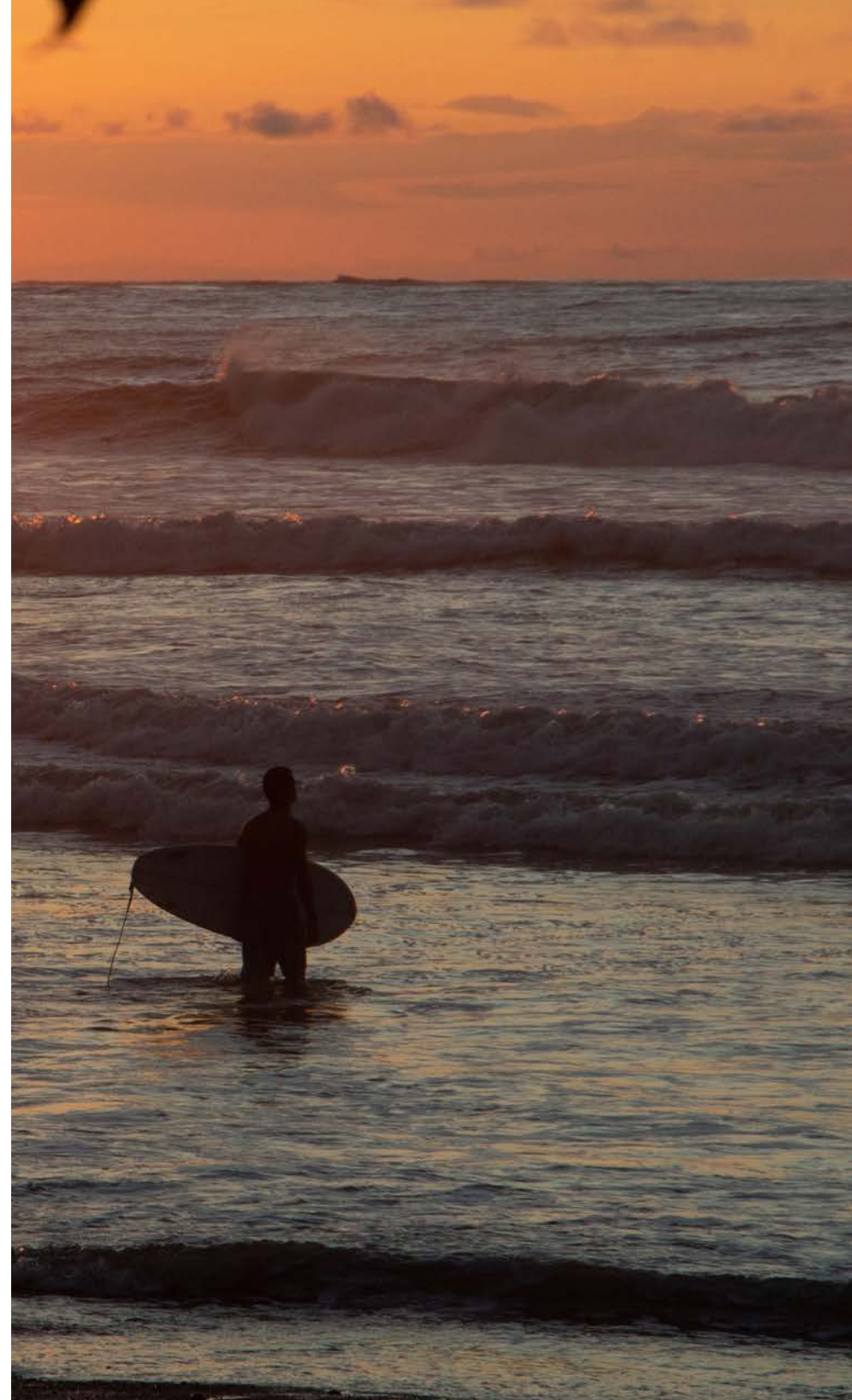
LATIN AMERICAN CULTURE

- Spanish Language
- Costa Rican Cuisine
- Latin Music & Dance
- Indigenous Culture & Traditions



NEXT STEPS

1. **VISIT** our [website](#), 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. **ENROLL** each member of your group fill out OBCR's Online Enrollment Form.
4. **SUBMIT** your group's deposit.
5. **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.
6. **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.



outwardboundcostarica.org +1.800.676.2018