



OUTWARD BOUND COSTA RICA

CUSTOM COURSE CATALOG 2025



WHY OUTWARD BOUND?

A group of hikers with large backpacks are walking across a wooden bridge over a stream in a lush, green forest. The scene is bright and sunny, with dense foliage and trees in the background. The hikers are seen from behind, moving away from the camera.

At Outward Bound Costa Rica (OBCR), we believe education extends beyond the walls of a classroom. Our unique outdoor adventures, set against the breathtaking backdrop of nature, offer transformative experiences that perfectly complement traditional learning. We're more than just an adventure program; we're a non-profit experiential education organization. Here, amidst the thrill and beauty of the natural world, students and adults discover leadership, personal growth, and a lasting commitment to service—all while having fun and creating unforgettable memories.

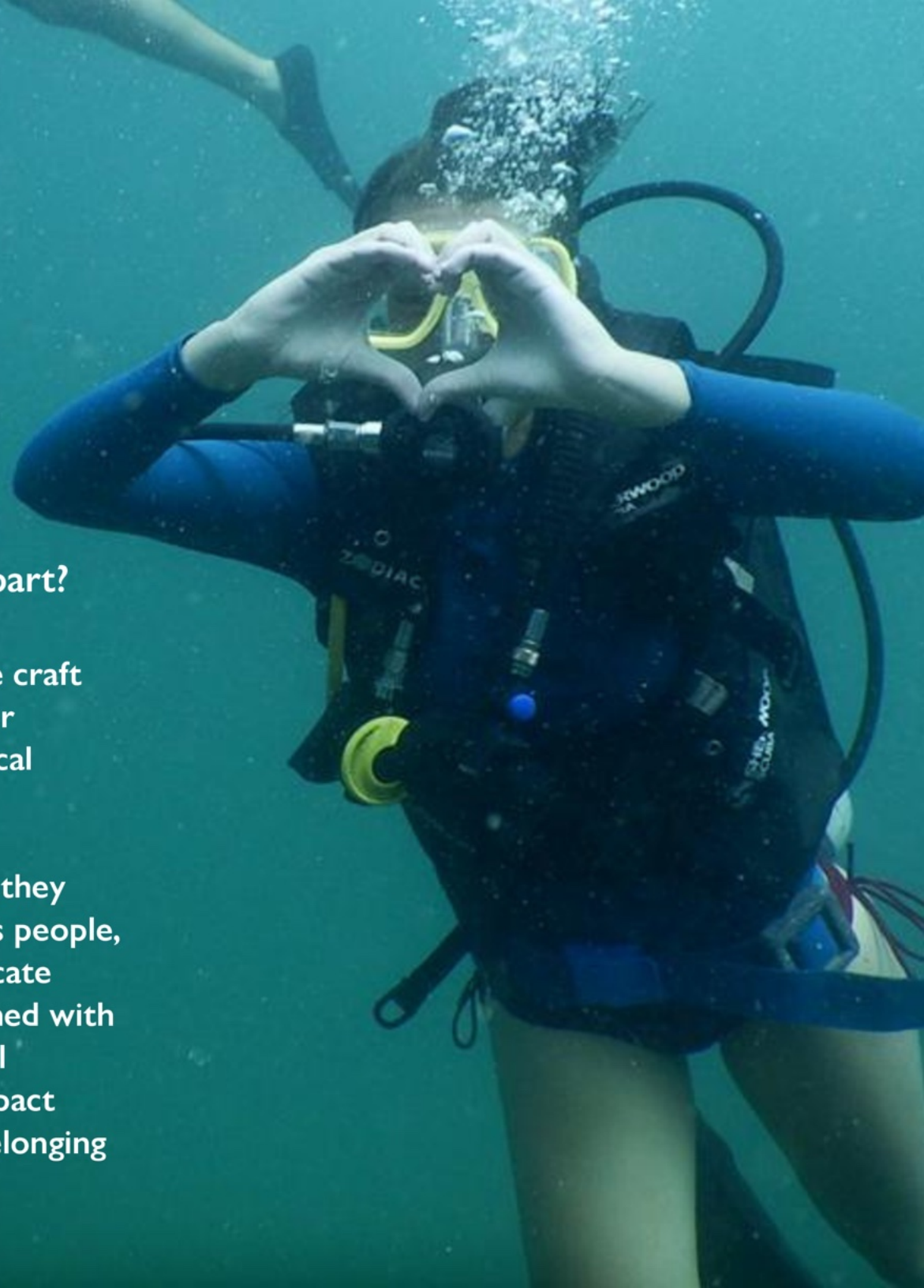
We empower individuals of all ages to discover their untapped potential through transformative, adventure-based learning experiences.

WHAT SETS US APART

What sets Outward Bound Costa Rica apart?

We offer more than just thrilling activities; we craft carefully designed courses that weave together challenging adventures, rustic immersion in local culture, and intentional reflection.

Participants don't just experience Costa Rica; they become part of it, forging connections with its people, savoring its flavors, and understanding its delicate ecosystems. This immersive approach, combined with our expert instructors and proven educational framework, creates a profound and lasting impact while supporting every individual's sense of belonging and connection.



OUR VALUES

Our guiding principles for growth and impact

EXCELLENCE

Encouraging growth & resilience while overcoming challenges.

COMPASSION & SERVICE

Inspiring positive change by giving back to each other, our communities, & the world around us.

INTEGRITY

Promoting honesty, accountability, and self-awareness.

INCLUSION & RESPECT

Creating environments that allow the appreciation of diverse perspectives across cultural, racial, & economic lines.

SOCIAL & EMOTIONAL RESILIENCE

Fostering collaboration, adaptability, and the emotional intelligence to meaningfully engage with others & handle adversity with confidence.

LIFELONG LEARNING

Nurturing creativity, reflection, critical thinking, & life skills students can carry with them long after they leave their course.



OUR COURSES ARE PERFECT FOR



STUDENT GROUPS

Whether your students are looking to gain outdoor certifications, develop teamwork, or enhance their leadership skills, we can create a course to fulfill their goals. Not only will their experiences on the course help boost their resumes, they will help each individual tap into their strengths and discover what they are truly capable of in a new and challenging environment.



SCOUT TROOPS

We have a proud history of working with Girl Scout and Boy Scout Troops, sharing the mission of building leadership and helping young people realize their potential. Engage in service projects and gain valuable international volunteering experience. We welcome troops from both local and international communities to come and discover the Pura Vida way of life.



FRIENDS & FAMILY

Let us craft the ideal experience for your family or a group of friends and help you explore the beautiful terrain of Costa Rica. Guided by our experts, Outward Bound Costa Rica can create a unique and authentic Costa Rican experience, allowing you to discover off-the-beaten-path locations and immerse yourself in the fascinating culture. Join us for a once-in-a-lifetime adventure, made even more special by sharing it with your loved ones.



SPORTS TEAMS

Strengthen your team with a trip designed to enhance their skills and passion for sport. Through challenging adventure activities, players will bond and grow by stepping outside their comfort zones. Whether for soccer, swim, or other sports, we can create a custom course tailored to your athletes, allowing them to compete and learn the ways of the Central American Sport community.



BUSINESS GROUPS

Elevate your team-building experience! Strengthen leadership, problem-solving, and communication skills through adventure activities and team challenges. Our custom courses take employees beyond the workplace, helping them unlock their full potential as individuals and as a team. We can also tailor courses to include certifications for your team members.



DUKE OF EDINBURGH

Complete your Duke of Edinburgh's International Award amidst Costa Rica's stunning rainforests, rivers, and reefs! Whether for Bronze, Silver, or Gold Adventurous Journeys, or the Gold Residential Project, we offer fully customizable land- or water-based itineraries. Our support includes essential equipment and pre-journey training to ensure your group is fully prepared.

CREATE YOUR OWN ADVENTURE

WATER-BASED ACTIVITIES

- Scuba Diving
- Surfing & Bodyboarding
- Sea Kayaking
- Rafting
- Solo Kayaking (Advanced)
- Snorkeling
- Hot Springs



SKILLS/CERTIFICATIONS:

- Whitewater Rescue Technician-Recreational (WRT-REC) Certification
- PADI Open Water Scuba Certification



CREATE YOUR OWN ADVENTURE

LAND-BASED ACTIVITIES

- Rainforest & Cloud Forest
- Wilderness Solo
- Ziplining
- Rappelling
- Wildlife Tours
- Day Hikes - Waterfalls, Mountain Ranges, Volcano
- Backpacking Expeditions - Overnight Homestays or Camping
- Coffee & Cacao Tours
- Spanish Immersion
- Inner City & Museums Tour



SKILLS/CERTIFICATIONS:

- Recreational Rappel Operators
- WFA and BLS certifications
- Spanish Language Learning



CHOOSE YOUR ACTIVITIES

VOLUNTEER & SERVICE

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.



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.



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.



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.



MORE THAN AN ADVENTURE IT'S A TRANSFORMATION

Partner with **Outward Bound Costa Rica** and empower your group's participants to discover their full potential.

Develop Authentic Leadership

Our courses provide a unique environment for individuals to hone their leadership skills. Through teamwork, problem-solving, and navigating challenges together, they learn to inspire, collaborate, and lead with confidence.

Cultivate Global Citizenship

By connecting with local communities and fellow peers from around the world, participants develop a broader perspective and a deeper understanding of global interconnectedness. They learn to appreciate diverse cultures and become more responsible global citizens.

Ignite Self-Discovery

Stepping outside their comfort zones in a supportive environment allows participants to uncover hidden strengths and resilience. They return home with a newfound sense of self-efficacy, ready to embrace future challenges with courage and determination.

Create Unforgettable Educational Experiences

OBCR courses offer a powerful complement to traditional classroom learning. The hands-on, experiential nature of our programs brings lessons to life, creating memories that last a lifetime and fostering a deeper engagement with learning.

Enjoy Programs Tailored Just for You

We work closely with educational groups to customize courses that align with specific learning objectives and curricular goals. From program length to activity focus, we can create a truly unique and impactful experience for everyone.



NEXT STEPS

VISIT

our website, and fill out a Custom Courses Inquiry or email our Associate Director of Educational Partnerships, Eleanor Blackman, at custom@outwardboundcr.org with the dates and duration of your program, the activities you'd like to include, and the potential number of participants.

DESIGN

a fully customized itinerary in collaboration with our Custom Courses and Partnerships Manager.

CONFIRM

by signing a Program Agreement to confirm dates, activities, financials, and pay your deposit.

ENROLL

each member of your group by filling out OBCR's Online Enrollment Form.

FINALIZE & EMAIL

all your group's paperwork (including a copy of flight itineraries and passports), pay your balance within 30 days of your course, and ask us any questions along the way.

GET EXCITED

to meet one of our staff members at the airport in Costa Rica to start your adventure!

GROUP SIZE:

Varies by group.
8 participants minimum.

DATE:

Available year round

LENGTH:

1 day - 3 weeks

COST:

Varies by program.
Let's talk!



“I learned that if I push myself I can achieve my goals, because now I know I can do so much more. This experience was so rewarding and worth it.”

ALISHA

Custom Course Alum





BE. OUT. THERE.

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

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