



# OUTWARD BOUND COSTA RICA

Be. Out. There.

## Outward Bound Costa Rica Invites Adventurers to Explore 2016 Summer Expeditions with New Videos and Guide

**San Ramon de Tres Rios, Costa Rica** (February 16, 2016) - Imagine stepping barefoot onto a bed of soft sand, the grains slipping between your toes and the warm sun on your skin as [you and your surfboard get ready to hit the waves for the day](#). Or [hiking through a dense, green rainforest](#), the crisp smell of the outdoors instantly overtaking your nostrils, the sound of leaves crunching beneath your feet with every step. Maybe being immersed with locals is more your style, and you can't wait to be [surrounded by native Costa Ricans in a small house in the countryside](#), learning to make corn tortillas from scratch and drinking juice from freshly squeezed sugar cane.

[Outward Bound Costa Rica Summer Expeditions](#) are packed with adrenaline-pumping fun. Our 2016 Summer Expeditions in Costa Rica and Panama provide learning experiences that allow participants to [build life skills, intercultural competence, Spanish language, and self-awareness](#). Through varied adventure challenges and service learning expeditions, students expand self-awareness, step up into leadership roles, and discover that they are capable of more than they ever thought possible.

Ahead of the summer season, Outward Bound Costa Rica has launched a new series of course videos that offer 360-degree visuals from actual programs and testimonials from past students. The addition of a new [printable visual guide](#) will also help prospective students choose their next adventure on one of our [5-week, 4-week, 3-week, and 2-week](#) summer programs.

With programs beginning in June, Outward Bound Costa Rica's 2016 summer season will offer the course selections below. For full details visit [outwardboundcostarica.org](http://outwardboundcostarica.org).

### **Rainforest Hike and Homestay**

Discover the true meaning of "off the beaten path" as you embark on a deep-jungle trek where spectacular rainforest valleys, cascading waterfalls, and winding rivers will both awe and challenge you. [View the course page](#).

### **Caribbean Scuba & Service**

Discover the natural wonders of Panama by lending a hand in local conservation projects and earning your scuba certification as you dive tropical Caribbean waters for up-close views of Coral reefs. [View course page](#).

### **Pacific Surf & Cert Extension**

Learn to surf or hone your skills as you paddle alongside our experienced, professional instructors. Ensure your dedication to water safety by earning your American Red Cross First Aid and CPR certifications. [View course page](#).

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