

# Water Itinerary – 13 days

## DUKE OF EDINBURGH'S SILVER AWARD

*\*This is a sample itinerary. Details are subject to change.*



**OUTWARD BOUND  
COSTA RICA**

### DAY 1: Arrival

Arrive at Costa Rica's Juan Santamaría Airport (SJO) where you will be greeted by our welcoming staff. A short ride will bring you to our spectacular high elevation rainforest base. Enjoy a traditional meal and then get a good night's sleep in the rainforest base furnished dorms.

### DAY 2: Transfer & Orientation

Depart early for a drive through Costa Rica's lush rainforest and mountains to arrive at the Panama land border. Here you will get your passport stamped out of Costa Rica, cross a bridge and be stamped into Panama. After a short drive to the port village of Almirante, you will board a power boat that weaves through a spectacular archipelago of over 200 islands, called Bocas del Toro. Arrive at your new island home and begin your program orientation led by your instructors. Enjoy a traditional meal and turn in for the night as the calm bay waters lull you to sleep.



### DAY 3-5: Sea Kayak Practice Expedition

Before heading out on your practice expedition begin pre-expedition training, this will include compass navigation, map reading, building the perfect campsite, and more. In a controlled location, develop your sea kayaking skills by learning how to steer, use a bilge pump or bail sponge, perform wet exits, stay hydrated, and execute self rescues in case of capsizing. During your practice expedition you will put these new skills to the test as you navigate through the beautiful Bocas del Toro islands.

As part of your Duke of Edinburgh's Silver Award, you will be traveling in groups of up to 7 individuals while working together to determine routes, distances and plan campsites for your three-day and two-night adventure. Your Outward Bound Costa Rica instructors, as well as your teachers, will never be too far from you for support, but the planning, effort and challenge is yours to meet. You and your coursemates will choose one of many scenic bays as a private campsite where you will set up camp, make a small campfire, roast s'mores and camp under the stars.

Once you finish the last day of your kayaking practice expedition you will return to your base camp located near the indigenous community of Isla Solarte. Stay overnight camping under a grass thatched roof.





## DAY 6: Scuba

Wake up early to learn some of the basics of scuba alongside your NAUI Instructor and coursemates. Take a morning theory course in scuba diving, learn about the equipment, and take your first lesson in a calm shallow water setting. Develop and discover the many life skills that scuba diving can teach you—learn the everyday responsibilities necessary to take care of yourself, your buddy and your group throughout this adventure.

In the afternoon, take a scenic boat trip to your first dive location to see spectacular tropical coral reefs and colorful fish that surround these islands. The island archipelago forms superb subaquatic habitats for scuba diving as the shallow reefs are protected from damaging storms, creating an ideal reef system for underwater discovery. Giant sponges, myriad of corals, colorful tropical fish and reef critters are prevalent around these tropical environments. Overnight tent camping under a traditional thatched-roof lodge suspended over the shallow Caribbean waters on Isla Solarte.

## DAY 7: Scuba, Sloth Island & Wakeboarding

Continue to build on your diving skills as you glide and explore new coral reefs, sunken catamarans and shipwrecks. If you are already certified, earn your advanced

certification by completing special dives including a compass navigation dive and a deep water dive. In the afternoon, take a break from your scuba studies to cruise around Sloth Island for elusive sloth sightings. Then, hone in your wakeboarding or kneeboarding skills through the calm, island waters. Overnight indoor camping at our island home on Isla Solarte.



## DAY 8: Scuba & Community Service

Wake up early and continue developing your scuba skills. Spend the afternoon giving back to island communities, which may include refurbishing or building recreational equipment for schools and spending time with local school children. Discover more about their day-to-day life while putting your Spanish to the test. Younger kids speak Spanish and are eager to practice their limited English with you and your coursemates.

## DAY 9: Scuba & Bioluminescent Dive

After a final morning dive session in the beautiful tropical water, take your practical exam performing instructions from your Dive Master on the ocean floor and written exam toward earning your scuba diver certification. Once the sun sets, enjoy a celebratory bioluminescent night snorkel or dive—waving your hands and gliding through the waters as thousands of magical bioluminescent lights illuminate your path. Overnight camping at our island home on Isla Solarte.

## DAY 10-12: Sea Kayak Qualifying Expedition

Your qualifying expedition will take you on a different route through the archipelago of Bocas del Toro. As you paddle through the calm bay waters, you will pass by spectacular islands that are home to the Ngobe-Guaymi indigenous people. Dolphins, tropical reef fish, and many species of unique tropical birds will be spotted along the way. Depending on your chosen route, your campsite may vary between a small beach site to local community centers. On the last day of your expedition, arrive back to the port village of Almirante, named by Christopher Columbus on his fourth and final expedition to the new world. At the close of your expedition, feel an immense sense of accomplishment for yourself and your teammates. Share your experiences and key learnings with your Assessor. Return across the Costa Rica border to the OBCR rainforest base for a final celebration.

## DAY 13: Departure

Congratulations! Say *hasta luego* and head to the airport in plenty of time for your return flight. Thank you for joining us at Outward Bound Costa Rica and completing your Duke of Edinburgh's Silver Award with us!

