



Local Girl Scout Learns to Surf, Volunteers with Service Project in Costa Rica
Lauren Sinopoli completes "Catching Waves" with Outward Bound Costa Rica.

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Ventura, CA —

Lauren Sinopoli, a 16-year-old Girl Scout from Moorpark, California, recently completed a 15-day course with Outward Bound Costa Rica (OBCR) called "Catching Waves". Joined by Girl Scouts from all over the country, Lauren learned to surf in the warm water breaks of the country's Pacific coast.

Since 2006, Outward Bound Costa Rica has partnered with Girls Scout of the USA to offer unique and exciting [Girl Scouts Destinations](#) trips in Costa Rica and Panama. These trips provide young girls the opportunity to see the world, meet fellow Girl Scouts from across the nation and challenge themselves through adventure in unfamiliar settings.

Lauren and her fellow Girl Scouts arrived in Costa Rica to settle into OBCR's base, then headed to Dominicalito in the Puntarenas region and set up camp for their first taste of surfing. Guided by their instructors, they learned how to read waves, tides and currents.

When they weren't catching waves, the group participated in beach cleanups at Dominicalito and Uvita. They also spent time learning about coastal development, tide pools, overfishing, culture, traditions, and ecotourism.

The girls wrapped up their adventure with a day of whitewater rafting on the Pejibaye River known for its Class III and IV rapids. The following day they enjoyed a zip line tour through the rainforest canopy and took a city tour of the capital city of San Jose.

"[Through my experience with OBCR, I learned that] I am able to be put in uncomfortable positions," said Lauren.

"Outward Bound Costa Rica's courses, like the one Lauren participated in, create environments that allow for personal and leadership development through challenges, group effort and cross-cultural understanding," said Jim Rowe, Executive Director of Outward Bound Costa Rica.



Founded in 1994, Outward Bound Costa Rica inspires a lifetime of leadership, growth, and a commitment to serve through adventure-based learning courses for all ages. Activities include backpacking, surfing, scuba diving, rafting, sea kayaking, rappelling and service projects as well as cultural experiences such as homestays with local families. For more information, visit www.OutwardBoundCostaRica.org.

About GSCCC

Girl Scouts of California's Central Coast serves over 10,200 girls across six counties and is committed to making the Girl Scout Leadership Experience available to girls in ways that impact their lives both in the moment and into the future. Girls participate in troops, individual projects, council events, day camps, resident camps and more. A variety of leadership, outdoor skills, and Science, Technology, Engineering, and Math (STEM) based programs and events provide girls with opportunities to learn and explore in fun and informative ways. To join or volunteer in Santa Cruz, San Benito, Monterey, San Luis Obispo, Santa Barbara or Ventura County, visit: <http://www.girlscoutsgccc.org>.

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