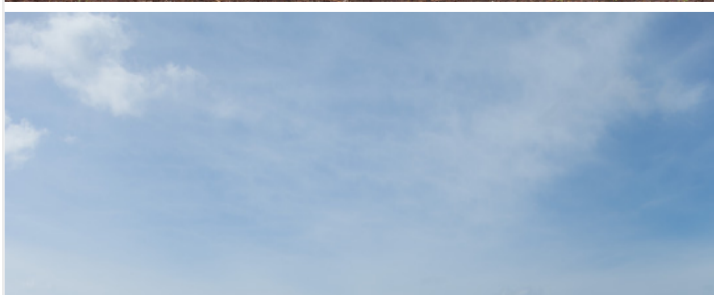


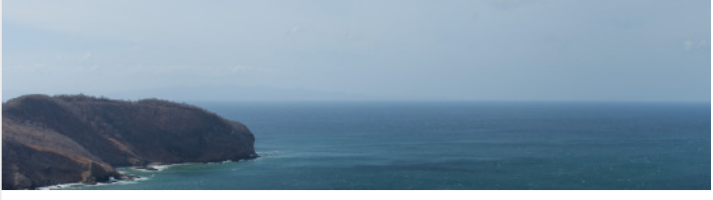


Search bekkapalmer



Bekka Palmer





In February, the people of [Chicabrava](#) invited me on a press trip to their surf camp in Nicaragua. My best surfing friend in NYC had been to this camp previously and had the best things to say about it, so I gladly agreed.

My first experience surfing was three years ago in Costa Rica and while it was the trip that got me totally hooked on surfing, I look back and realize I learned practically nothing there compared to my week at Chicabrava.

It took me a while to digest my experience at Chicabrava and in the country of Nicaragua in general, so I want to break it down into two parts: surfing and the culture / community there.

Part One: Surfing at Chicabrava

The biggest difference between Chicabrava and other surf camps I have been to is Chicabrava's approach to teaching. Their instructors are so well trained and they all use the same language and methods when teaching. They also break down the movements into a simple set of steps and have you do them over and over again on the beach to get your muscle memory in order before entering the water. While each instructor had a different attitude (all positive, of course) and style, they all wanted you to do the same thing. I really appreciated their incredible positive encouragement, and if I ever felt scared they never made me feel guilty or dumb for feeling that way. Safety was their number one concern and I felt great whenever I was in the water with them.

Oh! I should probably mention one of the most important things: it's girls only at Chicabrava. It is so much less intimidating to get into the water with a huge gaggle of girls as opposed to learning from dudes. Sometimes I hesitate participating in women-only things because I don't like gossip or cattiness, but let's be real, anyone learning to surf is going to be pretty chill.

Now that I am home, I feel totally prepared to go surfing at The Rockaways this summer even after having some major panic attacks there the last few times I went.

Part Two: Culture & Community in San Juan Del Sur

We spent a lot of time chatting with Ashley, the founder of Chicabrava, and one of the things I appreciated most about her business is that she tries to work with the community, not against it. She moved to Nicaragua long before she chose to open a business there, so she was no longer an outsider in the community when she decided to open Chicabrava. One thing that is really important to her is that instead of taking business from other surf schools, her goal is to bring people into the town that otherwise would never have come. Attracting her own set of tourists helps the local economy by bringing five to ten people into town each week that spend money at the local restaurants and shops. Besides being both conscious of and contributing to the local economy, she also provides programming for young girls in the country to learn to surf a few times each year.

The general vibe in San Juan del Sur was incredibly warm and welcoming too. I loved that many of the people we came across were Nicaraguan. Sometimes, when I travel to similar places, everyone I meet is an expat and you never actually meet a local that is benefitting from your visit. I want to go back immediately for another trip and extend my stay to explore Nicaragua a little more!

// My accommodations were courtesy of [Chicabrava](#), all thoughts and opinions are my own.

#surfing #san juan del sur #nicaragua #chicabrava #surf

1 note Apr 13th, 2016

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Optica is a clean and simple theme with tons of customizations. It sounds impossible, but it’s true. Layouts, colors, fonts: Everything is up for grabs. Optica can transform into anything you want—as long as what you want is a blog.

Overview

- Clean, versatile theme for any kind of media
- Grid or column layout
- Customizable colors, fonts, links, and all that other good stuff

Documentation

Header Image

If your avatar is a picture of your face, your header image is what you see when you close your eyes. It should say, “yeah, this is who I am.” Or at least what your blog’s about. If you don’t like the way the header image looks on your blog, you can play with the “sliding header” and “stretch header image” settings or turn it off altogether.

Avatar

Since your avatar is the most familiar part of your Tumblr appearance, we thought it’d be nice to include it on your blog. But if you don’t like it, that’s cool too. You can hide it from your blog settings and it’ll only be used on the Dashboard.

Blog title design

There’s something like 12 trillion different combinations of fonts and colors. Play around until you land on one that’s all yours.

Background and accent colors

There are no wrong colors.

Disqus shortname

Built in. Easy and fun!

Google Analytics

No code tweaks. Just plug in your Analytics ID and you’re off to the races.

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