



NEW VOLUNTEER INFORMATION SESSION



The Ins and Outs of Volunteering

- Why volunteer?
- Where do programs take place?
- When are the expeditions?
- Who are the youth?
- Who are the other adults?
- What kind of training does BCM provide?
- What are pre and post-trip expectations?
- What are volunteers responsible for? Fees?
- What happens on the expeditions?
- What's next?

What is a RELATE expedition?

Emotional and physical challenges

Backpacking or paddling

Mentors

Life-changing

Youth Development

Summer

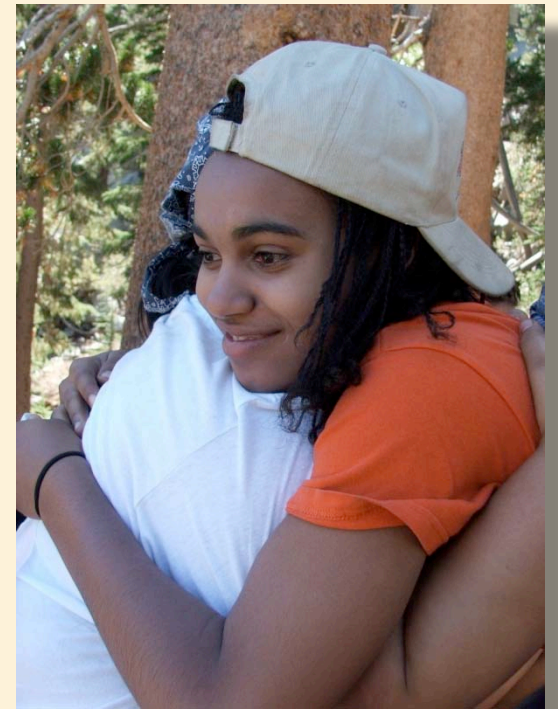
Perseverance



Wilderness

Awe-inspiring

7 or 8 days



“How can you capture on paper the symphonic sound of 10 people laughing? Words cannot describe the joy of accomplishment in the teens eyes when they discover strength they didn't realize they had. The BCM trip is not something you can just read and understand; you simply must experience it yourself.”-

Jessica- 2009 Volunteer

The Call to Adventure

BCM Motto: "Sometimes the only way to change a teen's perspective is by providing an entirely new one."

"This was one of the most memorable and enlightening experiences of my life"
-2010 Volunteer

"The trip showed me what I was capable of and brought out my true potential. I saw and did many things I thought I never would, and I learned many skills that I brought back with me and still use to this day. I thank you from the bottom of my heart for doing this for me and all the youths you've done this for."
-Joshua, 2010 Teen



Regional Hub Model

Why?

- Increase the interaction of volunteers and teens
- Provide more effective trainings
- Focus more on trip quality
- Decrease traveling and logistical challenges

BCM's Hubs in '11

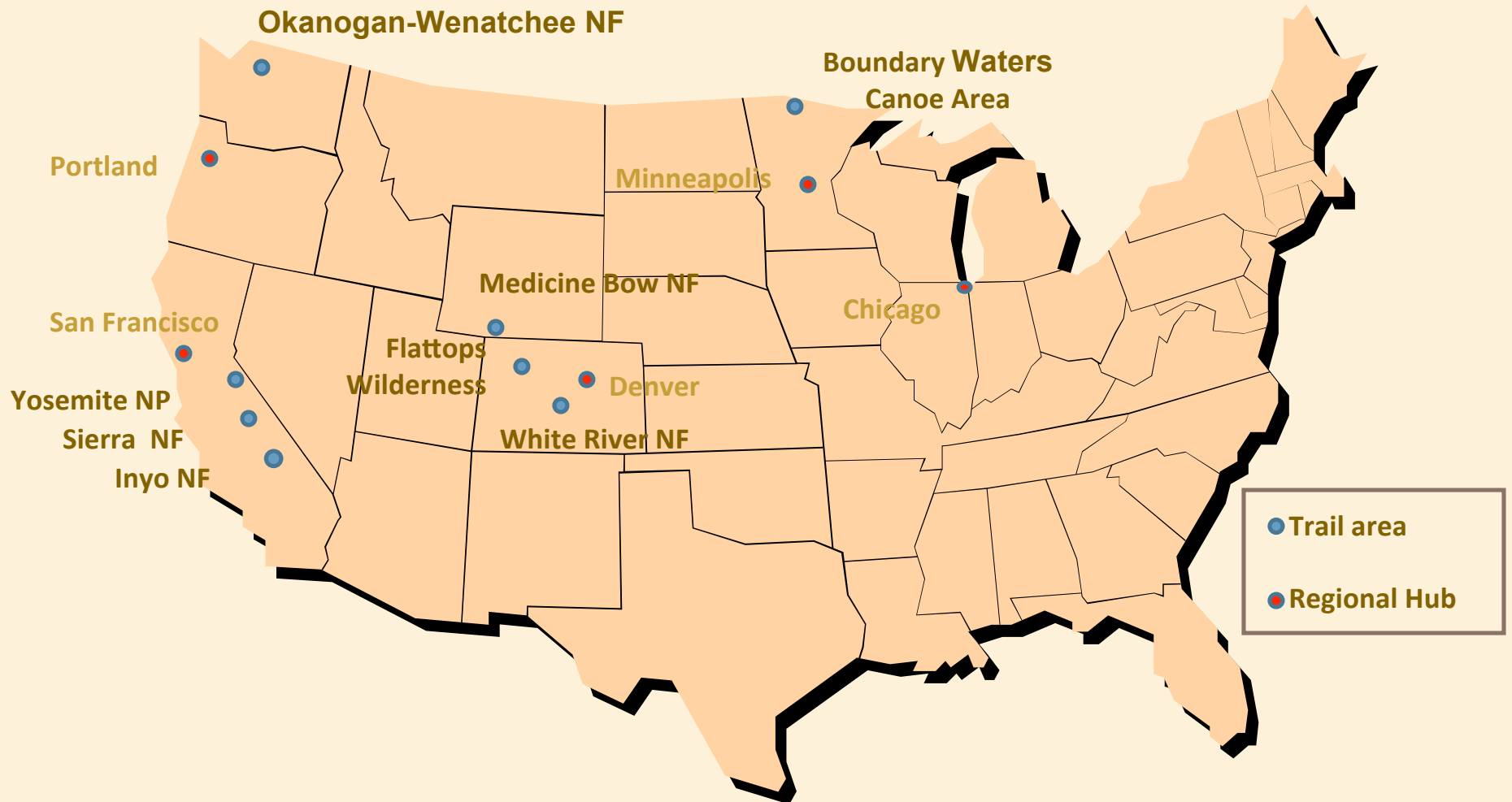
- San Francisco Bay Area
- Denver
- Chicago/ Minneapolis
- Portland

How does this affect you?

New volunteers must be local to one of our hubs, specifically:

- New backpackers must reside within 200 miles of Denver, San Francisco/ Oakland, and Portland.
- New paddlers must reside within Illinois or Minnesota

Where Do Programs Take Place?





When are the expeditions?

7 day backpacking expeditions- Late-June through Mid-August

8 day paddling expeditions- Mid-June through Late-August

BCM Youth



- BCM partners with other youth development agencies, such as...
 - After-school programs
 - Residential foster care agencies
 - Educational institutions
 - Summer youth programs

... to provide its unique program.

- Expeditions are either all male or all female.
- Teens are typically 13-18
- Teens are: disadvantaged, deserving, desirous

2010 Partner Youth Agencies

San Francisco Bay Area

- Alameda County Government
- East Oakland Youth Development Center
- La Clinica
- Real Options for City Kids

Denver

- A Kidz Hope
- African Community Center
- The Bridge Project
- Colorado "I Have A Dream Foundation"
- Denver Kids Inc
- The Matthews House
- Mercy Housing

Midwest (IL, MN)

- Addison Trail HS
- Carole Robertson Center
- Christopher House
- Enlace Community Education
- McCormick Tribune YMCA
- Neighborhood Boys and Girls Club
- Urban Ventures
- Youth Outreach Services

Pacific Northwest

- Caldera
- Project YESS
- YMCA BOLD
- Youth Employment Institute

The Adult Team

- Instructor
- Youth Agency Leader
- Peer Leader



And you... Volunteers!

“Heroes” and “Supernatural Aids”



“We had a rough hike that ended in a rain storm and pretty low morale. Yet, when the rain passed and we had recovered some of strength the girls started singing and dancing with incredible joy. It seemed to embody the essence of BCM because the girls overcame their struggles and embraced their surroundings in a beautiful and light-hearted way.” 2010 volunteer

Adults as Mentors

*Helping guide
teens through the
Hero's Journey*



Sample Backpacking Daily Outline

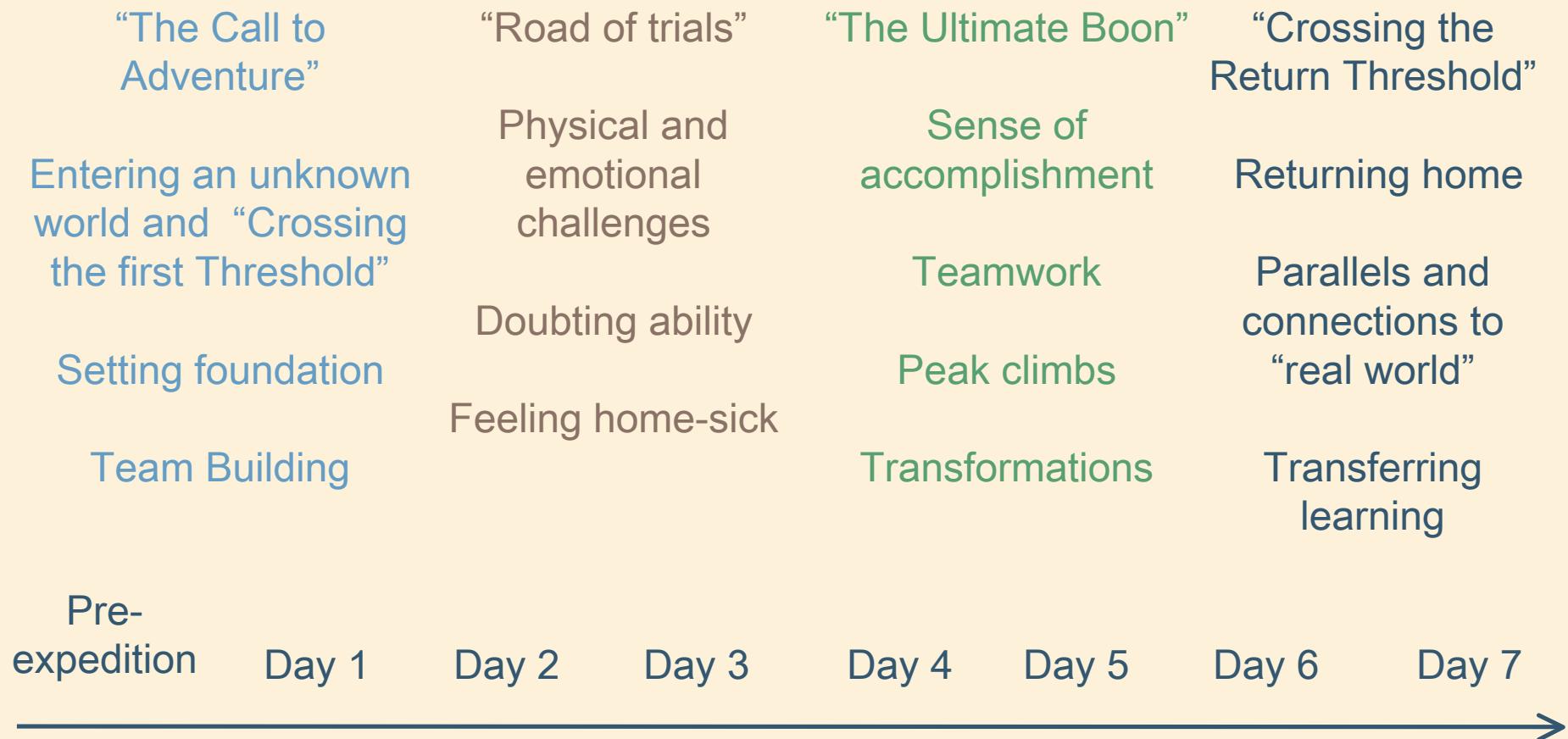
- **Day 1:** Meet the group, pick up rental vans, check out gear at BCM.
Lodging: campsite at trailhead or basecamp
- **Day 2:** Last minute logistics, pack, and hit the trail! Incorporate BCM rituals into days. Lodging: Backcountry camping
- **Days 3-5: On the trail-** Hike, team building, and education on the trail. Peak climb or challenge on day 4! Lodging: Backcountry camping.
- **Day 6:** Hike out, clean gear, Laundromat, shower, and celebration dinner with awards. Lodging: base camp
- **Day 7:** Travel back to city, debrief, and say goodbye

Sample Paddling Daily Outline

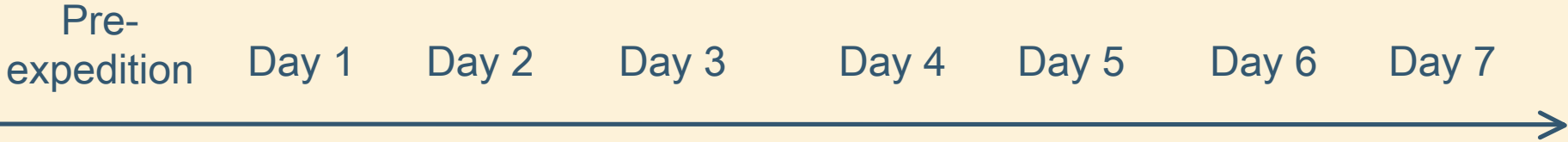
- Day 1: Meet the group, drive to Ely, check out gear. Lodging: Outfitter
- Day 2: Learn about each other and the gear. On-water paddling practice, BCM rituals. Lodging: Outfitter
- Days 3-7: On the water- Paddling, team building, education on the water, challenge events. Lodging: Backcountry camping.
- Day 7: Paddle out, clean gear, shower, and celebration dinner with awards. Lodging: Outfitter
- Day 8: Travel back to city, debrief, and say goodbye

HERO'S JOURNEY & CURRICULUM

A monomyth framework by Joseph Campbell



HERO'S JOURNEY & CURRICULUM



CURRICULUM

The Call To Adventure

- Trust and team building activities
- Goal setting
- Group agreements

Road of Trials

- activities to energize, blow off steam, and build as a team

Ultimate Boon

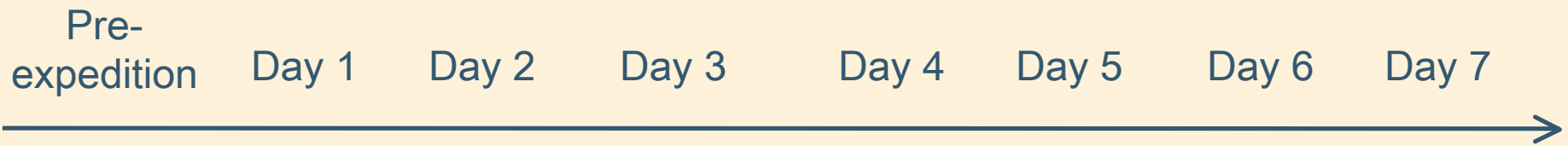
- Games to empower, build sense of accomplishment

Crossing the Return Threshold

- Appreciations
- Reflection & Debrief
- Awards

Ritual Activities

Quote of the Day, Roses and Thorns, Journaling, Reflection Roundtable, Trail Names, Summit/Challenge Day, Awards, Summit Flags, Celebration Dinner



Training to become a Hero

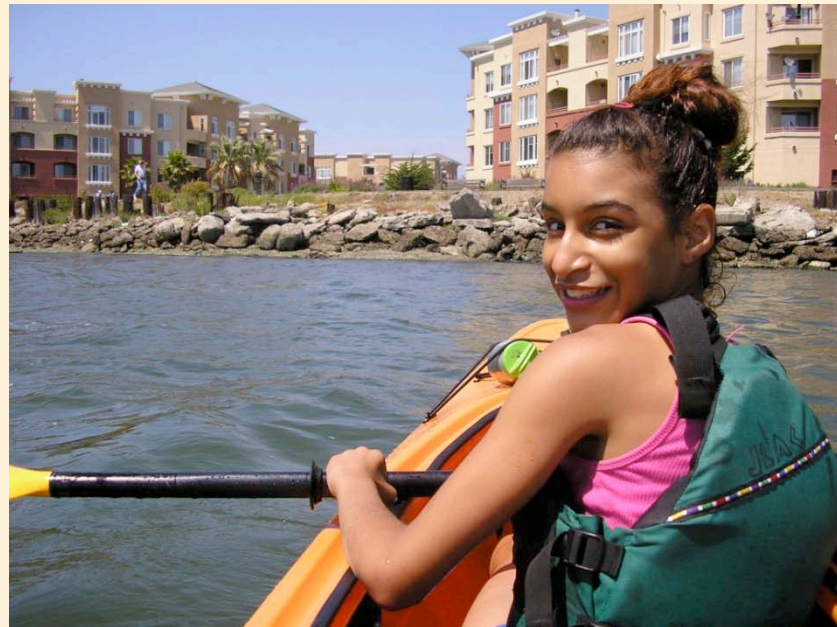
- Orientation
- Application, Interview, Placement*
- Online and In-person trainings
- Team Handbook
- Pre-trip meetings and outings



Pre & Post-expedition outings

GO Events: Start getting to know your team!

- Day hikes, service projects, mountain biking, indoor rock climbing, etc.
- Family orientations and celebrations
- More info once you sign up!



What do Volunteers have to bring?



Adults are responsible for:

- ✓ Sleeping bag/pad
- ✓ Backpack
- ✓ Personal clothing/gear
- ✓ Tents for adult team

BCM provides group gear for cooking and camp, medical kits, maps, canoes, all food, and all gear for the teens.

Volunteer Fee

- BCM expeditions cost an average of \$6000 per week!
- \$125 volunteer fee will help cover a portion of travel and lodging expenses.
- You are not responsible for any expenses during the seven or eight days with BCM.

Change a Life Campaign

Raise funds to earn incentives and the opportunity to earn back your volunteer fee.



Summit For Someone

**Sign up, raise funds, get gear,
go climb, do good.**

- #1 mountaineering fundraiser in the country!
- 16 iconic peaks to choose from like Mt. Rainier, Mt. Hood, and Mt. Shasta
- Last year, funds raised from SFS provided 37 BCM expeditions for inner-city teens and more than 1000 nights under the stars

“This was one of the most rewarding things I have ever been able to be a part of. The experience is a small part compared to the opportunity given to kids who get to go camping and see America and its beauty” – 2009 Shasta Climber



Contact darin@bigcitymountaineers.org
for more info

Crossing the Next Thresholds

- Application:** In the next 2 weeks you will receive an e-mail with a link to the detailed volunteer application (this is different from the one you already filled out).
- Availability:** BCM will attempt to place you on an expedition that fits your schedule and that will benefit most from your skills.
- Trainings:** Trainings will take place in April-June. You will receive a schedule of events in advance to put it in your calendar.
- Pre-trip activities:** Varies based on your location.
- Placement:** Starts in February, finalized in April (if not earlier). Don't be discouraged if you are initially put on a waitlist. The waitlist is very active!
- Volunteer fee:** Due in May
- Change A Life Campaign:** Kick off in May

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Thank you!