

BCM 101

GUIDE FOR COMMUNITY PARTNERS

BIG CITY MOUNTAINEERS

The outdoors is more than a place to go. It's a place to **GROW**

Our Mission

Big City Mountaineers provides transformative experiences through connections to nature that strengthen life skills and build community for youth from disinvested communities.



Connection-Based Curriculum

Key connections we embed in each of our programs

- SELF
- COMMUNITY
- NATURE
- JOY

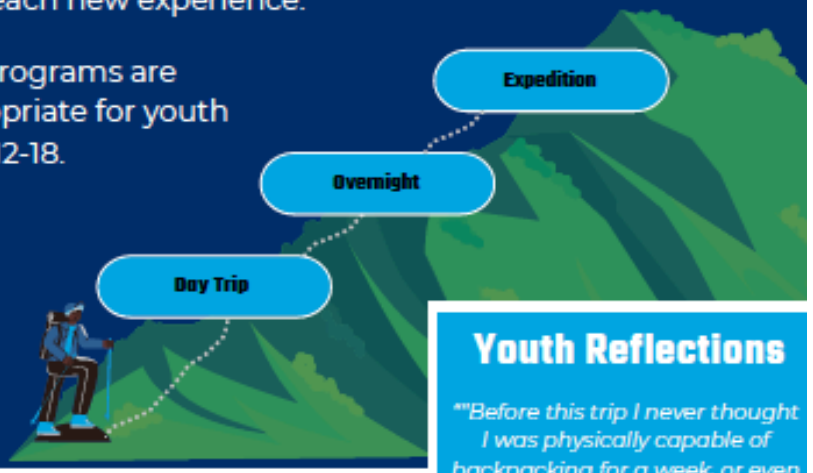
Where We Work



What We Offer

We offer a scaffolded approach to outdoor exploration that develops social-emotional skills and confidence with each new experience.

Our programs are appropriate for youth ages 12-18.



Youth Reflections

""Before this trip I never thought I was physically capable of backpacking for a week, or even summit a mountain. Today, I'm feeling powerful and strong. I feel like I can do anything and I greatly appreciate it."

"Another way the trip impacted me was learning that I shouldn't limit myself and I can succeed if I try. It made me feel physically and emotionally more capable to complete challenges."

Participation Benefits

There are so many! Here are a few:

	TEAMBUILDING	**BUILD COMMUNITY**	**FEEL AT PEACE**
SPACE FROM TECHNOLOGY	**TIME FOR REFLECTION**	**DEVELOP NEW SKILLS**	**PHYSICAL EXERCISE**
	DISCOVER PERSONAL STRENGTHS	**EXPLORE OUTDOOR SPACES**	**RELATE TO PEERS AND CARING ADULTS**



GET IN TOUCH

www.bigcitymountaineers.org

info@bigcitymountaineers.org

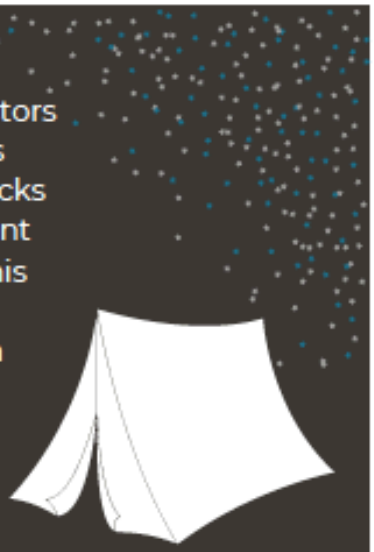
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What BCM Provides

- Experienced, certified field instructors
- Permits for wilderness area access
- All food - including meals and snacks
- All outdoor clothing and equipment
- A complete course curriculum - this can be adjusted to align more thoroughly with your organization



Participation Cost

- Day Trip: $85 per participant
- Overnight Camping: $415/pp
- 3-Day Expedition: $725/pp
- 5–7 Day Expedition: $1,250/pp

Every organization has different financial resources. Please inquire about scholarships.

Basic Program Timeline

Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr - July
	Debrief previous program season (if applicable)	Meetings with BCM to learn and find alignment		Partnership contracts signed Commitment to upcoming season	Plan trip dates and info meetings	Participant info sessions and registrations	Training and trip preparation for participants	Program season! Trip series in the field

Common Questions

WHAT ARE PARTNERS EXPECTED TO PROVIDE?

The main contribution we ask for is dedicated staff time and a commitment to make trips happen.

We need at least one of your staff members to participate in training and each of the BCM trips.

We do ask that partners provide transportation for youth participants, or reimburse BCM for a rental.

HOW MANY YOUTH CAN PARTICIPATE?

We require a minimum of 5 youth participants on each trip in the series. Our maximum number depends on permitting and volunteer support.

DO STAFF OR YOUTH NEED ANY PRIOR EXPERIENCE?

Nope! We specialize in working with participants who have very limited outdoor experience.

Youth Reflections

What does having a connection with nature mean to you?

"It means peace, it means reconnecting with myself and all the things that get trapped in my heart or mind as the days pass in my daily life."

"Having a connection with nature to me means to be fully immersed in the peacefulness and calmness of nature without the overwhelming stress of the technological world."



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