YOUTH OPPORTUNITIES PROGRAM

TRAINING AND SUPPORT TO GET YOUTH OUTDOORS
YOUTH OPPORTUNITIES PROGRAM

The Youth Opportunities Program (YOP) is an outdoor education, professional development, and social justice program of the Appalachian Mountain Club. Through Outdoor Leadership Training, trip planning support and access to gear lending libraries, we collaborate with youth workers and teachers so they may foster impactful and relevant outdoor experiences for their youth.

YOP partners with organizations and schools in urban and under-resourced communities that historically have faced barriers to outdoor recreation. We envision a future where more youth enjoy the outdoors, and where outdoor participation is reflective of every community, with equitable access for all.

APPALACHIAN MOUNTAIN CLUB

Founded in 1876, the Appalachian Mountain Club promotes the protection, enjoyment, and understanding of the mountains, forests, waters, and trails of America’s Northeast and Mid-Atlantic regions.

We believe these resources have intrinsic worth and also provide recreational opportunities, spiritual renewal, and ecological and economic health for the region.

AMC’S COMMITMENT TO DIVERSITY

The AMC encourages the involvement of all people in its mission and activities, through its membership, programs, policies, and procedures. Our goal is to be a community that is comfortable, inviting, and accessible for people of any age, gender, race, religion, ethnicity, ability, sexual orientation, or socioeconomic status.
Outdoor Leadership Training participants learn to navigate using map and compass.

FOR MORE INFORMATION AND TO REGISTER GO TO outdoors.org/yop
PROGRAM MODEL

1. YOUTH WORKERS & TEACHERS (THAT’S YOU)

2. TAKE THE OLT & BECOME A YOP MEMBER

3. ACCESS RESOURCES THROUGH YOP MEMBERSHIP

4. GET YOUTH OUTDOORS

“This valuable trip experience increased my confidence and creativity in helping underserved youth, not only recreationally enjoy the natural world but to use their natural sense to grow as young adults and to connect with and appreciate nature and each other.”

- Patience Monroe
LEARN SKILLS TO LEAD YOUTH ON OUTDOOR TRIPS!

The first step to becoming a YOP Member and taking your youth outdoors is to take the Outdoor Leadership Training (OLT). All of our trainings are designed to meet you at your skill level. No outdoor experience is needed to register.

Designed specifically for youth workers and teachers, the OLT teaches the skills needed to lead outdoor trips with youth. The training consists of a pre-trip meeting followed by several days of outdoor adventure in the White Mountains of New Hampshire, along the Appalachian Trail in New Jersey, or closer to home near Boston or New York City.

Through experiential learning, this training offers participants leadership experience, outdoor skills, and valuable information about leading youth on outdoor adventures. With successful completion of the training, participants become YOP Members and benefit from all of YOP’s support services.

TRAINING TOPICS:
Leadership Styles • Group and Risk Management • Navigation Time Management • Environmental Awareness • Proper Clothing • Equipment Use • Nutrition & Menu Planning

WHAT’S INCLUDED:
All transportation, equipment, meals, lodging, and reference manuals are included in this training. Professional Development Points through UMass Boston may be available to teachers.

SCHOLARSHIP:
It is our intention to make OLT participation available to everyone, regardless of financial means. Scholarships are available upon request through the online application at outdoors.org/yop/apply.

DAY HIKING refers to any walk or hike in a natural environment. Expect to hike 2–8 miles each day, while carrying a small backpack weighing approximately 10 pounds or less. Terrain may be rugged and challenging at times, depending on the training.

CAMPING at YOP means that participants will spend 2–4 nights camping in shared tents, and cooking meals outdoors together. Time in camp is filled with group tasks and team building games. Camp setup and organization becomes important when camping with a group. These skills are emphasized during our trainings.

BACKPACKING at YOP means participants will carry all equipment including food, water, sleeping bags, tents, clothing, stoves and cooking gear in a backpack. Backpacking OLT participants may hike 3–8 miles a day and spend 3–4 nights camping in the mountains of New Hampshire, New York, and New Jersey.
YOP MEMBER BENEFITS

YOP Members have access to the following benefits. These resources are designed to make it easier and more affordable for youth workers and teachers to lead youth on successful, fun outdoor experiences. YOP membership is renewed every two years by attending a refresher workshop (see Page 8). Current YOP Members enjoy member benefits for a maximum of 10 youth and 2 adults.

PROFESSIONAL DEVELOPMENT WORKSHOPS
After successful completion of the OLT, YOP offers fun and educational workshops throughout the year. Workshops are designed to focus on specific outdoor leadership skills such as low prop games, canoeing, wilderness first aid, winter skills, and Leave No Trace principles.

EQUIPMENT LOANS
Participation in the OLT and workshops enables Members to borrow specialized equipment such as backpacking, camping, canoeing, hiking, and winter gear. The type of equipment Members can access for trips is defined by a skills assessment received after each OLT and workshop.

TRIP PLANNING
YOP staff are available to answer questions, suggest hiking routes, address risk management concerns, share curriculum and review best practices. Our goal is to help YOP Members plan outdoor adventures that meet the their agency’s goals and mission.

REDUCED LODGING RATES
YOP Members will receive reduced rates at many of AMC’s campsites, cabins, and lodges across Massachusetts, New Hampshire, New York, and New Jersey.

YOUTH ADVENTURES
Youth Adventures allow YOP Members to plan, organize and lead a youth trip in collaboration with YOP staff. Trips are offered throughout the year. More details and registration can be found in this catalog and online.

AMC MEMBERSHIP AND NETWORKING
Successful completion of the OLT includes a one-year AMC membership. Networking and volunteer opportunities are available through YOP and AMC Chapters.
YOP operates 10 equipment sites located in MA, CT, NY, and NJ to allow our Members easy access to free equipment loans for taking youth outdoors!

Please check your OLT manual for more details.
OUTDOOR LEADERSHIP TRAINING

“Instructors do an amazing job bringing knowledge, heart, positivity, and encouragement into this training.”

- 2018 OLT CAMPING & HIKING PARTICIPANT

CAMPING $110

JUNE 7–9, 2019
Ecology Village, Brooklyn, NY
Pre-Trip Meeting: May 23

CAMPING & DAY HIKING $170

MAY 16–19, 2019
Harriman State Park, NY
Pre-Trip Meeting: May 2

BACKPACKING $170

APRIL 25–28, 2019
Delaware Water Gap, NJ
Pre-Trip Meeting: April 17

SEPTEMBER 26–29, 2019
Delaware Water Gap, NJ
Pre-Trip Meeting: September 17

ALL PRE-TRIP MEETINGS WILL BE HELD AT THE NYC OFFICE AND ARE MANDATORY.

Applications and more information about the OLT can be found at outdoors.org/yop/apply
Please visit the website to apply online.

245 + YOUTH WORKERS AND TEACHERS TRAINED IN 2018
“The training provided full coverage of knowledge that you need to know to take youth out camping and hiking.”

– 2018 OLT Backpacking Participant

OPEN HOUSES

Learn more about YOP and all the resources we have to offer. Find out how outdoor adventures can benefit your youth—and how YOP can get you started! If you are interested in attending, or if you would like to schedule an information session at your organization, please contact us at 646-292-5254 or amcyop@outdoors.org.

MANHATTAN

JANUARY 23, 12:00–5:00 PM
FEBRUARY 12, 12:00–5:00 PM
MAY 23, 12:00–5:00 PM
DECEMBER 3, 4:00–7:00 PM
Appalachian Mountain Club, 5 West 63rd Street, Suite 220, NY, NY 10023

MARCH 6, 4:00–7:00 PM
REI SoHo Store, 303 Lafayette Street, New York, NY 10012

BROOKLYN

MARCH 20, 2:00–6:00 PM
Brooklyn Botanical Garden, 990 Washington Ave, Brooklyn, NY 11225

SCHOLARSHIP

It is our intention to make participation in YOP available to everyone, regardless of financial means. Scholarships are available upon request through the online application at outdoors.org/yop/apply.

FOR MORE INFORMATION AND TO REGISTER GO TO OUTDOORS.ORG/YOP/APPLY
YOP workshops allow Members to practice outdoor leadership skills. Some grant access to specialized equipment, including for winter and canoe trips.

**MULTI-DAY WORKSHOPS FOR YOP MEMBERS**

**WINTER EXPLORATION WORKSHOP**
AMC MOHICAN OUTDOOR CENTER, NJ
FEBRUARY 1–3, 2019
(PRE-TRIP PHONE CONFERENCE JANUARY 24, 6:00 PM)
COST $90
This workshop focuses on the basics of snowshoeing and hiking during the winter season. Other topics include winter navigation, trip planning, hypothermia, group dynamics, logistics, and nutrition. We’ll explore the trails around AMC’s Mohican Outdoor Center by day and sleep in the heated lodge by night.

**HIKING REFRESHER WORKSHOP**
AMC MOHICAN OUTDOOR CENTER, NJ
APRIL 13–14
COST $80
This two-day experience will include skills-based workshops such as group management, outdoor cooking, environmental awareness, and navigation. After camping out for the night, day two will feature a Mohican Amazing Race where youth workers will encounter scenarios and challenges related to taking youth outside.

**WILDERNESS FIRST AID (WFA)**
AMC MOHICAN OUTDOOR CENTER, NJ
SESSION 1: MAY 18–19
SESSION 2: NOVEMBER 23–24
COST $120
CPR (SATURDAY EVENING)
ADDITIONAL $20
Learn the basics of wilderness medicine, from preparation and prevention to assessment and treatment. This includes hands-on practice and classroom instruction. The WFA can be used to re-certify a current WFR certification.

**POND CANOEING**
AMC MOHICAN OUTDOOR CENTER, NJ
(JUNE 1–2)
COST $80
Join us on our 30-acre lake to learn the canoe basics needed to take youth out on the water! We’ll start by learning about canoes, equipment, and safety. Then we’ll move out onto the water to learn strokes and paddling techniques, honing our skills in the afternoon. Sunday will feature water rescues and refining paddling skills with canoe games and races.

**RIVER CANOEING**
DELWAARE RIVER, NJ/PA
JULY 12–14
(PRE-TRIP PHONE CONFERENCE JUNE 25, 6:00 PM)
COST $95
Join us on the Delaware River for a weekend of paddling, exploring the different islands and rapids of the New Jersey – Pennsylvania border. We’ll meet at AMC Mohican Outdoor Center and stay in a cabin one night, and camp on the river the second night. After this course, you’ll be eligible to use YOP’s canoes and trailer! Basic canoe skills are recommended.

**OUTDOOR EXPERIENTIAL EDUCATION REFRESHER**
VAN CORTLAND PARK, BRONX ECOLOGY VILLAGE, BROOKLYN, NY
PART 1: MAY 4 • PART 2: MAY 11
(PRE-TRIP PHONE CONFERENCE APRIL 18, 6:00 PM)
COST $60
Calling all life-long learners! Refresh your membership one Saturday at Van Cortlandt Park and a second Saturday at Ecology Village learning essential concepts and structures of outdoor facilitation, while reviewing key technical skills of outdoor recreation. We will practice creating more intentional outdoor activities for youth.

**BERKSHIRES BACKPACKING WORKSHOP**
BERKSHIRES, MA
OCT 24–27
(PRE-TRIP PHONE CONFERENCE OCT 16, 7:00 PM)
COST $95
Advance your technical skills, leadership styles, and group facilitation. If you are ready to learn more about backpacking in a group setting, this workshop is a logical next step after your OLT. Starting with the pre-trip meeting, participants take an active planning role in the trip. Once in the field, you will have a chance to teach and facilitate the group.

**Is it Time to Renew Your YOP Benefits?**
YOP Members refresh every two years in order to keep membership benefits active.

Look for the refresh symbol to see which workshops qualify.
DAY WORKSHOPS
YOP MEMBERS ONLY

OUTDOOR EXPERIENCE
PLANNING WORKSHOP
AMC HEADQUARTERS,
NEW YORK, NY
WORKSHOP:
JANUARY 11, 4:00–6:00 PM
PLANNING CALL:
FEBRUARY 5, 12:00 & 3:45 PM
WORKSHOP:
MARCH 20, 4:00–6:00 PM
WORKSHOP:
MAY 21, 4:00–6:00 PM
PLANNING CALL:
AUGUST 6, 12:00 & 3:45 PM
PLANNING CALL:
DECEMBER 18, 12:00 & 3:45 PM
Join YOP staff for customized trip planning assistance. We will answer your questions and address any concerns for your upcoming trips. This workshop is helpful for both experienced and new trip leaders looking to build confidence in trip planning.

NON-MEMBERS

NATURAL CONNECTIONS:
SENSORY AWARENESS
SESSION 1: JUNE 22,
10:00 AM–2:00 PM
SESSION 2: NOVEMBER 5,
10:00 AM–2:00 PM
CENTRAL PARK, NYC
FREE
Natural Connections workshops are brief, local outdoor experiences for youth workers and teachers. We’ll focus on ways to have fun and be comfortable outside. Each workshop is loaded with hands-on activities that you can use on your next outdoor event. You’ll leave with ideas for how to make the outdoors fun, comfortable and engaging for youth. Youth workers who are not yet YOP Members are especially encouraged to attend!

PROFESSIONAL DEVELOPMENT FOR YOUTH

TEEN TRAIL CREW
NEW YORK, NEW JERSEY, MASSACHUSETTS
ALL SUMMER
For youth who are interested in developing trail building skills, gaining community service, and tent camping. These skills can be beneficial when applying for jobs in the outdoor industry. The experience will take place in local state parks to work on trail reconstruction and maintenance projects. Work includes digging, lifting and using hand tools. See more details on outdoors.org/volunteer/trails/

TEEN WILDERNESS & ADVOCACY
WHITE MOUNTAINS, NH
July 14–27
Youth will build advocacy skills and knowledge traveling in the wilderness of New Hampshire. The trip takes youth on two weeks of backpacking and canoeing through the beautiful White Mountains while learning how to raise their voice for our public lands and conservation.

TEEN LEADERSHIP ADVENTURE
NEW HAMPSHIRE AND VERMONT
August 11–17
This is a unique opportunity for YOP trip participants to spend seven days in the White Mountains of New Hampshire and the Connecticut River in New Hampshire and Vermont. Students will experience hiking, rock climbing, canoeing, camping, and hone their outdoor leadership skills with youth from other YOP member agencies.

FOR MORE INFORMATION AND TO REGISTER GO TO OUTDOORS.ORG/YOP
YOUTH ADVENTURES

Join YOP on a Youth Adventure!
Youth Adventures make planning easier while further preparing you to lead trips independently.

GET YOUTH OUTDOORS

WINTER CABIN WEEKENDS
AMC MOHICAN OUTDOOR CENTER, NJ
SESSION 1: FEBRUARY 16–17
SESSION 2: FEBRUARY 21–22
COST $120/GROUP
Enjoy the warmth of team-building in a cozy lakeside boathouse and snowshoeing on woodland trails. Your youth will learn how to layer up and enjoy the fun of winter recreation. In the evening, we’ll settle down in a rustic cabin and cook dinner together.

LOCAL ADVENTURES
SESSION 1: JUNE 20
CENTRAL PARK, NYC
SESSION 2: JULY 11
CENTRAL PARK, NYC
FREE
In these workshops we set out to explore the nature that exists in urban environments. We’ll use sensory awareness activities to heighten our observation skills and team-building activities to highlight the connections between nature and our urban ecosystem.

FALL FEST
SESSION 1: OCTOBER 12–13
CORMAN AMC HARRIMAN OUTDOOR CENTER, NY
SESSION 2: OCTOBER 19–20
AMC MOHICAN OUTDOOR CENTER, NJ
COST $60/GROUP
Come celebrate the autumn season where we’ll camp nestled in colorful fall foliage. Enjoy tent camping, team-building, games, and hiking to panoramic views. We’ll sip apple cider and build a campfire with s’mores and storytelling!

SUMMER CAMPOUTS
SESSION 1: JULY 18–19
AMC MOHICAN OUTDOOR CENTER, NJ
SESSION 2: JULY 25–26
CORMAN AMC HARRIMAN OUTDOOR CENTER, NY
SESSION 3: AUGUST 1–2
ECOLOGY VILLAGE, BROOKLYN, NY
SESSION 4: AUGUST 8–9
AMC MOHICAN OUTDOOR CENTER, NJ
COST $60/GROUP
Navigate trails, toast marshmallows, and sleep under the stars! Camping, hiking, games, and a campfire will make this overnight a trip to remember! Choose where to stay from our new destination in Harriman State Park (about an hour away), public camp grounds in Brooklyn or our sites in the Delaware Water Gap.

SUMMER DAY HIKE
CORMAN AMC HARRIMAN OUTDOOR CENTER, NY
SESSION 1: AUGUST 22
SESSION 2: AUGUST 23
COST $20/ GROUP
Hop on NJ Transit and connect to a complimentary shuttle ride to Harriman State Park. Using maps and compasses, we’ll hike, learn trail markings and enjoy lunch in a beautiful outdoor setting. Trail activities, snacks and fun included. Arrive early morning at Penn Station. Depart Harriman in late afternoon.

FREE
Local Youth Adventures take place year-round and are only available to YOP Members. YOP staff will co-lead your trip with you, facilitate an activity, and help with planning. This is a great way to start taking youth outdoors!

Follow these simple steps:

1. CHOOSE YOUR TRIP TYPE AND DATE
All day, after school, or evening programming.

2. SELECT AN ACTIVITY
   • HIking Experience a day of hiking outside of the city! Choose from some of YOP’s favorite state parks that are accessible by public transport.
   • TEAM BUILDING Through empowering games and problem solving, youth will experience the value of trust, communication, and teamwork.
   • GEAR WORKSHOP A cook-off in your local park using the YOP stoves, or a fun tent workshop, will build confidence for your group’s next adventure.
   • LEAVE NO TRACE Through fun games and activities we will cover the essential principles of how we can minimize our impact on our natural surroundings.
   • FIRST AID FOR THE TRAIL Learn about the importance of preventing injuries and what to do when they occur. Recommended for ages 14–18.
   • MAP AWARENESS Youth will learn basic map-reading skills, play games, and explore the beauty of your local park.

3. CHOOSE A LOCATION
Trips can take place at any local NYC park or parks in the greater NYC area.

Youth Adventure trips may include food, lodging and trip planning assistance.
WELCOME TO THE YOP MEMBER HUB

STAY CONNECTED WITH YOP THROUGH THE ONLINE MEMBER HUB. REGISTER FOR THE OLT, WORKSHOPS, AND VOLUNTEER EVENTS. MAKE A RESERVATION FOR CAMPSITES AND CABINS, AND LOG YOUR TRIP REPORTS. VISIT OUTDOORS.ORG/YOP/APPLY

FAQ’S

CAN I ONLY PAY BY CREDIT CARD?
No, we will accept all payment and will apply them to your registration, but payment must be received prior to the training.

CAN I GET A SCHOLARSHIP FOR TRAINING AND WORKSHOPS?
Yes, YOP tries to make trainings and trips affordable. You can apply for a scholarship by completing a scholarship application, located in the quick links of your Member Hub profile. If you are applying for one of the Outdoor Leadership Training, the application asks if you need a scholarship.

I FORGOT MY USER NAME AND PASSWORD!
Email us at AMCYOP@outdoors.org to retrieve your username. We will assist you so that you can change or rest your password.

CAN I STILL SEND YOP STAFF MY TRIP REPORTS ON PAPER?
No, now you can easily submit and track trip reports through your Member Hub. It is fast, easy, and allows you to see how many trips you submit each year.
Volunteers are the backbone of the YOP Community and our program model. Join an event or contact us to get involved.

**VOLUNTEER LOGISTICS CREW (VLC)**
Volunteers are the core of our program and the heart and soul of the YOP community. Throughout the year there are many opportunities for members to volunteer for YOP. For more information on how to get involved, please contact a New York YOP team member.

**VOLUNTEER RECOGNITION AND NEW YEAR CELEBRATION**
APPALACHIAN MOUNTAIN CLUB
5 WEST 63RD STREET
SUITE 220, NEW YORK, NY 10023
JANUARY 11, 2019, 6:00–8:30 PM
Celebrate the YOP community and the members who volunteered for YOP this year. Raffle, food and refreshments.

**VOLUNTEER GEAR DAYS**
AMC MOHICAN OUTDOOR CENTER, NJ
SESSION 1: APRIL 6
CORMAN AMC HARRIMAN OUTDOOR CENTER, NY
SESSION 2: MAY 11
AMC MOHICAN OUTDOOR CENTER, NJ
SESSION 3: NOVEMBER 16
Help YOP repair and inventory equipment at our Outdoor Centers. This is a great way to learn about repairing outdoor equipment, connect with other YOP Members, and help YOP in a big way! Optional overnight the night before each repair day.

**OLT REUNION**
APPALACHIAN MOUNTAIN CLUB
5 WEST 63RD STREET
SUITE 220, NEW YORK, NY 10023
NOVEMBER 7, 6:00–8:30 PM
Meet up with your OLT group and other YOP Members. View pictures of your time at camp or on the trail. This is a great social networking event! Join us at the office at 6:00 PM and walk together to a local social establishment.

**ADDITIONAL VOLUNTEER EVENTS AVAILABLE ONLINE ON THE YOP MEMBER HUB**
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Inspired by the principles of the Civil Rights movement, YOP was founded in 1968 to offer outdoor experiences to youth-serving organizations in the City of Boston. Our model to train and support youth workers and teachers has grown to serve nearly 300,000 youth throughout New England and the Greater New York City area. As we look to the next 50 years, we envision a future where more youth enjoy the outdoors, and where outdoor participation is reflective of every community, with equitable access for all.