



2016 YMAP Report

Appalachian Mountain Club

The Appalachian Mountain Club (AMC) is the nation's oldest conservation, education, and recreation organization. Founded in Boston in 1876, AMC initially focused on building hiking trails and its first high mountain hut in the White Mountains of New Hampshire in the late 1800s; launching its publishing operations with the first edition of the historic *AMC White Mountain Guide* in 1907 (still in print today); and taking the lead in regional conservation advocacy efforts. In the early 20th century, AMC established a research division, a mountain leadership training school, youth education programs, a recreational facilities network that includes lodges, cabins, huts, campsites and shelters throughout the Northeast, and 12 volunteer chapters that now engage thousands of individuals from Washington, D.C. to Maine. Today, AMC is a nonprofit organization with over 150,000 members, advocates and supporters who are dedicated to promoting the protection, enjoyment, and understanding of the Appalachian region. AMC is guided by the strategic initiatives outlined in its Board-approved Vision 2020, which includes a goal to provide outdoor experiences for 125,000 youth. The Youth Opportunities Program (YOP) and its Youth Mountain Adventure Program (YMAP) play a key role in AMC's efforts to reach this ambitious goal.

Youth Opportunities Program

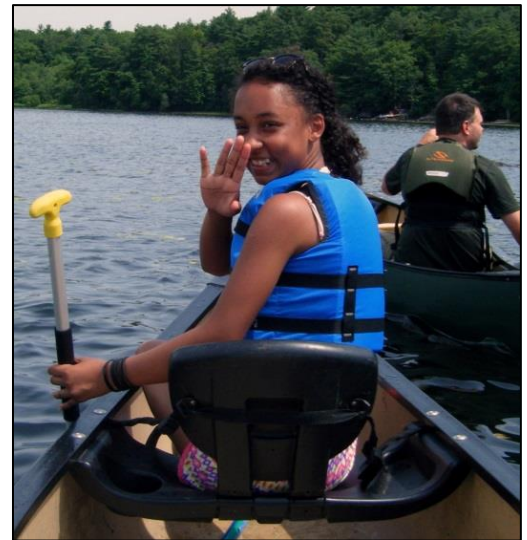
Since the 1960s, AMC's Youth Opportunities Program (YOP) has been helping at-risk, urban youth gain self-esteem, teamwork, and leadership skills through hands-on experiences in the outdoors. YOP serves more than 37,000 youth per year and supports over 200 youth agencies throughout the Northeast. YOP serves as a regional resource center for urban youth agencies and schools, providing the training, structure, and support necessary to help professional youth workers and teachers become comfortable taking their youth into the wilderness for life-enhancing adventures. Services available to participating youth groups include Outdoor Leadership Training, professional development, free equipment and clothing loans, financial subsidies, and trip planning assistance, and reduced lodging rates. By providing outdoor skills training to youth workers who then lead the adventures, YOP is cultivating a new generation of outdoor leaders, and supporting trips that are integrated into a broader programmatic context and become a new means for youth leaders to build relationships with the youth they serve.

Youth Mountain Adventure Program

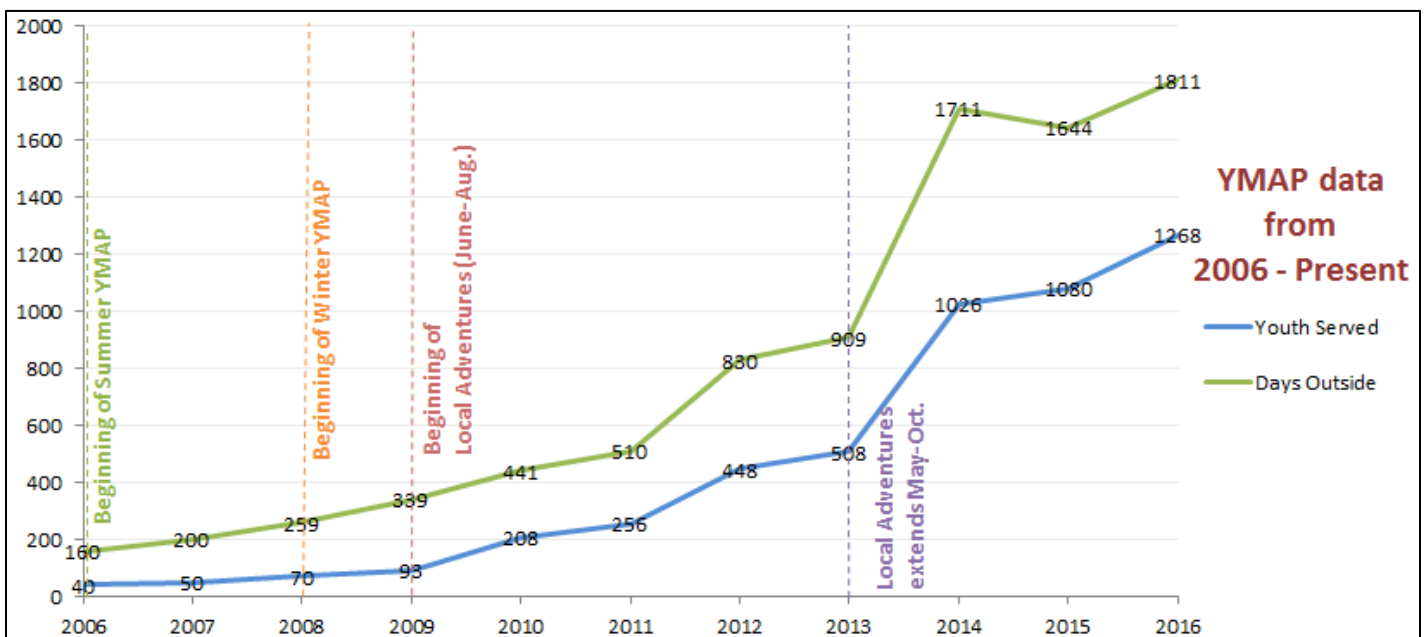
The Youth Mountain Adventure Program (YMAP) is an initiative of YOP for youth organizations in Greater Boston. The mission of YMAP is to promote positive youth development by exposing youth ages 11-18 to the wonders of the outdoors on wilderness adventures. Through three components – Winter YMAP, Summer YMAP, and Local YMAP – the program now serves over 1,000 urban and at-risk youth each year. YOP provides the trip's food, lodging, transportation, and general organization, while youth agencies select participants. YMAP trips are co-led by YOP Adventure Instructors and a YOP-trained youth worker who works in partnership with the YOP staff. With these added resources, YMAP trips are a chance for YOP groups to participate in longer, more challenging trips than would typically be possible for individual agencies to lead alone. YMAP staff also model best practices and help youth workers gain confidence in their trip leading skills. Activities include hiking, backpacking, camping, swimming, canoeing, snowshoeing, and cross country skiing. The curriculum focuses on leadership development, communication skills, and teambuilding. Through fun and educational outdoor experiences, YMAP fosters self-esteem, a spirit of adventure, leadership, teamwork, and a sense of community.

Executive Summary

AMC's Youth Opportunities Program (YOP) team is proud to report that the **Youth Mountain Adventure Program (YMAP) served a record 1,268 youth on 91 outdoor adventures in 2016!** With a focus on developing leadership, communication and teambuilding skills, YMAP adventures included hiking, camping, snowshoeing, cross country skiing, and canoeing, with many young people experiencing the wilderness for the first time. YOP staff co-led four Winter YMAP adventures for 33 youth in the heart of the White Mountains, and nine Summer YMAP adventures for 78 youth in New Hampshire's Lake District at Mt. Cardigan. Through Local YMAP, an additional 511 young people participated in 49 adventures at close-to-home destinations such as Blue Hills Reservation, Harold Parker State Forest, and the Boston Harbor Islands. An additional 38 outdoor experiences, led by YOP-trained youth workers in reciprocity for their no-cost YMAP adventure, gave approximately 644 more youth the opportunity to get outdoors before the end of 2016.

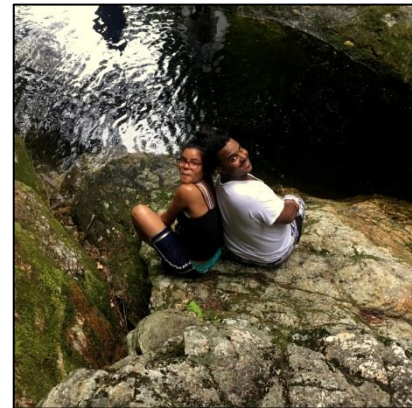


New in 2016: Since its founding in 2006, YMAP has served over 5,000 youth and supported nearly 500 trips! In 2016, in an effort to better understand the impact of our programming, we piloted new evaluation materials that include thoughtful and targeted surveys as well as focused conversations with youth. Tracking our impact not only informs YOP of YMAP's strengths and areas to improve, it allows us to better understand the needs of our partners for follow-up programs and resources to continue building leadership in their youth. We have also implemented tracking of groups and individuals with repeat YOP experiences in order to start measuring our impact over time. Thanks to additional YMAP support, we were able to grow seasonal staff capacity, which translated to deeper partnerships, impact assessment, and the development of comprehensive YMAP materials to better train future seasonal YMAP instructors.



Highlights of YMAP 2016

- **YMAP increases number of youth served and number of days outdoors.** In 2016, YMAP led 1,268 youth on outings, totaling 1,811 days outdoors. This increase is largely due to additional staff capacity for communication and follow-up with YOP members, leading to more success in our members' ability to independently lead "reciprocal" trips for their youth. This is also a testament to the benefit of their training and YOP members' passion and enthusiasm for inspiring their youth to get outdoors.
- **YMAP trip formats continue to prove that they can be adapted to fulfill the needs of every group they serve.** YOP is proud to work alongside a diverse array of organizations—schools, youth groups, governmental initiatives, and other nonprofits—with needs that are equally diverse. This requires flexibility at the trip planning stage as well as during actual programs, resulting in programs focused on specific themes, experience levels, and abilities, always keeping in mind each outing's potential for personal and community growth.
- **YMAP trips provide many "firsts" for both participants and their leaders.** In 2016, Local Adventures provided first-time canoe or hiking experiences to 61% of youth participants on reporting trips. Summer YMAP afforded 50% of youth with their first camping experience and 58% of youth with their first YOP experience. YOP trip leaders have benefitted as well from new experiences, with 25% of summer trips being a first outing for leaders.
- **Trips from all YMAP initiatives also feature repeat groups, members, and individuals.** In total, 28 out of 49 staff-led outings served agencies and youth with previous YOP experience. A key programmatic goal is to consider our work with YOP members as providing not just a one-time experience, but ongoing professional development and growth. Supporting and building leaders takes time, and we strive to help our members become more self-sufficient.
- **While outdoor recreation provides a necessary structure for YMAP trips, programming delivers on more hard-to-reach personal and interpersonal goals.** An overall look at trips and the activities included, almost half, or a full 46% of YMAP curricular goals are geared towards leadership, teambuilding, and inspiring connections with nature. The other half includes more teaching and learning of hard and soft skills, including the development of outdoor skills (hiking, camping, snowshoeing, first aid, group and behavior management, etc.)



Words from YMAP Participants

"I learned how to be a better leader and how to work better with others."

"I will try to go on more trips like this in the future because I loved it."

From an ESL speaker: "On this trip I learn how to hiking, canoeing, and I learn how to help and live with people that's not family."

"I learned that there will be obstacles and times when it seems harder to adapt but with patience and effort it's easier to overcome it."



"I will set higher goals for myself now that I've acknowledged the fact I can do more."

"It has taught me to appreciate nature a little bit more and has also brought me closer to others."

"It was like growing another family. I will definitely miss all my new friends."

"I learned how to bond and make memories with kids I don't associate with on a daily basis."



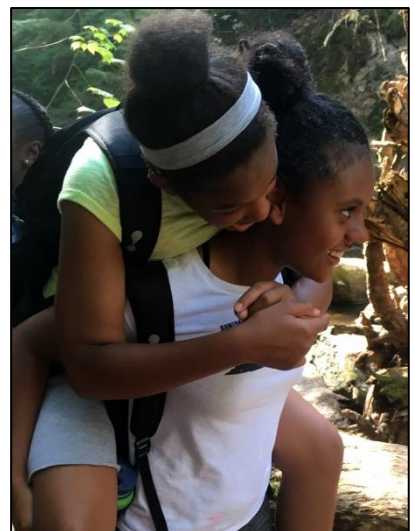
"I learned how to be comfortable with the uncomfortable, meaning... I learned how to push myself and keep a smile on my face even when I struggled during the hike."

"This trip is fun, exciting, connects you to nature and helps you develop new skills you thought you never had before."

"I liked the team work and bonding that was established. It was eye opening and extremely one of a kind since I've experienced other AMC trips."

"This trip should be experienced by everyone. It's a trip that will open up your eyes more and appreciate life, nature, animals, everything more."

"What I enjoy is getting away from what I'm used to, and getting somewhere fresh where you can be independent and on your own, where you can work on yourself and focus on your life."



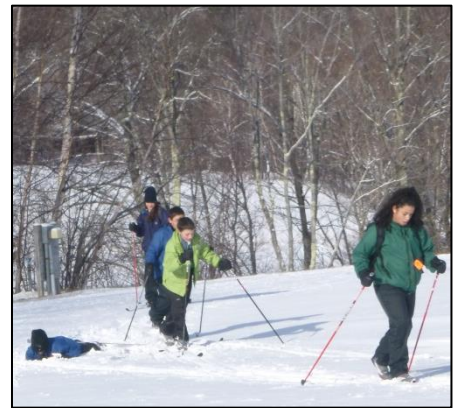
Winter YMAP 2016

Sample Trip Description

Winter YMAP is eye-opening and packed with adventure. It delivers on its goal to challenge youth while proving to them that they have the strength—individually and as a group—to meet those challenges. Yearly YMAP programming begins with customized three-day winter outings for four different member organizations throughout January and February. These trips usually provide participants with a long list of firsts: first time snowshoeing, cross-country skiing, exploring wilderness in the winter, and beyond.

Youth begin each Winter YMAP adventure with a pre-trip meeting that involves an information session, a brief lesson on winter gear, and group activities to set a playful, collaborative, and enthusiastic tone for their upcoming outing. The first day consists of traveling to one of AMC's White Mountain Lodges, and beginning to build trust, community, and outdoor skills during a snowshoe outing. After warming up over dinner in the lodge, groups often head out for a walk to give them a moment to focus on the new environment. The following day, the group learns how to cross country ski on nearby trails.

While YOP staff and members teach the basics, youth get to develop their own skills by taking turns as leaders navigating the trails network. On the final day of programming, the group heads out for a snowshoe adventure to round out their experience, seeing their new-found abilities through to success. Winter YMAP packs many activities into a short window of time, but the adventure is comprised of group activities and debriefs to ensure youth are setting and meeting learning goals of all types.



Winter YMAP Participating Organization Spotlights

Agency	# of Youth	Male	Female	Avg. Age	African American	Caucasian	Latino	Asian
Metco / Lincoln Outing Club <i>Boston/Lincoln, MA</i>	9	56%	44%	12	44%	22%	34%	0%
Bennie Dover Jackson Middle School <i>New London, CT</i>	8	50%	50%	13	25%	0%	75%	0%
Charlestown Boys & Girls Club <i>Charlestown, MA</i>	7	57%	43%	16	29%	14%	57%	0%
Castle Square Tenants Organization <i>Boston, MA</i>	9	44%	56%	16	22%	0%	11%	67%
Total	33	52%	48%	14	30%	9%	43%	18%

Metco / Lincoln Outing Club

For the first YMAP Winter trip at Pinkham Notch, nine middle school students from Lincoln Schools in Massachusetts embarked on the three-day adventure with their outing club. The group was a mix of Lincoln-based young people that lack the resources for outdoor opportunities, and students from the State of Massachusetts Metco program, which is intended to expand educational opportunities, increase diversity, and reduce racial isolation by bussing students from certain cities to public schools in other communities. As the youth progressed through the days, they fell into a rhythm and started looking for ways to be leaders, from clearing the tables at meals to



helping others organize their layers and equipment. Although there was not enough snow for tubing, this allowed for more time to refine their cross country skiing skills. Derrick, an 8th grader, took it upon himself to figure out a new route and led the group through a series of blue trails, and when asked later about the trip’s impact, he said, “Yes, I’ve learned to be more confident. I see myself as a good leader.” Another 8th grader, Jaelynn said, “This made me want to take more risks and be more active outdoors. It was just fun trying new things!”

Bennie Dover Jackson Middle School

Six youth from Bennie Dover Jackson Middle School in New London, CT headed to Cardigan Lodge for the second Winter YMAP adventure. One participant really cherished the experience: “This experience was, to be honest, one of the best things that ever happened in my life. My favorite part was getting to the top of Cardigan and seeing what I’ve never seen before!” We are glad that youth grow while taking part in the YMAP summer experience. “I learned to work together and take care of each other, and that I can push myself!”



Charlestown Boys & Girls Club



The Charlestown Boys & Girls Club is the oldest club in Boston, serving a youth population that reflects the neighborhood. The younger population of Charlestown is over 50% people of color, with the majority identifying as African American. This was the Adventure Club’s first overnight experience in the White Mountains, and their first winter outing. Based at AMC’s Highland Center, 7 youth embraced the adventure despite temperatures in the single digits and negative wind chills. The youth were excited to don their layers, balaclavas, and micro spikes to explore the Red Bench and Around the Lake Trails, checking out animal tracks along the way. Unfortunately, due to a participant injury and agency protocols, the Club had to cut the trip short by a day. To

make up for this, YOP is actively working with the Club to plan an additional overnight backpacking experience with the same group of youth. They return to the mountains in April 2017.

Castle Square Tenants Organization

Castle Square Tenants Organization was founded in 1987 to preserve affordable housing for moderate and low-income families in downtown Boston. The youth program serves youth ages 14-18 through arts programming and recreational opportunities focused on mentoring and youth development. Winter YMAP was the first excursion for their leader after taking the YOP Outdoor Leadership Training, and it was a great opportunity to showcase how to best empower the group of 9 youth who had never hiked before. The group headed out and enjoyed a hike to Brad’s Bluff and Lila’s Ledge of Old Jackson Road trail. “I enjoyed the challenge



of the hills more than I would have thought," said one youth, recalling how the group had to careful pick steps on the rolling terrain.

Due to the lack of snow, the YMAP instructor transported the youth to a cross country trail system in Bartlett, NH so the group could enjoy the sport. "Everyone did surprisingly well, and really got the hang of it by the afternoon," stated the YOP member, adding, "I really enjoyed the smiles today." The group also headed to Mt. Cranmore for some snow tubing to cap off a trip of firsts. YOP will be mentoring the YOP member on the reciprocal independent trip this Spring.

Summer 2016 YMAP

Trip Description

For eight weeks of the summer, YMAP provides outdoor activities for participating youth organizations. This four-day trip does more than expose participants to a world of outdoor knowledge and experience; it provides them time to explore new concepts and put their skills to the test.

Youth leaders and YOP staff, who co-lead the trip and provide support as youth push beyond their comfort zones, hold a discussion beforehand to agree upon specific learning goals and themes for the group. By using these objectives to craft a customized, unique schedule for each organization, YMAP can help urban youth develop leadership and communication skills, build trust and support systems, and cultivate a respect for the natural world. The basic structure of each trip, however, remains the same to ensure that all groups have a lively and diverse opportunity.



One week before the outing, participants attend an exciting and informative pre-trip meeting where they are briefed on the itinerary, sized for boots and clothing, and play games that set the tone for their upcoming adventure. The following Tuesday, YOP staff arrive at the youth agency to pick up the group and drive to the base of Mt. Cardigan. After a day of getting to know each other on the trail through various icebreakers and activities, the group enjoys dinner at AMC's Cardigan Lodge, easing into the unfamiliar setting. Wednesday presents the group with perhaps the biggest physical and emotional challenge of the week, as they sport large backpacking backpacks to the summit of Mt. Cardigan. Youth must rely on themselves as well as the support of their peers and instructors to reach the peak, and are rewarded with stunning views, sunset activities on South Peak, and a peaceful night's sleep in High Cabin. On Thursday, participants can rest

their legs while they cool off by paddling canoes and swimming in Newfound Lake, one of New Hampshire's largest, cleanest, and most ecologically diverse. They spend their last night together cooking over a campfire, making s'mores, and sleeping in tents. As the adventure draws to a close on Friday, the group breaks down camp and reflects on their experience by expressing gratitude for their peers, discussing new perspectives, and sharing memories that they can bring back to their own home communities.

Goals for YMAP

- To build aspiring young leaders;
- To experience success & overcome challenges in a new environment;
- To enjoy the outdoors and want to return;
- To increase life skills (confidence, empathy, teamwork, respect, etc.);
- To meet the needs of our partner’s youth and program goals; and
- To help students make connections with new environments and experiences outside of their neighborhoods and schools.



YMAP Demographics

Agency	# of Youth	Male	Female	Avg. Age	African American	Caucasian	Latino or Hispanic	Asian	Other
Boston International Newcomers Academy <i>Boston, MA</i>	9	8	1	15	3	0	6	0	0
Notre Dame Cristo Rey High School <i>Lawrence, MA</i>	8	4	4	16	0	1	6	0	1
Compass Program (Lowell HS) <i>Lowell, MA</i>	9	2	7	14	2	2	2	3	0
Bennie Dover Jackson Middle School <i>New London, CT</i>	7	4	3	13	4	0	4	0	0
Yawkey Boys & Girls Club <i>Roxbury, MA</i>	8	6	2	13	7	0	1	0	0
Teen Center at St. Peter’s <i>Dorchester, MA</i>	10	10	0	14	0	0	0	0	10
Snowden International High School <i>Boston, MA</i>	8	3	5	16	2	0	5	1	0
Portsmouth Housing Authority <i>Portsmouth, NH</i>	5	0	5	12	0	2	1	2	0
	14	9	5	17	0	12	2	0	0
Total	78	46	32	14	18	17	27	6	11
Percentage		59%	41%		23%	21%	34%	8%	14%

Summer YMAP Participating Organization Spotlights

Boston International Newcomers Academy (BINcA)

BINcA provides substantive education and mentorship to English Language Learners from around the globe, embracing cultural diversity while helping youth with their transition to a new country. As a frequent YOP partner organization, BINcA offers youth the chance to participate on trips year-round through their Adventure Club, allowing students to truly hone their outdoor leadership and hard skills. Such was the case on this summer's adventure with a group that included 4 returning YMAP youth. As is true for many trips with BINcA, youth continued to prove themselves as adventurous, accepting, reflective, and ready for fun! One youth summed up the experience in a way that affirms the YOP mission: "This trip impacted me in a way that there's always something new to learn, see and experience, and made me learn a new way of life which is way different from the city, but really good."



Compass Program

Compass is a freshman intake program at Lowell High School, one of Massachusetts' largest and most racially diverse institutions. Sign-ups for the outdoor club are always high, despite numerous other club offerings, and it serves as a seed program for the school-wide Outing Club, also led by YOP members. To help facilitate this trip, Compass' adult leader enlisted the help of two sophomores who are repeat YMAP participants. While they were able to develop strong leadership and mentoring skills, they also connected with younger youth who benefitted from many first experiences and the conquering of many fears—perhaps most notably the fear of making new friends at a new school. Compass' YMAP trip was a testament to the fact that outdoor recreation is as much about the thrill of

adventure as it is about establishing a community. This student testimonial serves as proof: "This trip helped me bond with those in my class who came with me. I will stay connected with my newfound friends."

Bennie Dover Jackson Middle School

The Summer Summit program at Bennie Dover is dedicated to getting students out on longer adventures when school is not in session. YMAP gives participants a chance to develop leadership and collaboration skills with outdoor recreation as the backdrop. It's also a chance for the leaders of Summer Summit to see how YOP conducts programming, giving them valuable feedback for future adventures that they will lead on their own. This summer was the agency's third time participating in Summer YMAP, proving that each experience has been a rewarding one; this trip was no exception. Despite the unusual heat during their hike, the group successfully reached the summits of both Mt. Cardigan and Firescrew. The group enjoyed canoeing and swimming at Newfound Lake on the last full day of programming. For some, the biggest challenge was simply living in the wilderness for a few days. Throughout the week, students encountered and overcame personal fears and discomfort, proving their strength and determination. They worked together with ease and efficiency and, with the week's focus on goal achievement, they were rewarded at each step along the way. Those rewards often came in the form of an epiphany. Said one student of the arduous hike, "When we got up past the trees, it was something else; it was like reaching a whole new level."



Yawkey Boys & Girls Club of Boston

Though Yawkey often participates in Summer YMAP, the youth are always new faces to YOP. This year, even their instructor was a first timer! Their Young Leaders program is comprised of students aged 13-14 who are tasked with providing logistical assistance to coordinators of the Yawkey children's camp. This trip is a tradition serving as both a celebration and a sendoff for participants as they will take on more responsibility in coming years at the Club. Having heard tales of the adventure from past "YMAPers," youth arrived with great enthusiasm and high expectations. Their willingness to offer physical and emotional support to one another made this group stand out as a model for teamwork and compassion. Even when they encountered bumps in the road, Yawkey's youth repeatedly demonstrated their leadership and commitment to the experience. One youth pushed through fear and tears to reach the summit; another youth missed out on canoeing due to illness but returned with great energy during night activities; and yet another excelled at canoeing despite their anxiety about open water. As newcomers to



outdoor recreation, such complications were expected; but all situations were overcome with the help of one youth's mantra: "A new goal I will set for myself is to get comfortable with the uncomfortable." Another student echoed that sentiment when she said, "I learned how to be comfortable with the uncomfortable, meaning usually I wouldn't want to hike or camp for fun but I learned how to use things like filtered water and cooking and sleeping differently. When I go home, I will appreciate what I have more. Also I learned how to push myself and keep a smile on my face even when I struggled during the hike."

Teen Center at St. Peter's

Throughout the summer months, St. Peter's provides all-day programming to youth from some of the Boston area's most eclectic, but also most crime-impacted, communities. This organization partners with YOP frequently, finding that outdoor recreation provides tremendous value to its youth. One older participant, brought on to provide extra support for the youngest group sent out by St. Peter's, attended both summer and winter YMAP in the past and vows to continue working with YOP. All 10 of the boys on this trip were born and raised in Cape Verde, and knowledge of English varied



from person to person. While their instructor, the Assistant Director and a persistent role model at St. Peter's, encouraged them to use this opportunity to work on their English, communications were most often held in Creole. The youth expressed pride in their home country, and were always on the lookout for a chance to share their culture through stories, games, songs, and dance. To that extent, the language barrier was no barrier at all as youth were gregarious, animated, and searched for connections between their tropical wilderness and that of the granite and hardwood of New Hampshire. Their kinship was welcoming, their enthusiasm infectious, and their desire to dig in and become intimate with their surroundings was inspiring. Put best by the trip's only non-English speaker, and translated by a friend: "I like this trip because I got to know this place. I've never been in this nature so I'm happy to be here. I wish I can come back next year with health, happiness, a lot of joy."

Snowden International High School

YMAP participants from Snowden are hand-selected by their physical education teacher who copes with the daily challenge of not having a gym. It's clear that this group is a dedicated, opportunistic, and creative bunch. Their desire for varied outdoor experiences and their ability to form tight friendships defined their outing this summer. Each participant played a





distinct, almost archetypal role, bringing great diversity of character to the trip—experience, goofiness, excitement, athleticism, cleverness, intellect, and talent. Structuring the week around “appreciation of nature,” Snowden came away with respect and a wealth of new knowledge of local and global environments. They willingly adapted to drought-mandated schedule changes, and harnessed the opportunity to hike both Mt. Cardigan and Firescrew. Off the trail, youth embraced reflection time by carrying on long, moving conversations during debrief activities. While this experience—the organization’s second time

participating in YMAP—will be remembered by all for its long list of memorable moments and inside jokes, Snowden will surely keep both eyes open for their next opportunity to go on an adventure. Why are they so eager? Simple: “I appreciate the adventure and new experiences up in the mountains that we share.”

Portsmouth Agencies

Initially the population targeted for this trip was an all-male group of high school teens gathered from Portsmouth Housing Authority (PHA) developments. Unfortunately, youth cancellations left the youth worker searching for participants. With only days left before the trip, a group of middle school girls, two from the PHA developments and three from the Portsmouth Recreation Department was assembled. The group day-hiked to Welton Falls and Mt. Cardigan, and showed true perseverance as the 6.5 hour summit experience left all with blisters but also smiles.



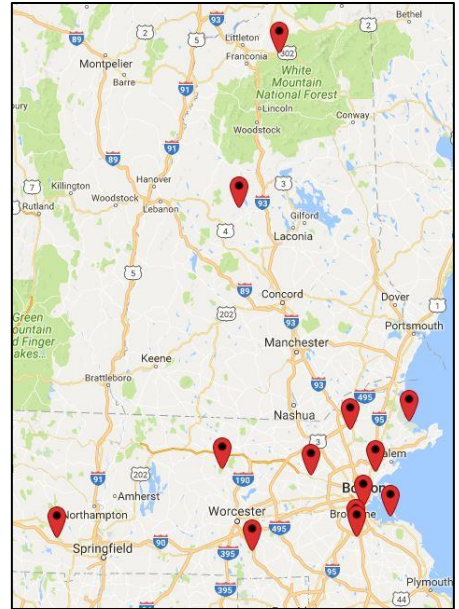
In a follow-up after the trip, the YOP member stated that she again wanted to try and engage an older group she was familiar with, so YOP agreed to support an outing for Robert J. Lister Academy (RJLA), a small Portsmouth public high school designed for students who have been unable to succeed in more traditional settings. Fourteen students were able to have an overnight experience, hike to the South peak of Cardigan on a beautiful but rainy October day, and work on relationships with each other and their teachers. “I really enjoyed the rain, something different and cooling,” said one youth. Another stated, “I really appreciated the hike [Welton Falls] and the opportunity to be here. I now know a lot more people at school.” YOP staff were in a more active role for the first trip, but empowered the YOP members the second trip to handle the logistics, which turned out to be a great experience and one that led the principal to state that they are hoping to pull off a major excursion for an end of the year trip in June.

Local YMAP

Description

As a part of our growing Local YMAP initiative, YOP works with numerous Boston-area youth groups to co-lead a variety of outings with staff from participating organizations. Local YMAP programs are typically day trips that take place in state and local parks: close-to-home green spaces that are more easily accessible and affordable for youth agencies and schools. This year, locations included the Blue Hills Reservation, Harold Parker State Forest, Ponkapoag Pond, and Boston Harbor Islands. These trips are often used to serve agencies whose staff received YOP training recently, and thus benefit from a shorter program in which YOP staff provide instruction and guidance on the outing. The goal is to model best practices for outdoor leadership so YOP members can develop their own knowledge and abilities to lead trips independently in the future.

In exchange for these supported trips, each youth agency is asked to lead a second trip for their youth before the end of the year. This “reciprocal” trip model empowers YOP members to put into practice the skills they have learned, and it enables YMAP to grow our audience, ensuring youth have opportunities to continue getting outside after their initial adventure. Originally launched in 2010 as day trips on summer Mondays when the YMAP van was not in use, YOP has expanded the reach of the Local YMAP initiative: trips now take place May through October on week days and weekends. YMAP provides a mix of programming, food, and transportation as resources and need dictate.



Participating Agencies

*Lilla G. Frederick
Groundwork Lawrence
Girls, Inc.
Emerald Necklace Conservancy
RAPPP/Southcoast Health
Northshore Academy
Boston Center for Youth & Families
Worcester Technical High School
Academy of the Pacific Rim
Franklin Technical High School*

*MassCOSH
Citizens for Citizens
Charlestown Boys & Girls Club
Sociedad Latina
Outdoors Rx
Castle Square Tenants Org.
Mattapan Community Health Center
McCormick Middle School
Notre Dame Cristo Rey High School
St. Peter's Teen Center*

*REC/YouthGrow
Spindle City Corps
Cambridge Montessori School
Brookline Recreation Dept.
Mission Safe
Straight Ahead Ministries
Helen Y. Davis Leadership Academy
Canoemobile
Movement City
Science Club for Girls*

Local YMAP Participating Organization Spotlights

Northshore Academy at Boston Harbor Islands



Our third Harbor Islands trip this season was a great success, with six young people from Northshore Academy braving the elements to make it out to beautiful Bumpkin Island. After a fully loaded trek through the rain in downtown Boston, we caught a ferry ride over to the islands during which we prepared our knot skills for a quick camp setup. The youth enthusiastically explored the island all afternoon, finding old wartime ruins, learning new plants, and skipping stones. We caught crabs by the evening campfire on the beach, made s'mores, and watched the beginning of the Perseid meteor shower. The level of creativity and curiosity with this group, who sculpted sea clay in the evening and made wild sumac and rose hip tea for breakfast, was inspiring. This trip gave youth with Independent Education Plans an opportunity to build trust and confidence in one another while learning new outdoor skills.

Emerald Necklace Conservancy at Blue Hills Reservation

The Emerald Necklace Green Team had a break from invasive species eradication in Fenway to navigate the Blue Hills and summit Elliott Tower. Their day included ecology games to build an understanding of the interdependence of plants and animals, and a lot of work on group dynamics! As their leader Kalina described, "The hike we did at Blue Hills was more challenging for the youth that I thought it would be. There were definitely some personality clashes along the way and a few larger arguments about pacing. It was very productive for the group of youth to go through that, and to work towards getting everyone on the same page... A lot of leaders who emerged that day continue to identify themselves as leaders while working. The day hike in Blue Hills allowed for a special bonding experience to happen for our youth, and that couldn't happen without the support of YOP!"



Boston Healthcare for the Homeless at Ponkapoag Pond

Three families with Boston Healthcare for the Homeless spent the weekend camping at AMC's Ponkapoag Camp. We explored the pond by canoe and by foot, cooked a burrito dinner together, toasted s'mores over the campfire, and finished the evening with a night walk. The highlight for this group was the canoeing, as it was a first for many. Although hesitant about spending the night outside, by the second day the youth were extremely enthusiastic about camping and canoeing, and were sad to leave. This trip gave youth and their families in temporary housing situations an opportunity to spend the night away from their high-stress home environments in order to relax together in the outdoors.



Charlestown Boys and Girls Club at Purgatory Chasm



In July, nine 7-8 year olds from the Charlestown Boys and Girls Club spent the day hiking Purgatory Chasm in Sutton MA. The group was very excited to explore, and expressed curiosity about everything they saw around them, asking many questions about the flora and fauna of the area. They were a little nervous to spend the day in the woods, especially as that involved being in caves, but by the end even the most cautious participant had ventured into a cave. The group agreed that this was the "best trip ever!" One participant remarked, "I wish I could live out here so I could come here all the time!"

Spindle City Corps

Local Adventures supported two outings with the National Parks Service's Spindle City Corps, a job corps for urban and diverse Lowell youth.

YOP put together a custom trip on the Concord River, canoeing under the Old North Bridge, highlighting the history and nature writing of the area. Local Adventure Instructors helped YOP staff be able to handle the large 25 youth group in manageable smaller groups and provide support for YOP members leading parts of the trip. "It was great to split the group and get both a historical aspect in for the 100-year



anniversary of the NPS as well as the nature and adventure aspect,” stated one leader.

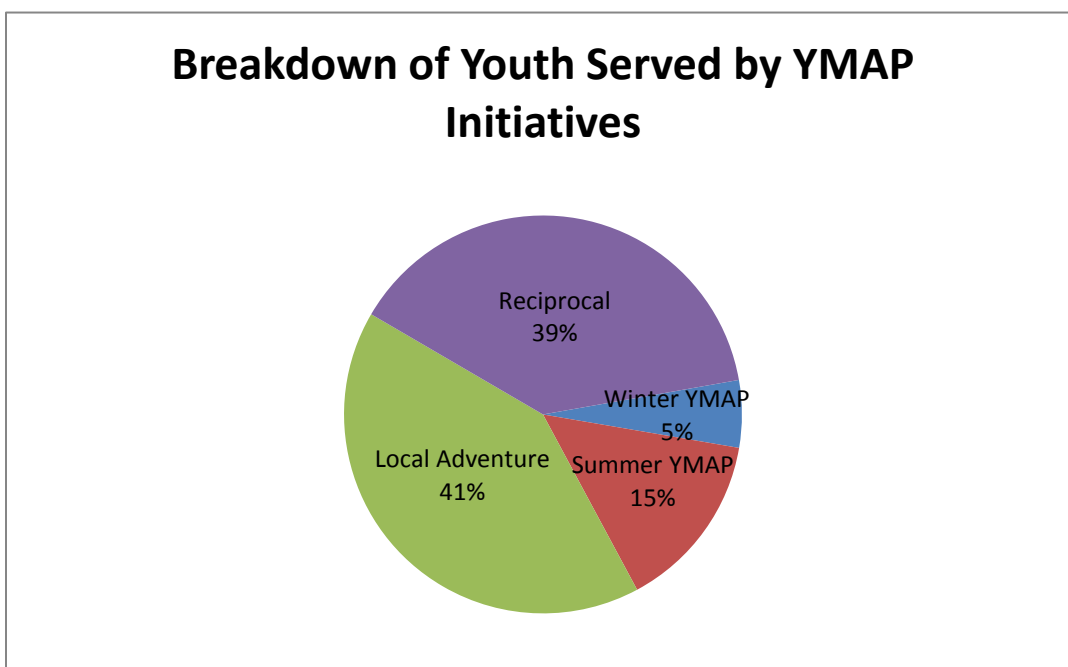
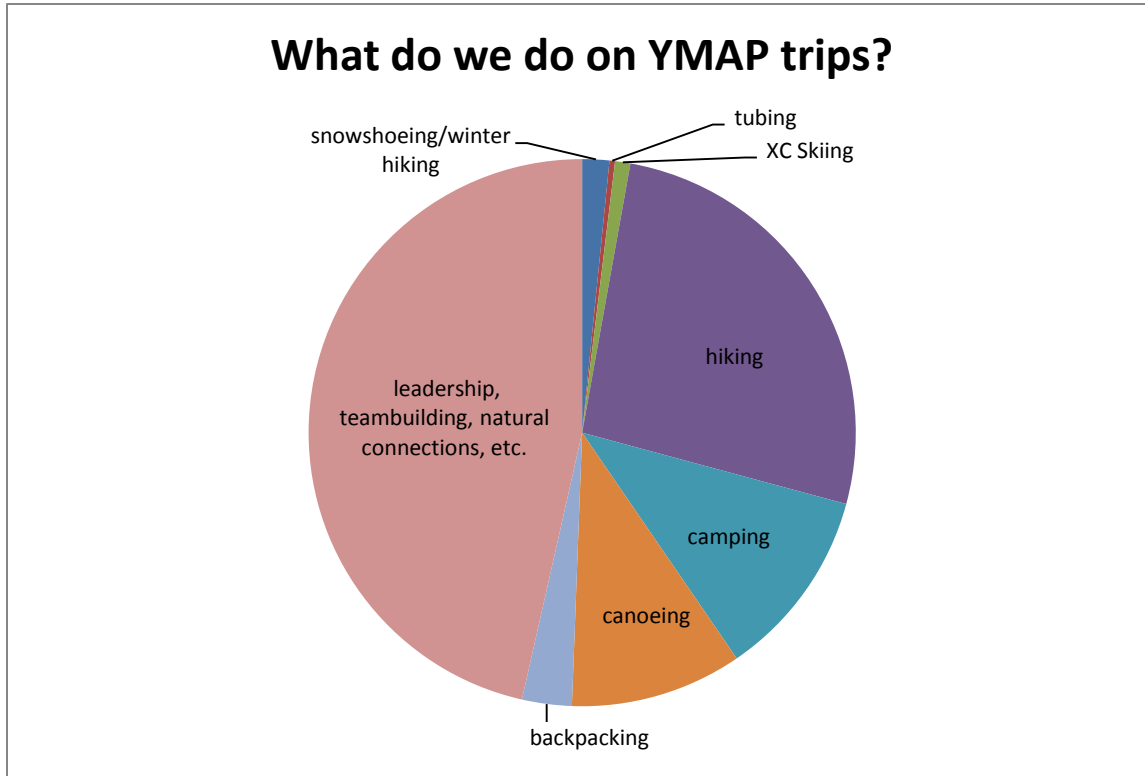
The group also hiked and camped at Mt. Monadnock State Park, using the experience to tie in their work in urban parks to work and conservation efforts in larger tracts of land. It was certainly many youth’s first experience up a mountain and sleeping outdoors.

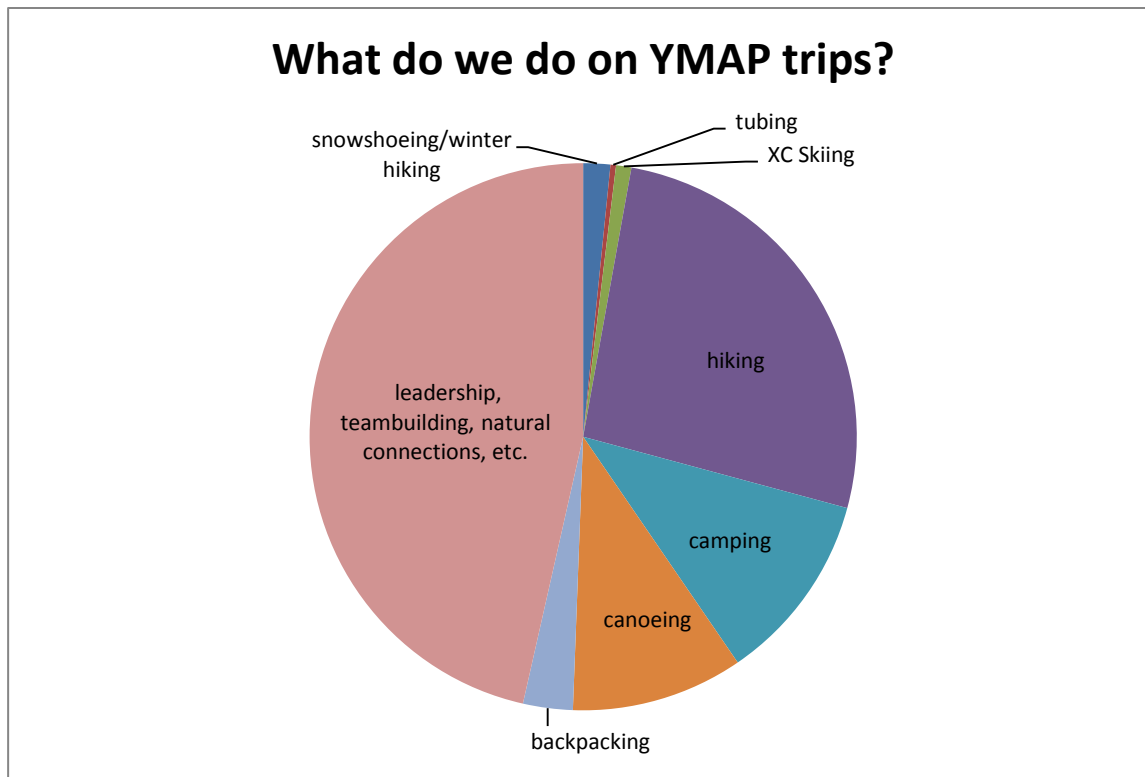
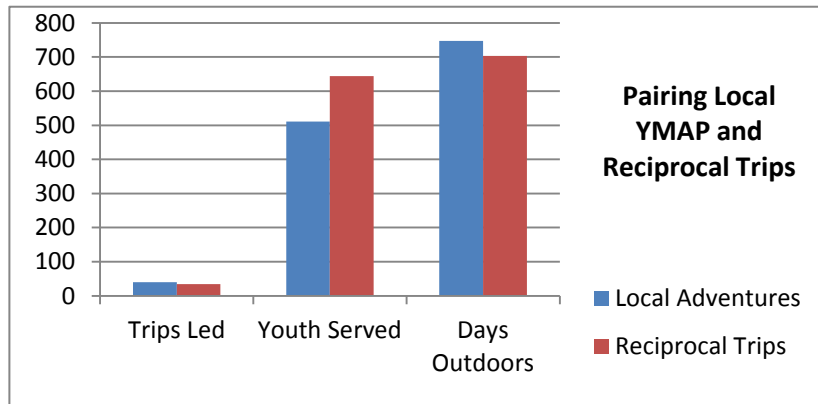
Conclusion

YMAP continues to serve increasing numbers of youth each, reaching a record 1,298 young people on 91 trips throughout 2016. YMAP provides an eye-opening, life-changing experience as youth experience many different outdoor activities, see a broader world, and meet new challenges with their peers. YMAP also gives youth workers the confidence to lead new activities, extend their outdoor activity season, and learn innovative ways to work with youth outdoors. AMC relies on generous donations from individuals and foundations to make this program possible. We greatly appreciate this support and look forward to continuing our partnership in the future.

Appendix

The following charts showcase additional information about YMAP programming.



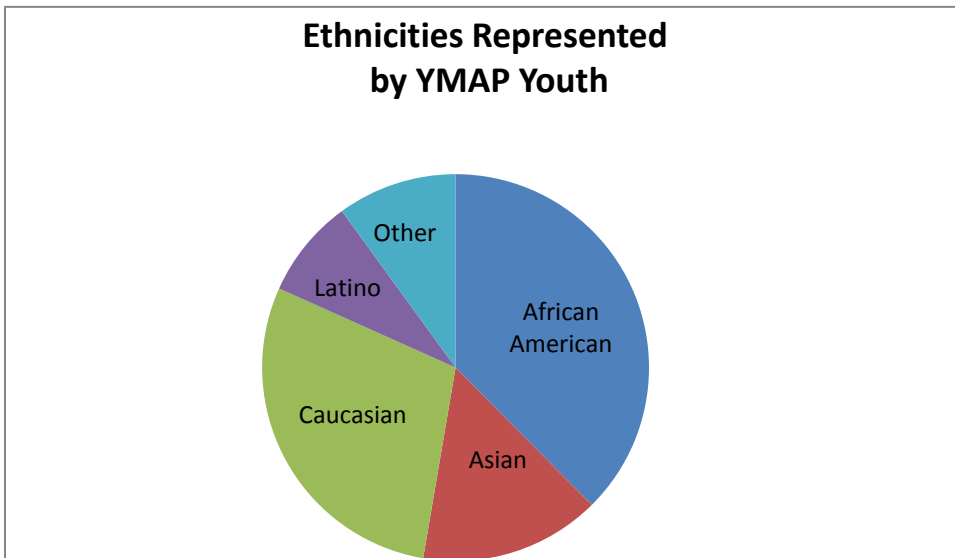


Participating Agencies With Repeat YMAP Experiences:

BINcA
Notre Dame Cristo Rey HS
Compass Program
Bennie Dover Jackson MS
St. Peter’s Teen Center
Snowden International HS
Windows to the World
Lilla G. Frederick MS
MassCOSH
REC YouthGrow
Groundwork Lawrence

Castle Square Tenants
Organization
Girls, Inc.
Charlestown BGBC
Sociedad Latina
Brookline Recreation Dept.
RAPPP/Southcoast Health
Mission Safe
Northshore Academy
Cambridge Montessori
Citizens for Citizens

Straight Ahead Ministries
Helen Y. Davis Academy
Prospect Hill Academy
Charter
Worcester Tech
McCormick Middle School
Academy of the Pacific Rim
Movement City
Franklin Tech Institute



	2006	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016	Totals
Trips	6	7	10	12	28	32	45	53	98	100	91	482
Youth Served	40	50	70	93	208	256	448	508	1,026	1,080	1,268	5047
Days Outside	160	200	259	339	441	510	830	909	1,711	1,644	1,811	8814
Programs Offered	Summer	Summer	Summer, Winter	Summer, Winter	Summer, Winter, Local	Summer, Winter, Local	Summer, Winter, Local	Summer, Winter, Local	Summer, Winter, Local (May-Oct)	Summer, Winter, Local (May-Oct)	Summer, Winter, Local (May-Oct)	Summer, Winter, Local (May-Oct)