



CONNECT.

TEACH.

SUSTAIN.



# CTS YOUTH SOCIETY

## 2023 SUMMER GUIDE

**FREE OUTDOOR PROGRAMS FOR YOUTH AND TEENS**

**SURREY • BURNABY • VANCOUVER • NORTH VANCOUVER**



**SCAN ME**

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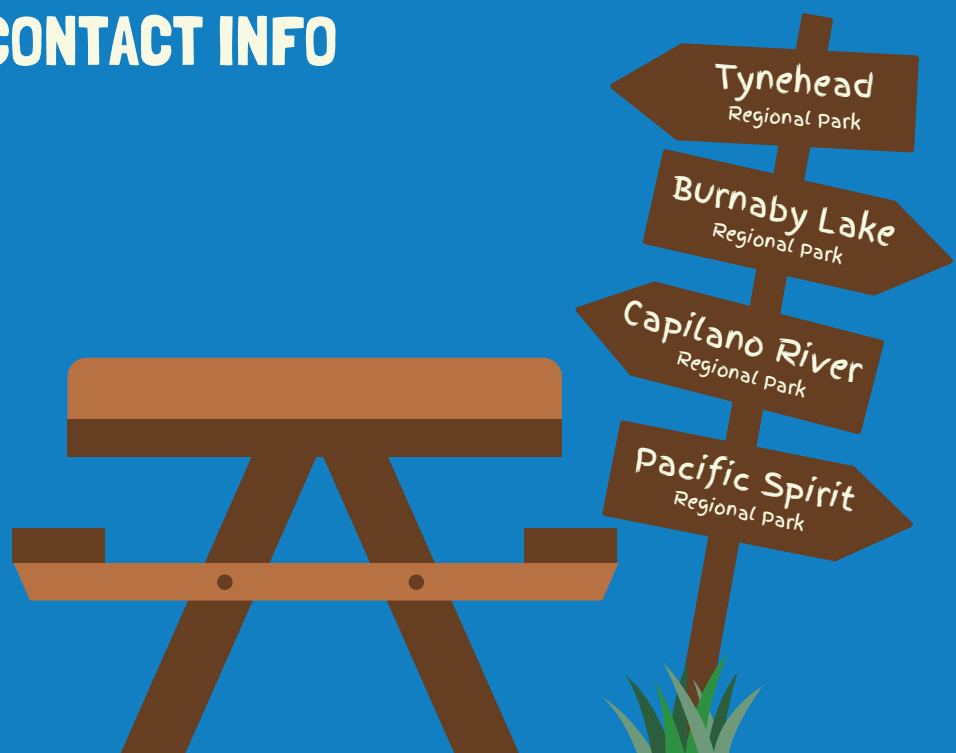
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# WHO WE ARE

For over 20 years, CTS Youth Society has been connecting Metro Vancouver youth with their natural environment, their community, and each other through life-changing outdoor experiences. We offer a unique opportunity for youth and teens aged 12-18 to discover the beautiful forests, fields, streams, and meadows of Regional Parks throughout the Lower Mainland. Free and open to all participants, we believe every youth deserves the opportunity to attend summer camp, regardless of their circumstances.



# WHAT WE DO

In partnership with Metro Vancouver Regional Parks, we offer Weekday Excursion Camps and Overnight Adventure Camps with a focus on developing meaningful relationships, not only with the natural world, but also with other youth. CTS has special access to Regional Parks, offering educational one-of-a-kind experiences of multi-day overnight activities and a chance to camp under the stars while staying close to home.

# HOW TO JOIN

Beginning April 19th 2023, you can register on our website ([ctsyouthsociety.com](https://ctsyouthsociety.com)) or by scanning the QR Code on the front page of this guide. While our summer camps are designed for youth ages 12-14, we also have Volunteer Peer Leader positions for youth ages 15-18. Limited spaces are available for our campers, so please only register for camp dates where you can confirm your attendance. Join us this summer and get out there with CTS!



# COSTS

NONE! Thanks to generous contributions from our sponsors and a special partnership with Metro Vancouver Regional Parks, all current CTS Youth Society programs are completely free of charge. Our mission is for all youth to experience their natural world without barriers. A \$10 administrative fee for late-cancellations is the only cost that may apply.



## LOCATIONS

CTS runs programs and camps in four amazing Regional Parks throughout the Lower Mainland. Each camp has its own charm, ecosystem, park projects, and experience. Pick-up and drop-off takes place at the camps. Choose a favourite or try them all, you're invited all summer long!

### BURNABY LAKE REGIONAL PARK | DAY CAMPS

Based out of historic Aintree and Piper Nature House, CTS day camps make use of the trails and wetlands in a convenient central place.

### TYNEHEAD REGIONAL PARK | TENT CAMPING

On the north side of Surrey, Camp Tynehead offers a unique mix of dense woodland, babbling streams, and open fields. Campers can expect tent pads, a cooking station, and an on-site campfire pit.

### PACIFIC SPIRIT REGIONAL PARK | TENT CAMPING

Near the western edge of Vancouver, where the city meets the sea, Camp Pacific Spirit offers a private campsite deep in the beautiful forest near Camosun Bog. Campers can expect tent pads, an on-site campfire pit, endless trails to explore, and a nearby athletic field that offers endless recreational activities.

### CAPILANO RIVER REGIONAL PARK | CABIN CAMPING

At the foot of North Vancouver's iconic mountains, Camp Capilano offers all the fun of CTS camps with the comfort of an indoor cabin. Below the tree tops of an ancient forest, campers can expect bunkbeds, a full kitchen, a fireplace, and an outdoor pool.

# WEEKDAY EXCURSION CAMPS

## TUESDAY–FRIDAY

**JULY**  
**4–7**

**JULY**  
**11–14**

**JULY**  
**18–21**

**JULY**  
**25–28**

**AUG**  
**1–4**

**AUG**  
**8–11**

**AUG**  
**15–18**

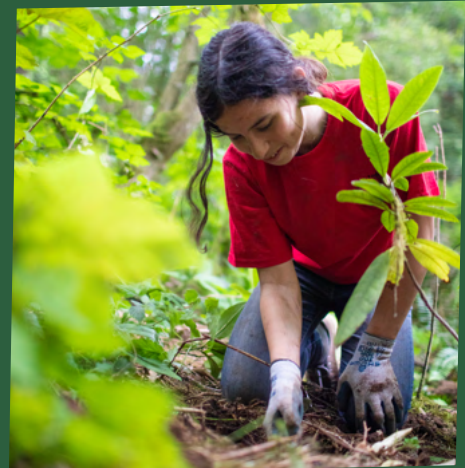


## WHAT TO EXPECT

CTS day camps take place every week at Burnaby Lake Regional Park. Each day is packed full with exciting activities planned and led by our staff and Peer Leaders. Explore the park, help out in the community garden, practice stewardship by working on park projects, and have a ton of fun along the way. All you need is some sunscreen, good shoes, and a bagged lunch- we'll take care of the rest.

## SAMPLE SCHEDULE

**9:00–9:30:** Arrive/Drop-off at Burnaby Lake  
**9:30–10:30:** Games & Goofiness  
**10:30–11:00:** Snack  
**11:00–12:00:** Eco-learning  
**12:00–12:30:** Lunch  
**12:30–2:00:** Nature Walk and Park Projects  
**2:00–3:00:** Games & Goofiness  
**3:00–3:30:** Leave/Pick-up



# OVERNIGHT ADVENTURE CAMPS

## FRIDAY–SUNDAY

**JULY  
7–9**

**JULY  
14–16**

**JULY  
21–23**

**JULY  
28–30**

**AUG  
4–6**

**AUG  
11–13**

**AUG  
18–20**



## WHAT TO EXPECT

For the full CTS experience, we offer a truly unique opportunity to explore our natural world while camping close to home. Enjoy 3 days and 2 nights of exciting discovery, fun activities, eco-learning, and cooking. Programs are led by a group of experienced staff and passionate Peer Leaders. Each camp has its own charms and opportunities, whether you prefer camping or glamping. Snacks, breakfast, lunch, and dinner is provided!

## WHAT TO BRING

CTS can loan sleeping bags and foam pads to those who do not have their own. Please request at time of registration.



**HAT**



**FLASHLIGHT**



**WATER BOTTLE**



**CHANGE OF CLOTHES**



**BACKPACK**



**TOOTHBRUSH**



**SLEEPING BAG & FOAM PAD**



**BUG SPRAY & SUNSCREEN**



**EXTRA LAYERS**



**STURDY FOOTWEAR**



# OVERNIGHT ADVENTURE CAMPS

## SAMPLE SCHEDULE

### FRIDAY

- 5:00-5:30: Arrive/Drop-off at Camp
- 5:30-6:00: Camp Expectations & Huddle
- 6:00-7:30: Prepare and Eat Dinner
- 7:30-9:30: Games & Goofiness
- 9:30-10:00: Sleep Prep
- 10:00: Lights Out



### SATURDAY

- 8:00-8:30: Wake Up
- 8:30-9:00: Morning Snack & Relax
- 9:00-10:45: Huddle & Eco-learning
- 10:45-12:00: Prepare and Eat Brunch
- 12:00-2:00: Nature Walk
- 2:00-3:30: Park Project
- 3:30-4:30: Afternoon Snack & Relax
- 4:30-6:00: Prepare and Eat Dinner
- 6:00-10:30: Games & Goofiness
- 10:30-11:00: Sleep Prep
- 11:00: Lights Out



### SUNDAY

- 8:00-8:30: Wake Up
- 8:30-9:30: Prepare and Eat Breakfast
- 9:30-11:00: Eco-learning
- 11:00-12:00: Huddle & Group Activities
- 12:00-12:30: Leave/Pick-up at Camp





# Mishkoopitum

YOUTH SUMMER CAMP

**MISH-KOOP-I-TUM means discover!**

Join CTS this summer for two exciting overnight camping excursions into the forests and meadows of Pacific Spirit & Tynehead Regional Parks

**Local Métis leaders will guide us in:**

- Camping
- Outdoor cooking
- Eco-learning
- Star gazing
- Storytelling
- Connecting with nature
- Beads & crafts
- Group games

**Open to all youth ages 12 & Up**



**Capilano River Regional Park: July 14–16 | Tynehead Regional Park: July 21–23**



In partnership with Stream of Dreams and  
North Fraser Métis Association





# PEER LEADER PROGRAM

Our Peer Leader Program equips CTS youth members (age 16-18) with training to become volunteer Peer Leaders. Peer Leaders are trained in leadership, program development, outdoor recreation and outdoor safety to plan and lead camp excursions in Metro Vancouver's Regional Parks (with support from experienced Camp Supervisors). A great way to have fun while boosting your career and academic resume, volunteer Peer Leaders make our "for youth, by youth" programs the best they can be!



## WHAT WE OFFER

- Volunteer service hours (for school or other programs)
- Exposure to career and community opportunities
- Lifelong skills such as meal prep, cooking, scheduling, time management, program development and facilitation, outdoor recreation and camping skills
- Gain confidence and practice personal development
- A reference letter and certificate of completion at the end of the summer if you complete the requirements
- A head start to becoming a paid CTS Camp Supervisor in the future
- A shot at the "Stellar's Jay Award," an annual excellence award that commemorates those leaders that go above and beyond what is required of them

## WHAT TO EXPECT

- Participating in Leadership Bootcamp and In-Park training to learn outdoor recreation safety and camping skills
- Inspiring, planning and delivering camp program activities (with support from trained Camp Supervisors)
- Organizing and executing menu plans for overnight camps
- Collaborating with other Peer Leaders in a team environment
- Practicing mentorship to CTS Youth participants

"CTS pushed me out of my comfort zone and taught me how to be independent and brave in my first time away from home. This program connected me with youth from all over Metro Vancouver, gave me the opportunity to make a difference in the parks around me, and so much more!"

-Patricia Ho, Peer Leader & CTS Participant

APPLICATIONS OPEN  
APRIL 3-14, 2023

# OUR SUPPORTERS

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**metro**vancouver



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Future Foundation



TD Friends of the  
Environment  
Foundation



Foundation  
Fondation



CPRA ACPL



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Gouvernement du Canada

Canada



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**Special thanks to Metro Vancouver Regional Parks, whose generous support makes CTS Youth Society possible.**

"CTS helped me discover what I was capable of as a person, a friend, and a leader."

-Sean Chung, Peer Leader & CTS Participant



# SUMMER 2023 SCHEDULE

		Capilano River Regional Park	Pacific Spirit Regional Park	Tynehead Regional Park	Burnaby Lake Regional Park
Daycamps 1	July 4-7	●	●	●	✓
Overnight 1	July 7-9	✓	✓	●	●
Daycamps 2	July 11-14	●	●	●	✓
Overnight 2	July 14-16	✓*	●	✓	●
Daycamps 3	July 18-21	●	●	●	✓
Overnight 3	July 21-23	●	✓	✓*	●
Daycamps 4	July 25-28	●	●	●	✓
Overnight 4	July 28-30	✓	✓	●	●
Daycamps 5	August 1-4	●	●	●	✓
Overnight 5	August 4-6	✓	●	✓	●
Daycamps 6	August 8-11	●	●	●	✓
Overnight 6	August 11-13	✓	✓	●	●
Daycamps 7	August 15-18	●	●	●	✓
PL Jamboree	August 18-20	✓	●	●	●

\* Mishkoopitum (see page 8 for details)







# SUMMER 2023 GET OUT THERE!

@ctsyouthsociety

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