



Community Development (Cosby, TN) Alternative Break Information Session

UConn

STUDENT ACTIVITIES

COMMUNITY OUTREACH

About the Student Program Director

Name: Matt Curley

Pronouns: he/they

Major: Urban and Community Studies

Minor: Geographic Information Science

Hometown: Northborough, MA



About the Program

Dates: March 15-22, 2025

Participants: 9 Participants, 1 SPD, 1 Team Leader, and 1 Learning Partner

Program Goals: To serve our community partner(s) in Tennessee; to learn about rural community development through orientation, service, and reflection.

IMPORTANT NOTE

This program is **NOT** a vacation. It is a program focused on service and education.

Important Alt Break Info

Storrs Undergrad Cost: \$360*

Additional financial support for Storrs Undergrads may be available after acceptance to the program

We appreciate USG Storrs for reducing participant cost for Storrs students

What is covered by this payment: Transportation, Food, Housing

What is NOT covered: Any personal purchases during the program

*Regional Campus students should reach out to carl.soares@uconn.edu for costs

About our Community Partner

Name: Sunset Gap Community Center

Location: Cosby, TN

Examples of Service from Last Year:

- Working in the Sunset Gap Food Pantry (organizing shelves, packing boxes for pick-up, distributing food boxes)
- Off-campus work on housing repairs
- Delivering food to other communities



Other Things to Note

Travel: Flying into ATL then driving ~4 hours to Sunset Gap

Sleeping Arrangements: bunks with 3-8 participants per room

Food: breakfast and dinner made on for us on campus; bagged lunch taken with us to service opportunities

Work Safety: we will likely take part in manual labor; safety training will be provided prior to our departure

Cell Signal & Wi-Fi: very limited cell service; no Wi-Fi on campus

NOTE much of this is based on last year's program, details are subject to change

Example Daily Schedule

- 7:30 am: Wake up
- 8:00-8:30 am: Breakfast/Clean
- 9:00-12:00 pm: Sunset Gap Service
- 12:00-12:30 pm: Lunch Break
- 12:30-5:00 pm: Sunset Gap Service
- 6-7:00 pm: Dinner
- 7-7:30 pm: Clean/downtime
- 7:30-8:30 pm: Reflection
- 8:30-11:00 pm: Free Time



Nine Components of Alt Breaks

- Direct Engagement
- Full Immersion
- Identity-Consciousness and Equity
- Orientation
- Education
- Training
- Reflection
- Reorientation



Thank You!

Have any questions about the program? Reach out to us at

uconn.co.appalachia@gmail.com

To request accommodations, please contact Carl Soares at

uconn.co.altbreaks@gmail.com

