



HEALTHCARE IN NEW YORK CITY

UConn
STUDENT ACTIVITIES
COMMUNITY OUTREACH

2025-2026
Alternative Breaks



PROGRAM OVERVIEW

Theme: **Healthcare**

Location: **New York City**

Dates: **April 17-19, 2025**

- **10** participants, **1** Student Program Director, **1** Staff Member
- Pre-Trip Meetings — **4** mandatory sessions before the trip



An illustration of the New York City skyline in shades of brown and tan. The Statue of Liberty is prominently featured in the center, holding a torch and a tablet. To her left is a tall building with many windows, resembling the Empire State Building. Other smaller skyscrapers are visible in the background.

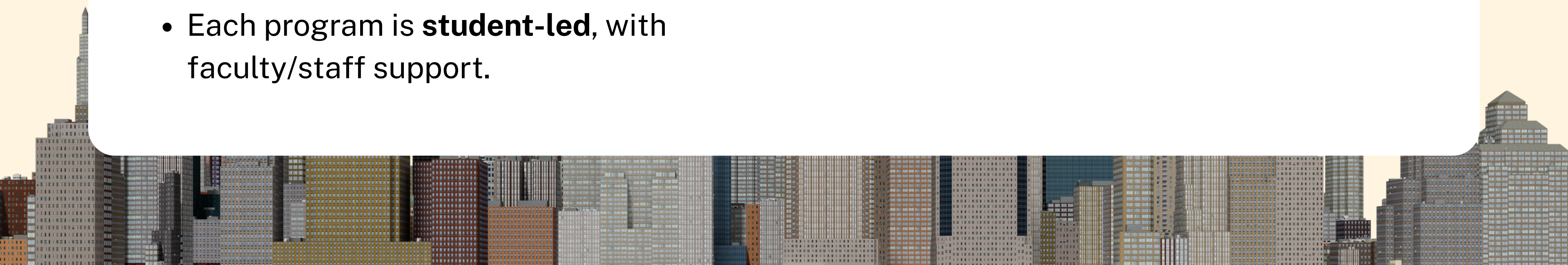
WHAT IS ✨ ALT BREAKS?

- Student-led service-learning experiences
- Work alongside **community organizations** to learn and serve
- Engage in **meaningful reflection** and community building
- Focused on social issues and skill development **(not just for travel/vacation)**

COMMUNITY OUTREACH & ✦ ALTERNATIVE BREAKS

- A subsection of CO that works on **service-learning experiences** supporting alongside the community to seek a more equitable and inclusive society.
- We run **11 Alternative Breaks** with a wide range of topics.
- Each program is **student-led**, with faculty/staff support.

“Community Outreach’s mission is to enrich learning at the University of Connecticut through preparing students to be active global citizens by engaging them in service activities that enhance the quality of life for both others and themselves”



C.O. & ALTERNATIVE BREAKS (CONT.)





SERVICE WORK & PARTNERS

Previous Partners Include:

God's Love We Deliver

Housing Works

LES Harm Reduction

We will be partnering with **healthcare-focused** organizations in NYC.

- **Service may include:** supporting health education, learning from nonprofit staff, and community-based projects.
- Through service, participants will explore healthcare systems, issues, and access.

- We will drive to NYC in **UConn C.O. vans**
- Staying with our community housing partner (Trinity Lutheran)
- **Cooking/preparing** our own meals/cleaning the space (with a few exceptions)
- Free time for community bonding, **reflection**, and games

LOGISTICS ✨



- 8:00 AM: Breakfast & pack lunch
- 9:00 AM – 12:00 PM: Community partner 1
- 12:00 – 1:00 PM: Lunch
- 1:00 – 4:00 PM: Community partner 2
- 5:00 – 6:30 PM: Group dinner (cooked together)
- 7:00 – 8:00 PM: Reflection
- 8:00 – 10:00 PM: Community building activities
- 10:00 PM – Lights out

SAMPLE AGENDA ✨





FINANCIAL INFORMATION



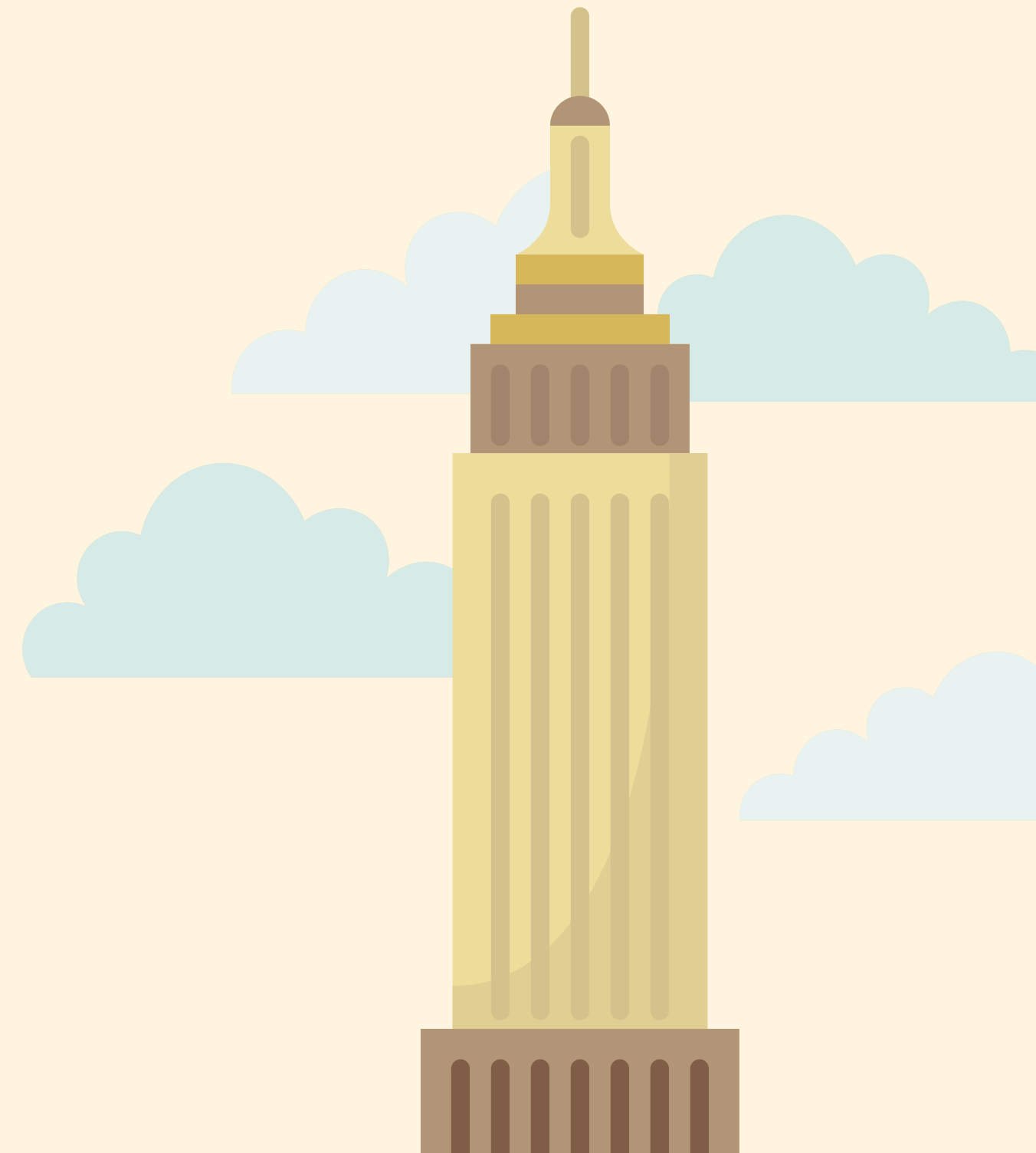
Participant Cost (Storrs Undergrad): **\$60**

- Cost covers housing, food, and transportation.
- **Not included:** personal spending money, meals during travel.
- Financial aid is available through application.

Regional Campus and Graduate students are welcome to apply. Pricing differs, however, so please reach out to **uconn.co.altbreaks@gmail.com*



USG Storrs Funding
Supports Alt Breaks



THINGS TO KNOW BEFORE YOU APPLY ✨



- This is **not a clinical experience**; you will not be working directly with patients.
- Service may include physical tasks (lifting, cooking, standing for periods of time).
- Sleeping on floors — **bring a sleeping bag!**
- Alt. Breaks are immersive service-learning, not vacations.



THANK YOU!



Scan the QR code to view the UContact page!



- For questions, comments, or concerns regarding this Alt. Break, contact **Kevin** at uconn.co.newyork@gmail.com
- For questions about other Alt. Breaks or to request accommodations, contact uconn.co.altbreaks@gmail.com

