



Cosby, TN - Appalachia and Rural Life Alternative Break Informational Video

UCONN

STUDENT ACTIVITIES

COMMUNITY OUTREACH

Community Outreach and Alternative Breaks

“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”

Each program is student-led, with faculty/staff support.

Alternative Breaks is a subsection of CO that works on service-learning experiences supporting alongside the community to prepare participants to be lifelong community collaborators and have a positive impact. We run eleven alternative breaks with a wide range of topics.

About the Program

Dates: March 15-21, 2025 (Spring Break)

Participants: 11 Participants, 1 SPD, 1 Team Leader, and 1 Learning Partner

Pre-Program Meetings: Six 1 to 1.5-hour meetings held between Nov. to Mar.

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.

Financial Information

Storrs Undergrad Cost: \$375

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: Transportation (flight+driving costs), 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



Eight Components of Alt Breaks

- Strong Engagement
- Full Immersion
- Positive Impact
- Orientation
- Education
- Training
- Reflection
- Reorientation



Thank You!

Have any questions about this program, or need to request accommodations? Reach out to Natasha at

uconn.co.appalachia@gmail.com