



Boston Alternative Break

THEME: Healthcare

MARCH 15 – MARCH 21, 2026

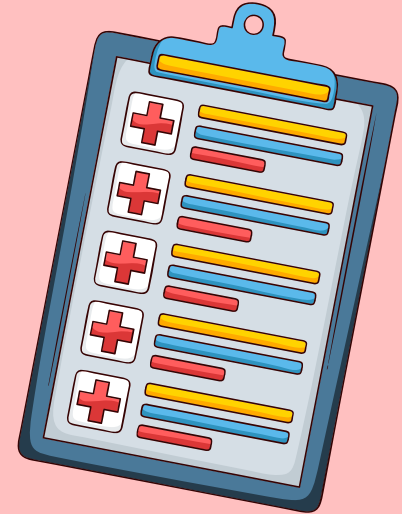
Student Program Director : Pam





WHAT IS COMMUNITY OUTREACH(CO)?

- “Inspired by UConn's commitment to developing active global citizens, Community Outreach mission is to engage students in meaningful service activities that enrich their learning and enhance the quality of life for others in our local, national, and international communities.”
- CO organizes many different service activities for UCONN students to enrich their learning and serves local, national, and international communities
 - Includes programs such as Health Services, Educational Events, Language & Literacy, Philanthropy, and **Alt Breaks!**





WHAT IS ALTERNATIVE BREAK?

Alternative Breaks are service-learning experiences supporting alongside the community. Alternative Breaks are designed to heighten participants' awareness of social issues, enhance their individual growth, and prepare them for lifelong community collaborators. Alternative Breaks provides students the opportunities to meet new people, learn new things, and live simply in community off-campus.

They integrate the [Eight Components of an Alternative Break](#) including education, immersion, service, reflection to dig deeper into a social issues topic on each alternative break.





LOGISTIC



Goal : This weeklong service-learning alternative break will serve and learn about the multiple factors that determine individuals' health. Service will include will work with different local nonprofits focused on different determinants of health factors.



Date : March 15 - 21

Participants : 9 participants, 1 Student Program Director, 1 Team Leader, 1 Learning Partner

Pre-Program Meetings : 6 pre-programming meetings



Participant Cost: \$150

*Regional campus students have slightly different cost- email uconn.co.altbreaks@gmail.com



***Note :** This is not a clinical experience opportunity. Participants will not work directly with patients in health support roles.*

8 Components of Alt. Break

Visit our website for more information:

<https://communityoutreach.uconn.edu/alternativebreaks/>

1

Direct Engagement

2

Full Immersion

3

Positive Impact

4

Orientation

5

Education

6

Training

7

Reflection

8

Reorientation

FAQs

What does participant cost cover?

- Transportation, housing and food is included in participant cost. It does not include personal expenses.

Dietary restrictions?

- We will have access to a kitchen where we will prepare our own meals. All dietary restrictions will be considered and accommodated!

Housing?

- A community partner provides us with a space to stay, bathrooms, and a kitchen



THANK YOU!

**If you have any questions about this program,
please reach out to Pam at**

uconn.co.boston@gmail.com

