

Alternative Break to Philadelphia



THEME: HEALTHCARE

STUDENT PROGRAM DIRECTOR: ANTHONY



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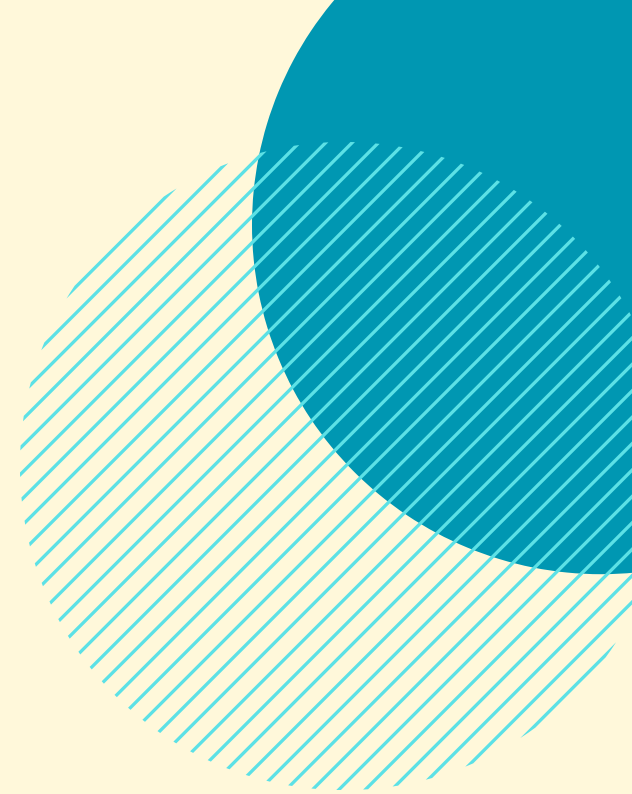
General Information

Location: Philadelphia, PA

Trip Size: 18 participants

Theme: Healthcare

Goal of the program: Participants will learn more about healthcare systems and programs that work to provide the best quality of care and resources to individuals. Participants will also learn about social determinants of health, and collaborating with communities to provide quality care.



What is an Alt. 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.”



Sample Service Day Schedule

- 7am: Wake-up
- 7-8am: Breakfast
- 8-12pm: Service activity
- 12-1pm: Lunch
- 1-4pm: Service activity
- 4pm-5pm Travel and free time
- 5-7pm: Cook & eat dinner
- 7-8pm: Reflection
- 8-10pm: Free time/Bedtime!

Main Ideas

- Service Orientation
- "Living Simply"



What is an Alt. Break? (cont)

Alt Breaks **are not** vacations. Participants are expected to treat this as a **service-learning trip** rather than an opportunity to travel!

Anticipated Costs: \$160

Cost covers: travel, housing, kitchen usage, meals (3x/day), snacks, stationaries (notebooks, pens)

Cost does not cover: personal items (toiletries), sleeping bags (blanket+ pillows), clothing, and accessories

Financial Aid: we have an application process for financial assistance provided to selected participants.

Community Partners

Our valuable community partners allow us to foster community engagement, learn about healthcare strengths and challenges, and reflect on ways to provide quality healthcare and resources.

Some Past Community Partners:

- Inglis House: Assisted with resident activities, fostering direct community engagement with individuals facing disabilities.
- Cancer Support Community Greater Philadelphia: Toured the facility and supported site clean-up, highlighting non-clinical healthcare volunteering.
- Project C.U.R.E. : Sorted medical equipment to be delivered to developing countries.

Additional Info

Alt. Breaks focus on “living simply” which means:

- We will be sleeping on floors, beds are not provided
- We will be making our own meals instead of eating out (sandwiches, spaghetti, tacos)

FAQs

Transportation: We will be driving to Philadelphia in three vans with driver trained and approved drivers.

Housing: A Community Partner will provide us with housing, kitchen, and bathrooms.

Sleeping Arrangements: Participants will bring sleeping bag, blanket, and pillow.

Dietary Restrictions: We will be provided a kitchen to prep meals as a group. All dietary restrictions will be considered and accommodated for!

Application Here!



we hope to see your application soon
and hopefully you have the opportunity
to join us :)



Thank You!