



Alternative Break to Washington, DC

Urban Community Development

March 15th-21st 2026

**Presented by: Student Program
Director Myeisa**





Info Session Outline



- About Community Outreach (CO) & Alt. Breaks (AB)
- Overview of the Program
- Sample Schedule
- FAQs
- Application Info



What is CŌ?



Mission: 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.

Programs:

- Alternative Breaks
- Educational Events and Trainings
- Jumpstart AmeriCorps
- One-Time Projects and Initiatives
- Philanthropy
- Semester-Long Service



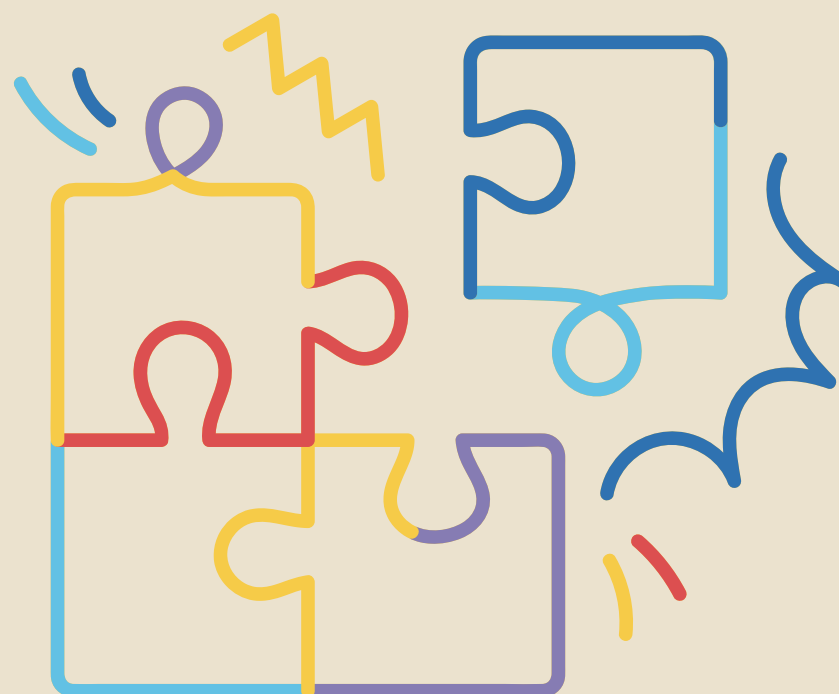


What are ABs?



With a focus on urban community development, this week-long trip combines hands-on service, learning, and reflection to create a meaningful experience. Students will work alongside local organizations to support community-driven initiatives and address real-world challenges.

Alternative Breaks trips are designed to increase participants' understanding of social issues, encourage personal growth, and inspire a lasting commitment to civic engagement.



- 1. Direct Engagement**
- 2. Full Immersion**
- 3. Positive Impact**
- 4. Orientation**
- 5. Education**
- 6. Training**
- 7. Reflection**
- 8. Reorientation**

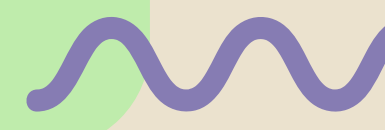
What ABs are Not!

- Not Charity Tourism or "Voluntourism"
- Not a Savior Mission
- Not a Sightseeing or Vacation Trip
- Not a Debate Forum or Platform for Personal Agendas
- Not a Space for Passive Participation
- Not Detached from Ongoing Commitment



Program Goals



1. Explore the Historical and Ongoing Challenges Facing Urban Communities Across the U.S.
 2. Appreciate the Resilience and Strength of Urban Communities
 3. Examine Factors That Shape Personal and Group Identity
 4. Redefine Civic Engagement as Everyday Personal and Collective Leadership
 5. Commit to Making a Positive Societal Impact Long-Term
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Logistics



Date: Sunday, March 15th to Saturday, March 21st 2026

Trip Size: 12 Participants

Participant Cost: \$180

Transportation, Food, & Housing provided and included in cost. Cost does not include personal expenses.

Regional Campus students are welcome to apply, reach out to Coordinator: uconn.co.altbreaks@gmail.com about specific costs



Must attend 6 **mandatory** pre-program meetings



Schedule

Travel Day 1

All Day:

Participants kick off the trip with team-building, travel reflections, and an evening orientation to the city's history and trip purpose.

Commute + Service

8:30AM:

Participants take a CO van to service site and actively participate in service learning experience.

Afternoon Service + Commute

1PM:

Participants continue to engage/serve with local partners, and return to the hotel for rest and reflections.

Wake-Up + Breakfast

7AM:

Housing provides breakfast or participants can work as a group to prep breakfast.

Lunch

12PM.

**Note: All dietary restrictions will be considered and adhered to at all stages of the trip*



Schedule



Reflection Time

7:30PM:

Participants will journal their daily experience using prompts and conversations from SPD, TLs, and peers.

Rest & Repeat

10PM:

Participants must return to rooms to settle down for the night.

Group Dinner Prep

4:30PM:

Participants will cook together as a group to prep a meal that can be consumed by all participants.

Free Time

9:00PM:

Use this time to prepare for the following day and/or socialize with other participants.

Travel Day 2

All Day:

On the return day, participants pack up, reflect, celebrate the team, and explore how to carry their experience forward at home.

FAQs

Do I Need Any Pre-Reqs for Applying?

There are no pre-reqs required/necessary. Prospective participants must be an enrolled student at the time of the alternative break.



What Are We Looking for in Applicants?

We are seeking dedicated students who have genuine interest in community building, service, and civic engagement.

Can I apply for 2+ Alt. Breaks?

Absolutely! Mark down all your interested alternative breaks in **one** application.

Do I have to Identify in Order to Apply?

No, you don't have to identify with any partnering community to apply for this program. We are looking for students who demonstrate passion for community development issues and cultural sensitivity.

Thank You

Got Questions?

Contact:
uconn.co.altbreaks@gmail.com

