



Cosby, TN - Appalachia and Rural Life

Alternative Break Informational Slides

Community Outreach

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

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

Alternative Breaks is a subsection of Community Outreach (CO) that provides service-learning experiences where students work alongside community members and organizations. Our goal is to help students build meaningful connections, learn from the communities they work with, and become lifelong community collaborators. We offer eleven alternative breaks covering a variety of different topics and causes.

Alternative Breaks

About the Program



Dates: March 14-20, 2027 (aka Spring Break)

Participants: Total Trip Size: 12: 11 Participants, 1 SPD, 1 Team Leader, and 1 Learning Partner

Pre-Program Meetings: Six approximately one hour meetings held between November to March.

Program Goal: To serve alongside our community partners in Tennessee while gaining a deeper understanding of rural community development and life in Appalachia through hands-on service, cultural learning, orientation, and reflection.

PLEASE NOTE

This program is **NOT** a vacation. It is a program focused on service and education.



Financial Info



Storrs Undergraduate Cost:

\$400

Additional financial support for Storrs Undergrads will be available after acceptance to the program

A big thank you to the Undergraduate Student Government for reducing participant cost for Storrs students

Regional Campus students should reach out to carl.soares@uconn.edu for costs

What's Covered

- Food
- Housing
- Travel (flight+driving)

What's **NOT** Covered

- Personal purchases (ex. Gift shops)



About our Community Partner

Name: Sunset Gap Community Center

Location: Cosby, TN

Examples of Service from Last Year:

- Off-campus work on housing repairs and construction
- Delivering food to other communities
- Sunset Gap Food Pantry (organizing shelves, packing boxes for pick-up, distributing food boxes)



Important Things to Note



Travel

Flying into Atlanta then driving ~4 hours to Sunset Gap



Food

Breakfast and dinner made on for us on site with bagged lunch



Sleeping Situation

Bunks with 3-8 participants per room



Cell Signal & WiFi

Very limited cell service; no WiFi on site



Example of Daily Schedule

- 7:30-8:00 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
- 6:00-7:00 pm: Dinner
- 7:00-7:30 pm: Clean/downtime
- 7:30-8:30 pm: Reflection
- 8:30-11:00 pm: Free Time



8 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 Andre at uconn.co.appalachia@gmail.com