



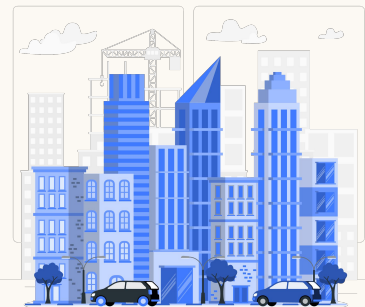
Boston- Determinants of Health

Alternative Break - Community Outreach

Spring Break Trip:

March 14-20, 2027

Student Program Director: Liya



WHAT IS COMMUNITY OUTREACH(CO)?

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

“Inspired by UConn's commitment to developing active community collaborators, 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 participant's 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.



LOGISTICS

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

Dates: Spring Break: March 14 - 20

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

Pre-Program Meetings: 6 pre-programming meetings

Participant Cost: \$200

*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.

Sample Agenda

7am: Wake Up + Breakfast + Get Ready

8am: Briefing of the day

9am: Volunteer with a community partner #1

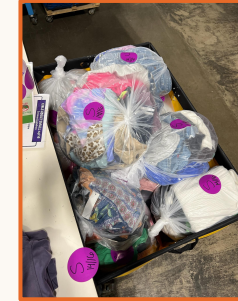
12pm: Lunch + Exploring (what type of communities are in boston)

2pm: Another hands on experience w/ community partner #2

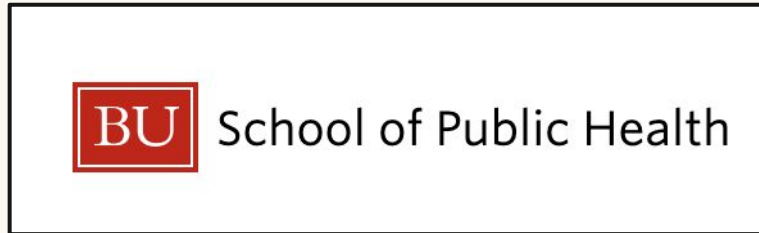
6pm: Shower/Dinner

8pm: Reflection

10pm: Lights out



Some Past Community Partners



8 Components of Alt. Break

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

Visit our website for more information:

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





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
 - Note: Participants will be sleeping on the floor. We ask participants to bring a sleeping bag.



Thank you!

Do you have any questions?

Spring Break Trip: uconn.co.boston@gmail.com

[Apply Here:](https://communityoutreach.uconn.edu/2026-2027-alt-breaks/)

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