



NYC: ALTERNATIVE BREAK HEALTHCARE

2026-2027

UCONN

STUDENT ACTIVITIES
COMMUNITY OUTREACH

OVERVIEW OF PROGRAM

Theme: Healthcare

Location: New York City

Date: April 9th - 11th 2027

**Who: 1 Student Program Director, 1 staff member, and
10 Participants**

Pre-Trip Meetings: 4 mandatory meetings before trip



WHAT IS ALTERNATIVE BREAKS?

- Participants explore **service- learning** experiences
- Students partner **directly** with sites local community organizations
- Groups engage in deep **meaningful reflections** together
- Activities focused on addressing/reflecting **critical** social issues in **relation** to their trips theme

Education

Immersion

Service

Reflection

COMMUNITY OUTREACH: ALT BREAKS

- This branch of Community Outreach: **Alternative Breaks**, coordinates **academic service- learning** initiatives that are **student-led** (with faculty/staff support)
- Through **collaboration** and support from **communities**, students are able to work with locals towards building an equitable and social society
- Alt Break manages **11 unique programs** with a wide range of social topics (housing security, environmental conservation, healthcare, etc.)

“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”

COMMUNITY OUTREACH: ALT BREAKS CONT.





SERVICE WORK & PARTNERS

NYC: Healthcare Alternative Break will be partnering with **healthcare-focused** organizations based in NYC.

- Service may include the following: **supporting** health education, learning and **community driven projects** alongside nonprofit staff
- Through this service, participants will **explore** healthcare systems, issues, and access in their sites communities

PREVIOUS COMMUNITY PARTNERS:

LES Harm Reduction

City Harvest

Housing Works



LOGISTICS

- We will drive to NYC in the **UConn C.O. vans**
- Staying with our community housing partner (**Trinity Lutheran, Lower East Side**)
- **Cooking/preparing** our own meals/cleaning the space (with a few exceptions)
- Free time for community **bonding**, reflection, and fun engaging **games!**

A stylized landscape illustration featuring large green trees with brown trunks on the left and right sides. The sky is light blue with white clouds and several small blue birds in flight. In the background, there are green hills and white houses with dark roofs. In the foreground, there are green cars on a grey road.

SAMPLE AGENDA

- 8:00 AM: Breakfast & pack lunch
- 9:00 AM – 12:00 PM: Community partner 1
- 12:00 – 1:00 PM: Lunch
- 1:00 – 4:00 PM: Community partner 2
- 5:00 – 6:30 PM: Group dinner (cooked together)
- 7:00 – 8:00 PM: Reflection
- 8:00 – 10:00 PM: Community building activities
- 10:00 PM – Lights out

FINANCIAL INFORMATION

Participant cost for undergrad, Storrs **\$75**

- Cost covers housing, food, and transportation.
- Not included: personal spending money, meals during travel.
- Financial aid is available through application.
- *Regional Campus and Graduate students are welcome to apply. However, pricing differs, so please reach out to **uconn.co.altbreaks@gmail.com**



USG Storrs Funding Supports Alt Breaks

The background of the slide is a colorful illustration of a campus scene. On the left, a large green tree with a brown trunk stands on a grassy hill. In the bottom left corner, there are several colorful buildings with orange and blue stripes. A blue lake is at the bottom of the slide. On the right, another large green tree stands on a grassy hill. In the bottom right corner, there are more colorful buildings with orange and blue stripes. The sky is light blue with several white clouds and small blue birds flying. The overall style is a flat, modern illustration.

THINGS TO KNOW BEFORE APPLYING!

- This is **not** a **clinical** experience; you will not be working directly with patients.
- Service **may** include physical tasks (lifting, cooking, standing for periods of time).
- Sleeping on floors—**bring a sleeping bag!** (available at Storrs campus recreation center)
- Alt. Breaks are immersive service-learning, **not vacations!**

“Together, we shape a brighter future for generations to come.”

THANK YOU

Scan the QR code to view our main page!



- For questions, comments, or concerns regarding this Alt. Break, contact **Gabrielle** at **uconn.co.newyork@gmail.com**
- For questions about other Alt. Breaks or to request accommodations, contact **uconn.co.altbreaks@gmail.com**