



**BREAK OUT OF THE BUBBLE \* DO SOMETHING ALTERNATIVE**

**Alternative Spring Break  
February 22 – March 1, 2014  
Service Trip Descriptions**

**Deadline for applications, Friday January 10, 2014**

- **Affordable Housing, (faith based\*\*\*)**  
Habitat for Humanity, Athens, Ohio. (driving, \$150) <http://habitatseo.org/>  
Assist in home construction for economically disadvantaged families. Habitat builds so families can have healthy, safe homes. Habitat helps to break down barriers and establish vibrant neighborhoods. They build for the promise of a new start and a better life, providing stability for families.
- **Civil Rights**  
Freedom Foundation, Selma, Alabama (flying, \$275) <http://freedomfoundation.org/>  
Service: work with young people in and out of the school systems, tutoring, reading, and helping with an after school program. Issue education: experience a history tour, meet heroes from the Civil Rights movement (past and present!). Travel to both Montgomery and Birmingham to learn more about the Civil Rights movement.
- **Immigration and Border Issues**  
El Paso, TX or Nogales, AZ (flying, \$275)  
Issue education in communities along the Mexico border. May involve conversation and service activities joining with faith-based social justice advocates and other non-profit agencies.
- **Home Access**  
United Cerebral Palsy, Nashville, TN. (driving, \$150)  
Building a wheelchair ramp each day for those unable to access their homes  
<http://ucpmidtn.org/programs-and-services/home-access/>
- **Foods and Sustainability**  
Global Peace Initiatives, Indianapolis, IN (driving, \$150)  
Working in gardens, farms while learning more about sustainable agriculture and the urban setting <http://www.globalpeaceinitiatives.net/>

**Payment, Application and Placement Notes:**

- **STEP 1:** Turn in your \$25 nonrefundable deposit to the Business Office by **Friday, January 10**. (Checks made to Alma College, cash or credit card)
- **STEP 2:** Turn in your application to the Responsible Leadership Institute (within the Center for Student Opportunity in Tyler Van Dusen) by **Friday, January 10 at 5pm**.
- **STEP 3:** Turn in your remaining balance to the Business Office by **February 7**. No refunds once airline tickets are purchased.
- **STEP 4:** Attend the Kick Off Celebration to meet your site leaders and service team: **Tuesday, January 14 @ 7pm**, CSO Lobby (watch your Alma e-mail for a reminder!!)

**Applications will be accepted anytime between now and January 10, however, service teams will not be confirmed and notified until January as plans often change over the holiday.**

**Keep This Page!**

## Participant Expectations

Keep This Page!

Thank you for your interest in the Alternative Break program at Alma College!

Before returning your application, please read the following expectations of participants. Keep this page for your records when you turn in your application.

- Attend all pre-break activities for team building, education, orientation and training. There will be approximately 4 gatherings before traveling.
- Participate fully in service as arranged by the host agencies. Each service trip will involve 4 to 5 full time (6-8 hour) work days.
- Be sensitive of the different cultures you will experience.
- Process the alternative break experience individually and participate in reflection activities with your service team.
- Alternative Break promotes an alcohol/drug-free philosophy during service trips.
- Complete waivers, medical forms, surveys and evaluations. These are necessary for travel and essential to the Responsible Leadership Institute for evaluation and for future program development of Alternative Break experiences.
- Attend a post-trip gathering to share your experiences with other Alternative Break teams and those from the Alma College community who are committed to service. A Re-Orientation Celebration will be held in winter term.
- There may be asked to participate in fund-raising efforts for continued support of the alternative breaks program.
- Applications with \$25 deposits received by **Friday, January 10** will receive maximum consideration. Application process will remain open until all available spots are filled.
- **Where interest exceeds available space, a selection process will take place.** NOTE: The Alternative Breaks Board wishes as many individuals as possible to experience these life-changing trips. If a selection process is necessary, the AB Board reserves the right to use past AB experiences as a criterion in the selection process.

Applications are also available on line:





**Alternative Spring Break  
February 22 - March 1, 2014  
Participant Application**

**BREAK OUT OF THE BUBBLE \* DO SOMETHING ALTERNATIVE**

**Sponsored by the Alternative Break Student Advisory Board and  
the Responsible Leadership Institute**

Applications with \$25 deposits received by **Friday, January 10 at 5pm** will receive maximum consideration. Refer to "participant expectations" for more details.

Name\*\*: \_\_\_\_\_

\*\*Include first, middle and last

Date of birth (required for airline tickets): \_\_\_\_\_

Expected Graduation: \_\_\_\_\_ Major: \_\_\_\_\_

Cell phone: \_\_\_\_\_ Minor: \_\_\_\_\_

T-Shirt size: \_\_\_\_\_ We will use your Alma email for communication!

Are you willing to drive a 12 or 15 passenger van during Alternative Break? **YES** or **NO**

How about a minivan? **YES** or **NO**

Are you a registered driver with the Alma College Motor Pool? **YES** or **NO**

Dietary restrictions:

\_\_\_\_\_

Physical or medical restrictions that might affect trip planning:

\_\_\_\_\_

**Alcohol / Drug Free Philosophy**

Alternative Break promotes an alcohol/drug-free philosophy. This prohibits alcohol consumption or illegal or irresponsible drug use by anyone, regardless of age, while participating in Alternative Break (including the days of travel to and from the site). Support of this policy by all involved is essential for a safe and socially aware break.

Final pages request your signature as an agreement to the above policy

**Please rank service trips in order of your preference.**

\_\_\_\_\_ **Affordable Housing, (faith based\*\*\*)**

Habitat for Humanity. Athens, Ohio. (driving, \$150)

Assist in home construction for economically disadvantaged families.

\_\_\_\_\_ **Civil Rights**

Freedom Foundation, Selma, Alabama (flying, \$275)

Volunteering with an after school program and civil rights issue education

\_\_\_\_\_ **Immigration and Border Issues**

El Paso, TX or Nogales, AZ (flying, \$275)

Issue education in communities along the Mexico border. May involve conversation and service activities joining with faith-based social justice advocates and other non-profit agencies.

\_\_\_\_\_ **Home Access**

United Cerebral Palsy, Nashville, TN. (driving, \$150)

Building a wheelchair ramp each day for those unable to access their homes

\_\_\_\_\_ **Foods and Sustainability**

Global Peace Initiatives, Indianapolis, IN (driving, \$150)

Working in gardens, farms while learning more about sustainable agriculture and the urban setting

**Skills I have that may be beneficial to my Alternative Break Team:**

\_\_\_\_\_ Food (menu, shopping, preparing)

\_\_\_\_\_ Travel (maps and navigation)

\_\_\_\_\_ Photography

\_\_\_\_\_ Communication: publicity articles

\_\_\_\_\_ First Aid

\_\_\_\_\_ Team Building games & activities

\_\_\_\_\_ Keeping track of finances

**Application Questions (Please answer on separate sheet)**

1. What are your expectations for Alternative Break? Why do you want to participate?
2. Based on your first choice selection, why is this issue important to you? (If applying for a Faith-based trip, please also describe the importance of the faith component of the AB experience for you.)
3. What types of experiences have you had which make you feel particularly well suited for the site you have chosen? (No prior experience is necessary to participate.)
4. It is not uncommon for participants to have some anxieties concerning Alternative Break experiences and also to wonder what challenges they may encounter. Please describe what you imagine to be your biggest challenge or concern while you are on your trip.
5. Explain your previous volunteer involvement and service work (ie mission trips, other Alternative Break trips, work camps, etc).

Questions? Contact: [alternativebreaks@alma.edu](mailto:alternativebreaks@alma.edu) or [scheide@alma.edu](mailto:scheide@alma.edu)

**Medical Information:  
Alma College Alternative Break Service Trips**

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Emergency Contact \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship \_\_\_\_\_

Alternate Emergency Contact \_\_\_\_\_

Phone \_\_\_\_\_ Relationship \_\_\_\_\_

Allergies (list treatments and medications if applicable)

\_\_\_\_\_  
\_\_\_\_\_

Medications that you are currently taking that we should be aware of:

\_\_\_\_\_  
\_\_\_\_\_

Are there physical or medical restrictions that might affect trip travel and logistics: \_\_\_\_\_

\_\_\_\_\_

Is your tetanus shot up to date? \_\_\_\_\_

Please carry your insurance card with you on the trip

I hereby certify that I am over eighteen years of age and accept the risks inherent in Alma College service trips during the academic year of 2013-2014. I authorize the group leaders to secure any medical attention for me in the event of accident or injury. I further agree to be financially liable for such treatment. The above information regarding my health history and insurance is true and correct to the best of my knowledge.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## **Alma College Alternative Break Service Trips 2013/2014 Personal Contract and Liability Waiver**

**Please read this entire document carefully before signing.** This releases Alma College, its successors, assigns, trustees, officers, agents, and employees from any and all claims, demands, and causes of action whatsoever, in any way growing out of or resulting from the participant's attendance at and travel to and from this service trip.

The participant hereby acknowledges that he/she understands that attendance at and travel to and from an Alternative Break service trip is purely voluntary and is not a part of the academic curriculum of the College. The participant agrees that he/she understands that some risk of bodily injury, property damage, and other dangers may exist.

It is expressly understood by the participant that he/she is solely responsible for any costs arising out of any bodily injury or property damage sustained through participation in an Alternative Break service trip. By signing this document, the participant acknowledges responsibility to obtain proper insurance or pay all charges associated with any injury or accident associated with this trip.

While Alma College faculty and/or staff may be accompanying the student participants, it is unlikely that those persons will be able to provide constant supervision. It is expected that students will abide by college policies and regulations, the Student Code of Conduct, and all instructions presented by Alma College staff members, whether written or verbal.

In exchange for being granted the opportunity to participate in an Alternative Break program, I understand that I am expected to remain at the site and participate, to the best of my ability, in all programs, activities, and service projects. I will also abide by all ground rules as expressed by the College, the site, and the Alternative Break program. Furthermore, I recognize that Alma College has subsidized the cost of my attendance; I will do my best to contribute to the effectiveness of the program and the well-being of the group.

Alternative Break is an alcohol free and controlled substance free program. As a participant, I agree to abide by the alcohol free and controlled substance free policy, and understand that if I violate this policy, I will be responsible for paying the unsubsidized cost of this trip (this could be between \$50 and \$850). I will also be held accountable for my actions in Alma College's judicial process.

**I have carefully read and understand completely and clearly the provisions stated above and agree to be bound thereby. I have read the expectations and philosophy printed on previous pages of the application. I agree to abide by the policies and invest the time, energy and commitment required of an Alternative Break participant.**

**Printed Name of Participant** \_\_\_\_\_

**Signature of Participant:** \_\_\_\_\_

**Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

**If under 18 years of age:**

**Print Name of Parent/Guardian** \_\_\_\_\_

**Signature of Parent/Guardian** \_\_\_\_\_