



INFORMATION

February/March Service Opportunities

Food Insecurity: YMCA of Western North Carolina, Asheville

Sunday – Saturday, February 24 – March 2, 2019 (\$125)

FULL

The YMCA of Western North Carolina's Nutrition Programs provide healthy food assistance and nutrition education to food insecure families via Mobile Markets. During the week, you will work with staff to procure, sort and distribute food to families who are experiencing food insecurity. The week will include assisting at mobile markets (think mobile food pantry!), doing nutrition demonstrations with school aged kids, food drives, and other tasks that help keep this program running! You will serve more than 1000 people in just 1 week's time, all while enjoying the beautiful mountains of WNC! Housing will be at a local Youth Center.

Environmental Stewardship – Camping at Congaree National Park, South Carolina

Sunday – Saturday, February 24-March 2, 2019 (driving, \$125)

FULL

Rustic camping at this National Park in central South Carolina. Your time will be spent providing the services most needed by the park. This may include the removal of invasive species, park maintenance and other service projects. (alternate sites are being considered if there is a continued government shut down)

Environmental Stewardship – Mammoth Cave National Park

Sunday – Friday, February 24-March 1, 2019 (driving, \$125)

FULL

They need your volunteer help for trail maintenance and more! Housing on site. (Alternate sites are being considered if there is a continued government shut down)

Rural Poverty/Housing – Appalachia Service Project, Guyan Valley, West Virginia

Sunday - Saturday, February 24-March 2, 2019 (driving, \$125)

ASP is dedicated to the eradication of substandard housing in the Central Appalachian region. They work with volunteers to complete the critical, essential, effective home repairs that will lift a family's home out of substandard condition, focusing on building connections and forming lasting relationships with the communities and families with whom they partner.

Health: Various Health Institutions in Memphis, TN – Sponsored by the Nursing Program (priority to students enrolled in the nursing program)

Saturday – Saturday, February 23-March 2, 2019 (driving, \$125)

Memphis is a fantastic city to learn about Civil Rights history and the rich tradition of medical care and solutions highlighted by the solving of the Yellow Fever epidemic, the founding of St. Jude and being a modern day research and development hub for medical devices and such. Housing is in a "bunkhouse" on the lower level of a local church.

EXPECTATIONS

Helpful information:

- Applications are on line and include a statement of agreement to the expectations and policies listed within this document
- On line applications are accepted until 5:00pm, Wednesday, January 16. Placements will be released soon after. (sites may remain open until filled)
- If interest exceeds available space, a selection process will take place.
- Payments (in full) can be made at the Student Services Center from notification of placement until February 11 with cash, check, cards or accounts. Any unpaid balances after Feb. 11 will appear on your student account and will be subject to late fees after 30 days.
- Students not placed on a service excursion will receive a full refund.
- Fees cover travel, meals and lodging.
- All excursions are traveling by car/van

Expectations for Alternative Break participants:

- Attend pre-trip meetings (see date of first meeting below)
- Be sensitive to the cultures you will experience
- Process the experiences individually and with your service team
- Contribute to projects designed to share your alternative break experience
- Complete all waivers, forms, surveys and evaluations as requested by your community host and by Alma College
- Respect Alternative Break's alcohol/drug-free philosophy. This prohibits alcohol consumption or illegal 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. If you violate this policy, you will be responsible for paying the unsubsidized cost of this trip (this could be between \$50 and \$600). You will also be held accountable for your actions in Alma College's judicial process.

The application will be on the Alma College Alternative Break website. You will be asked to agree to the expectations listed on this document and to the statements on the Alma College Alternative Break Student Agreement Form (both will be on the website). alma.edu/academics/leadership/altbreak

Dates to Remember:

- Wednesday, January 16 at 5pm: Application deadline
- Wednesday, January 23 at 6:30pm (place tbd): All Participant Gathering and First Service Team meeting
- Monday, February 11: Unpaid balances will appear on your financial statements (subject to late fees)
- Thursday, February 21 at 11:20am: Recognition of Alternative Breakers in chapel service
- Thursday, March 14 time/place tbd: Celebration for all Alternative Break service trips (December and February)

Alma College Alternative Break Student Agreement Form

Alternative Break experience is hereafter called the “Activity,”

I understand and agree to the following:

Standards of Conduct: While off-campus as part of the Activity, I remain subject to the College Regulation and Student Code of Conduct, as outlined in the most recent Alma College Student Life Handbook. In addition, I agree to respect local ordinances and any additional rules and standards deemed necessary by any Alma College representative.

Alternative Break promotes an alcohol/drug-free philosophy. Use of alcohol or illegal drugs, or other behaviors disruptive to the well-being of others will not be tolerated.

I understand that failure to adhere to any of the regulations and standards of conduct listed above may result in dismissal from the Activity and return home at my own expense.

Risks and Costs: I understand that Alma College, its Board of Trustees, officers, employees, agents, or other persons or entities acting on their behalf, hereinafter referred to collectively as “Alma College” are not responsible for my well-being when I am absent from Alma College supervised activities, including if I elect to leave early or extend my visit.

I understand that Alma College is not responsible for any loss of, or injury to, persons or property in the course of this Activity, or for other events beyond their control, including, but not limited to: acts of God; weather; suppliers of program services and accommodations; and transportation delays. I agree to release Alma College from all claims arising from the above.

I accept liability and financial responsibility for any:

- financial obligations I incur or damage or injury I cause during my participation in this activity
- medical expenses related to injury or sickness while on the program
- additional program charges based on unforeseen expenses or cost increases associated with this activity, including any that Alma College incurs on my behalf

Indemnification and Hold Harmless: I hereby indemnify and hold Alma College harmless against any and all claims, demands, and causes of action of any person who suffers injury, disability, death, or other harm, to person or property or both, as a result of my participation in and/or presence at the Activity.

Emergency Information: I authorize an Alma College representative to communicate with the emergency contact person(s) listed in my application to discuss any concerns related to this Activity.

I understand that all Alma College students taking part in this Activity must have valid health insurance. My policy details are included on my application.

I will agree to the above as requested on my online application to be an Alternative Break participant.