Alternative Spring Break 2015

General Information

Thank you for your interest in Eastern Kentucky University’s Alternative Spring Break (ASB) 2015! This 9th year of ASB promises to be as exciting and rewarding as ever, and we’re glad you’re considering spending your Spring Break week as an active citizen.

What is an Alternative Spring Break Trip?

An alternative spring break is a trip where a group of college students (usually 10-11) engage in volunteer service for a week. Each trip has a focus on a particular social issue, such as (but not limited to) poverty, education, public health, and the environment. Students learn about the social issues and then perform week-long projects with local non-profit organizations, around their respective issues.

Alternative spring breaks challenge students to critically think and react to problems faced by members of the communities they are involved with. Being immersed in diverse environments enables participants to experience, discuss, and understand social issues in a significant way.

Why Participate?

The aim of the experience is to contribute volunteer hours to communities in need, and to positively influence your life. After a trip, breakers are empowered to take educated steps toward valuing and prioritizing their own communities in life choices such as recycling, donating resources, voting, etc. **Students can also receive 1 hour of academic credit for this experience.**
COURSE REQUIREMENTS

1. Civic Engagement Project - Each student is required to participate in a significant civic engagement project. Active and positive participation is essential and necessary; active and positive participation shall be determined and evaluated by the instructor.

2. Civic Engagement Reflective Journal – Each student is required to keep a personal journal during their civic engagement project. Each day after the student’s civic engagement obligations are fulfilled, they will write a single page reflection. Each journal entry shall be an honest reflection relating the civic engagement project to the learning outcomes of this course.

3. Civic Engagement Assessment Survey – Each student is required to complete an assessment of their civic engagement participation. This assessment includes a personal introspection of the entire experience, evaluation of participation, and personal opinions related to specific outcomes of the course.
### ASB 2015 At-A-Glance

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Costs

The cost for each trip includes transportation, lodging, and any fees for all the trips. Most trips have meals included Monday - Friday. Please review this trip packet for detailed information on each trip.

How do I sign-up for a trip?

Sign-ups will begin on January 20th and continue until trips are full.

For the seven traditional trips, sign-ups are for 'first come, first serve' for all EKU students. Sign-ups take place online through the Alternative Break TouchNet Store. Students must sign up in the Student Life office or contact William Keaton, Assistant Director of Student Life - Service. (William.keaton@eku.edu or call 859-622-3855). They will fill out pre-trip forms and have your name added to the trip roster. Once you have your name added to the roster, you will be given the product code to pay your registration fee online in TouchNet.

If you have any questions please contact:

William Keaton
Assistant Director of Student Life- Community Service
Office of Student Life
Eastern Kentucky University
William.Keaton@EKU.edu
859.622.3855
ASB 2015 Trip Details

Urban Mission Experience (NEW!)

Partner: Presbyterian Social Ministries
(http://www.presbyteriansocialministries.org/)

Location: Jacksonville, FL

Issue: Urban Poverty

What Will You Do? Students will travel to Jacksonville, FL, Florida's largest city, for a week of volunteering with Presbyterian Social Ministries (PSM). This organization is a faith-based ministry working to offer shelter, food, clothing and education to community members and families in need. Participants will learn a variety of skills over the course of the week. Instead of working on one task, PSM will do five work days will consist of working in a variety of missions in Jacksonville, including:

- Clara White – soup kitchen
- Dignity-U-Wear – new clothing distribution center
- Habijax or Builder's Care – help build a new home or remodel an old one
- The Sanctuary – an after school activity program
- Feeding NE Florida Food Bank – sorting donated food
- Angelwood – working with disabled children and adults

If you are a person who enjoys something new each day, this is the trip for you. This model allows you to look holistically at the challenges of urban poverty in an area where impoverished communities are blocks away from areas that draw trade and tourism from around the world. Plus the beach is less than 30 minutes away.

Travel: The team will travel via a 12 passenger van for the entire trip. Travel time is approx. 10 hours.

Lodging: The Urban Mission Experience program uses buildings on the Riverside Presbyterian Church campus for its sleeping and eating activities. The sleeping areas are air conditioned and/or heated. The dorms can accommodate up to 75 people. Since our group is smaller, there is a possibility that other groups may be sharing the space with us. All mattresses are standard size. Groups should bring their own bedding, which can be sleeping bags or sheets and blankets. Bring your own pillows. Showers are located in several places. Bathrooms are located in the dorm area.

Food: Meals are provided Monday through Friday. Our partner does the shopping and has all the food for you here. Participants are responsible for meals on travel days, and if they choose to eat out during the course of the trip.

- Breakfast: Each person makes their own breakfast with the food we have available.
- Lunches: Each person makes a lunch to take to your work site. Drink and sandwich coolers will be provided, if needed. Sometimes lunches will be offered by the program where you will work.
- Dinners will be prepared and served by our cook unless other arrangements have been made. You may be asked to have a few volunteers help with cleaning the dining area and kitchen. The group can choose to EAT OUT on their own costs.

Dates: March 29 – April 4, 2015

Cost: $333, 1st Payment $75 Non Refundable Deposit to secure your space, $258 Balance
ASB 2015 Trip Details

Foundations of Freedom in the Deep South (NEW!)

**Partner:** The Freedom Foundation ([http://www.freedomfoundation.org/](http://www.freedomfoundation.org/))

**Location:** Selma, AL

**Issue:** Civil Rights, Social Justice, & Education

**What Will You Do?** Participants will have the opportunity to work with the Freedom Foundation, an organization dedicated to cultivating the next generation through educational and service based opportunities. The emphasis on education comes from the organizations intention to create a balanced service-learning experience. In addition to providing service to empower the youth of Selma, participants will have the opportunity to learn about the historically significant events that took place in this region during the height of the civil rights movement.

- **Non-Violence Training:** Dr. King’s principles of non-violence, Kingian non-violence training offers a great opportunity for students to bring back what they learn in Selma and apply it to their own campuses and communities.
- **Birmingham Excursion:** Students will have the opportunity to visit the Birmingham Civil Rights Institute, an excellent museum highlighting the Civil Rights movement along with attending a tour at the 16th St. Baptist Church, the same church where the 1963 Birmingham Bombing took place.

**Please note** The Freedom Foundation believes in being a little uncomfortable. Previous participants have noted the ASB experience for its ability to challenge, encourage, stretch, inspire, frustrate, and deeply impact simultaneously. Trip attendees are encouraged to go in with an open mind.

**Travel:** The team will travel via a 12 passenger van for the entire trip. Travel time is approximately 7 and 1/2 hours.

**Lodging:** Students will stay in a Church/Community Center and be showering at the YMCA.

**Food:** Students will eat most meals at the Freedom Café. This cafeteria-style dining option offers 3-balanced meals for breakers as well as a late night cafe. The Freedom Cafe is happy to accommodate any dietary or nutritional needs. The Freedom Café serves as the ‘Alternative Break hub’ and is a great place to eat and interact with other breakers, volunteers, and community members. **Students will be expected to purchase their own lunch out on the Birmingham Excursion trip.** Participants are responsible for meals on travel days, and if they choose to eat out during the course of the trip.

**Dates:** March 29 – April 4, 2015

**Cost:** $240, 1st Payment $75 Non Refundable Deposit to secure your space, $165 Balance
ASB 2015 Trip Details

Raising Walls in the Lowcountry (9th Annual)

Partner: Sea Island Habitat for Humanity
(http://www.seaislandhabitat.org/)

Location: Charleston, SC

Issue: Affordable Housing

What Will You Do? We will be serving with Habitat of Sea Island as a part of Habitat’s Collegiate Challenge program. Sea Island Habitat for Humanity, the third-oldest Habitat for Humanity affiliate in the world, is an independent, nonprofit, ecumenical Christian housing ministry that partners with people of all beliefs. The mission of Habitat in general is to provide simple and affordable housing to those in need. Families apply to Habitat to purchase one of their homes, and if selected, work with the volunteers building their home. Homeowners are provided 0% interest loans and pay Habitat back. That money is then used to start to process all over again!

Habitat builds can involve any part of the construction experience – from framing to roofing to painting! No experience is necessary however! Habitat will have construction supervisors that will show you how to do what needs to be done. This trip is a great opportunity for first time alt beakers and also anyone who may be unsure about an alternative break experience.

Travel: The team will travel via a 12-passenger van for the entire trip. Travel time is approximately 9 hours.

Lodging: The team will stay at a house owned by Habitat for Humanity.

Food: Students grocery shop and prepare their meals together as a group on the trip. Money from the registration fee provides 3 meals a day Monday-Friday. Participants are responsible for meals on travel days, and if they choose to eat out during the course of the trip.

Dates: March 29 – April 4, 2015

Cost: $300, 1st Payment $75 Non Refundable Deposit to secure your space, $225 Balance
ASB 2015 Trip Details

Keeping “Current” with Coastal Conservation (4th Annual)

**Partner:** Nags Head Woods Ecological Preserve
(http://www.nature.org/ourinitiatives/regions/northamerica/unitedstates/northcarolina/placesweprotect/nags-head-woods-ecological-preserve.xml)

**Location:** Outer Banks, NC

**Issue:** Environmental Stewardship

**What Will You Do?** Students will be helping preserve our coastal forests by working with The Nature Conservancy’s North Carolina chapter in Nags Head woods, Outer Banks, North Carolina. The conservancy works to preserve our country’s natural beauty.

Projects usually fill an unmet, but valued, community need, are environmentally sound, and are conducted according to accepted safety and design principles. Please note that all of the projects will involve outdoor, manual labor.

Projects may include:
- Assisting with invasive plant removal
- General trail maintenance
- Oyster reef restoration projects

**Travel:** The team will travel via a 12 passenger van for the entire trip. Travel time is approximately 10 hours.

**Lodging:** The team will be staying in the Research House owned by the Nature Conservancy.

**Food:** Students grocery shop and prepare their meals together as a group on the trip. Money from the registration fee provides 3 meals a day Monday-Friday. Participants are responsible for meals on travel days, and if they choose to eat out during the course of the trip.

**Dates:** March 29 – April 4, 2015

**Cost:** $240, 1st Payment $75 Non Refundable Deposit to secure your space, $165 Balance
ASB 2015 Trip Details

NOLA: The long road home (7th Annual)

Partner: St. Bernard Project
(http://www.stbernardproject.org/)

Location: New Orleans, LA

Issue: Disaster Recovery & Blight

What Will You Do? St. Bernard Project (SBP) is an award-winning rebuilding, nonprofit organization whose mission is to remove physical, mental and emotional barriers for vulnerable families, senior citizens and disabled residents who are struggling to recover from the devastation and trauma caused by Hurricane Katrina and the Oil Spill. With its innovative, vertically integrated construction system, SBP is poised to serve as a model for disaster rebuilding and affordable housing. With clients throughout the Greater New Orleans area, SBP reaches the communities most in need.

Students will be working with their Rebuilding Program which constructs homes for senior citizens, people with disabilities and families with children who cannot afford to have their homes rebuilt by contractors. For clients who can afford supplies, the St. Bernard Project provides supervised volunteer labor. For clients who cannot afford supplies, the SBP buys the supplies and provides the labor.

Volunteers not only help in the rebuilding but they also provide the homeowners with support and encouragement during the emotional rebuilding process. EKU has worked with SBP for the past seven years. Please note that while the work involves hard physical labor, it is extremely rewarding.

Travel: The team will travel via a 12 passenger van for the entire trip. Travel time is approximately 12 hours.

Lodging: The team will stay at Camp Hope which is a volunteer housing program run by The Gathering Ministry and the St. Bernard Parish government. This is a shared facility with many other groups. Participants are expected to bring their own bedding. A laundry facility, and group showers are on site.

Food: Meals are provided Monday through Friday by Cape Hope. Our partner prepares all food for you while here. Participants are responsible for meals on travel days, and if they choose to eat out during the course of the trip.

Dates: March 29 – April 4, 2014

Cost: $300, 1st Payment $75 Non Refundable Deposit to secure your space, $225 Balance
ASB 2015 Trip Details

Hunger & Homelessness on the Hill (NEW!)

Partner: Steinbruck Center at Luther Place (www.steinbruckcenter.org)
        N Street Village (www.nstreetvillage.org)

Location: Washington, DC

Issue: Hunger, Homelessness, Gentrification, & Urban Poverty

What Will You Do? Students will be working with the Steinbruck Center in the heart of the Nation's Capital. The center is a ministry of Luther Place Memorial Church and has a long history of providing transformative education and service opportunities through the context of poverty and homelessness. Participants work specifically in the Luther place, N St Village, and Logan Circle communities by addressing the needs of Washington residents experiencing homelessness and poverty. In addition to providing service to this population, the Steinbruck Center immerses volunteers in education and experiential learning opportunities that are sure to challenge and encourage. Steinbruck truly focuses on a rounded Alternative Break balancing three aspects of the trip.

- **Education** – The Steinbruck Center works with visiting participants to help them understand the historical, political, and cultural context of the social issues they will be focusing on during their trip. Education for transformation will take place before, during, and after the trip.
- **Direct Service** – The Steinbruck Center will facilitate opportunities for participants to engage in direct service or hands-on projects and activities with community partners that address unmet social needs, as determined by the community.
- **Reflection** – Groups are expected to reflect both individually and as a group in order to synthesize their direct service and education, and to better understand the impact and meaning of their service.

If you are interested in an Alternative Break that will allow you to both do service with a societal need, and learn about how that need arose, this is the trip for you.

Travel: The team will travel via a 12 passenger van to and from DC. While in DC the group will travel around the city using DC Public Transit guided by representatives from our service partner. Travel time is approximately 9 hours.

Lodging: Hostel-type dorm with bunk beds in one large room; Gender specific bathrooms and showers. Dining room and kitchen with refrigerator, stove, microwave, dishes, and utensils.

Food: Students grocery shop and prepare their meals together as a group on the trip. Money from the registration fee provides 3 meals a day Monday-Friday. Participants are responsible for meals on travel days, and if they choose to eat out during the course of the trip.

Dates: March 29 – April 4, 2014

Cost: $333, 1st Payment $75 Non Refundable Deposit to secure your space, $258 Balance
ASB 2015 Trip Details

Action in Appalachia (NEW!)

Partner: Big Creek People In Action (http://www.bigcreekpeopleinaction.org/)

Location: Caretta, WV

Issue: Rural Poverty, Education, & Community Development

What Will You Do? Big Creek People in Action, Inc. is a nonprofit community organization dedicated to serving the citizens of McDowell County, WV. As part of this service learning experience, students will have the chance to serve in the realms of education and literacy, leadership development, recreation, and community partnerships. Participants should be flexible and ready to adapt to the needs of the community during the week of service.

Upon arrival, groups will be assigned a project(s) to be completed throughout their stay with Big Creek People in Action. The nature of the project will vary according to the skill level of the group, the size of the group, the needs of the community, and the weather. At times, groups may be asked to complete work projects to improve the facilities of Big Creek People In Action, which is located in an old elementary school undergoing continuous renovation. Typical work projects include painting homes, installing windows, and flooring.

Travel: The team will travel via a 12 passenger van for the entire trip. Travel time is approximately 5 hours.

Lodging: Currently, Big Creek People in Action facilities are capable of housing approximately fifty people. This includes ten toilets, eight showers, a kitchen with refrigerated storage space, a gymnasium, a computer lab with internet access, three telephone lines, a television with VCR, washers and dryers, pots and pans, silverware and dishware. Groups provide their own linens and their own toilet paper.

Food: Students grocery shop and prepare their meals together as a group on the trip. Money from the registration fee provides 3 meals a day Monday-Friday. Participants are responsible for meals on travel days, and if they choose to eat out during the course of the trip.

Dates: March 30– April 3, 2015

Cost: $240, 1st Payment $75 Non Refundable Deposit to secure your space, $165 Balance