

# **UConn Community Outreach Alternative Breaks**

Alternative Breaks are service-learning experiences supporting alongside the community to seek a more equitable and inclusive society. Alternative Breaks trips are also designed to heighten participants' awareness of critical social issues, enhance their individual growth, and prepare them for lifelong social action. Each weekend or week-long trip integrates service, reflection and education and focuses on a social justice topic such as racial justice, environment justice, healthcare, etc.

Check out our website for info and to apply: <https://communityoutreach.uconn.edu/alternativebreaks/>

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## **Fall Weekend and Winter Trips**

### **HIV/AIDS Awareness and Advocacy**

During this service experience, participants will be working with local organizations committed to supporting individuals diagnosed with HIV/AIDS. In addition to learning about HIV/AIDS from a scientific standpoint, there will be a focus on the social and cultural implications and broader inequities in healthcare. Students will gain awareness of communities affected by HIV/AIDS through their service and develop skills that they can use to further advocate within their own communities.

**Dates:** November 4-6, 2022

**Location:** New York City

### **Housing Security**

This weekend immersion trip will be focused on the acquisition of housing security and the impact it has on the individuals within and around the community. Through service at establishments such as homeless shelters and soup kitchens, participants will be able to learn about the intricacies of housing insecurity and become stronger advocates.

**Dates:** November 4-6, 2022

**Location:** New Bedford, MA

### **Community Development (Winter Trip)**

Throughout this two-week service experience, participants will work alongside local community members to build infrastructure to support current community initiatives. Participants will engage in education and reflection focused on topics such as social mobility, sustainability, the impacts of policy on the community and more. We will also look deeper into the impacts of healthcare and education on rural communities. By the end of their experience, participants will develop skills to be more engaged citizens in their communities.

**Dates:** January 2- January 15, 2023

**Location:** Costa Rica

## **Spring Trips**

### **Civil Rights and Racial Justice**

Through this service experience, participants will enhance their knowledge relating to civil rights issues and the effects of racial justice. Students will gain awareness of communities affected by civil rights issues through their service and develop skills that they can use to further advocate within their own communities.

**Dates:** March 11-19, 2023

**Location:** Washington, DC

If you have any questions, please contact [uconn.co.altbreaks@gmail.com](mailto:uconn.co.altbreaks@gmail.com)

*More Trips on Back* 

### **Community Development (Spring Break Trip)**

Over this week-long service experience, participants will immerse themselves and learn about the complexities of access to resources in a rural community, serving with the organization Sunset Gap to support ongoing community initiatives. Participants will look deeper into the root causes of poverty and its impact on health and education, as well as how stereotypes in less populated regions perpetuate poverty systems. Through their service, participants will create tangible connections with community members and will continue to develop as community collaborators.

**Dates:** March 11-19, 2023

**Location:** Cosby, TN

### **Cultural Preservation**

During this service experience, students will have the opportunity to learn about cultural preservation and support with building some local infrastructures in the community. Students will engage with local Indigenous and Native American communities while also fostering our long-standing relationship with the [Cherokee Nation](#). Upon their return, participants will continue as advocates.

**Dates:** March 11- 19, 2023

**Location:** Oklahoma

### **Food Systems in Cities**

During this service experience, participants will seek to understand food systems in our communities and their intersections with poverty. Through working with establishments such as homeless shelters, food pantries, farms, and social work centers, and engaging in thoughtful discussions, participants will learn strategies to combat food insecurity and advocate for food justice in their own communities.

**Dates:** March 11- 19, 2023

**Location:** New Haven, CT

### **Healthcare Access and Education**

During this service experience, participants will seek to understand health access disparities and the impact of the social determinants of health. Through their work with healthcare-related organizations, participants will learn about health equity and develop skills that allow them to become advocates in their own communities.

**Dates:** March 11-19, 2023

**Location:** Philadelphia, PA

### **Coastal Conservation and Preservation**

During this weekend-long service experience, participants will come together for an immersive experience focusing on coastal environmental issues. In the past, the group has worked on beach clean-ups, removal of invasive species, planting eelgrass. Furthermore, participants will critically think about sustainability and ways to promote sustainability.

**Dates:** April 14-16, 2023

**Location:** Groton, CT

### **Refugee Resettlement**

On this weekend service trip, participants will learn about the systems affecting the experience of refugees arriving and assimilating in the United States. Through their work with local organizations focused on alleviating barriers in communication, employment, education, food, and housing, participants will further their understanding of the refugee community.

Upon returning to campus, participants will share knowledge from their tangible interactions with new community spheres within refugee resettlement.

**Dates:** April 14-16, 2023

**Location:** New Haven, CT