



Volunteer Resource Center

UNIVERSITY OF COLORADO **BOULDER**

A SERVICE OF CU STUDENT GOVERNMENT

Alternative Breaks - Participant Expectations

Weekend Break Trips

Required Attendance:

1. **Pre-Trip Meeting:** The Pre-Trip meeting serves as an opportunity to get to know one another, better understand the community in which the group will be serving, and to learn about the social or environmental issue related to the trip. The time in which the group meets will be determined by the availability of the members in the group.
2. **Alternative Break Trip:** Participate in your Weekend Break trip.
3. **Reorientation:** Reorientation takes place after the Weekend Break trip is a time to come together to reflect and convert what has been learned during the trip into action. Dinner is provided.

Benefits of Participation:

There are countless reasons to take part in an Alternative Break trip. Here are a few of our favorites!

- **New Friendships:** Participants often make strong friendships with other participants and with members of the community in which they are serving.
- **Building Bridges:** Participants have the opportunity to meet and network with other CU students as well as professionals in the field to discuss and learn from one another about cultural, social, and environmental issues.
- **Travel Experience:** Participants will be able to see parts of the United States outside of Colorado.
- **Diversity & Social Justice Education:** Participants experience a community different from their own and are able to collaborate with local people to directly confront social issues.
- **Substance-free Environment:** Participants have an opportunity to spend a week in a drug, tobacco, and alcohol free environment.
- **Personal Satisfaction:** One of the greatest feelings in the world is the ability to look back over a week of hard work knowing that your efforts have made a difference.

Participant Expectations:

- Attend one Pre-Trip meeting, the Alternative Breaks trip, and Reorientation. These meetings and trainings are provided to enhance student learning and ensure quality service experiences for participants and the community partners. In addition, participate in all aspects of the CU Alternative Breaks program, which includes service work, daily reflections, projects, and reading assignments.
- Drug, Tobacco, and Alcohol-Free: Participants agree to not engage in drugs, tobacco, or alcohol during their Alternative Break experience, regardless of age.
- Travel to and from the Alternative Breaks destination with the group and stay with the group for the entire duration of the trip. Participants are not permitted to travel on their own.
- Be willing to serve with an openness to learning and addressing the community needs first.
- Be open to processing, at your own comfort level, the Alternative Break experience individually and as a group through daily reflection.

- Respect the community as well as the cultural norms and values that you may experience in the community, including with members of the Alternative Break group.
- Be willing to explore diverse perspectives and opinions while also showing respect for fellow group members, community partners, and community members with whom you serve.
- Represent CU Boulder, the Volunteer Resource Center, and the Alternative Breaks program in a mature, responsible, and positive way at all times.