Alternative Breaks Trip Leader Scholarship Information Guide 2017-2018
Applications due April 7th, 2017:
Alternative Break Trip Leader (ABLT) &
Alternative Break Co-Coordinator (AB CoCo)

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Join our AB fam!
INTRODUCTION
So, you want to be an Alternative Break Co-Coordinator or Trip Leader? AWESOME!!! This is your guide to learning more! Please review all aspects of this guide to better understand the responsibilities and benefits to serving as a leader in the IUPUI Alternative Breaks program.

2017-2018 ALTERNATIVE BREAK SCHOLARSHIPS AT-A-GLANCE

- **Alternative Break Trip Leaders (ABTL):** Responsible for serving 4 hours per week to plan and implement an alternative spring break trip with a co-leader. Please note that Jan-March may require some extra hours for trip preparation (average of 6 hours).
  - Scholarship award: $1,000
  - Deadline: April 7th at 5:00pm
- **Alternative Break Co-Coordinator (AB CoCo):** Responsible for serving 10 hours per week to manage the Alternative Breaks program, co-lead the fall alternative break trip and lead an alternative spring break trip.
  - Scholarship award: $4,000
  - Deadline: April 7th at 5:00pm

BENEFITS OF SERVING AS AN ALTERNATIVE BREAK LEADER

- Experience of creating and implementing a week-long educational experience for twelve individuals and/or a fall break trip for up to forty individuals
- Develop greater cultural competency through trainings and directly working with other communities
- Enhance professional communication skills, including public speaking skills and facilitating group discussions
- Biweekly trainings on event planning, civic engagement, and social justice
- Curriculum development and teaching skills
- Financial management skills ($2,500 budget)
- Develop leadership skills
- On-hands service experience
- Scholarship of $1,000 (ABTL) or $4,000 (AB CoCo), and so much more!
**APPLICATION PROCESS**

- **STEP #1:** Go to the Center for Service & Learning’s (CSL) website for the Alternative Break Program: [go.iupui.edu/ABTL](http://go.iupui.edu/ABTL)
- **STEP #2** At the top (see photo) it says “Request an application”. Fill out this request form. The CSL staff will generate your own specific application link and email you so you can work on the application, save, and come back to it as often as possible.
  - You can also go straight to the “Request an Application” page here: [https://www.indiana.edu/~forms/csl_forms/machform/view.php?id=86151](https://www.indiana.edu/~forms/csl_forms/machform/view.php?id=86151)
- **STEP #3:** Do you want to check out the application before you start to see what it all includes? There is a PDF copy online: [http://csl.iupui.edu/doc/sam-jones-scholarship/alternative-break-program-application.pdf](http://csl.iupui.edu/doc/sam-jones-scholarship/alternative-break-program-application.pdf)
  - Review the minimum scholarship requirements: 2.75 minimum GPA, during the year of the scholarship award enroll at IUPUI for at least 9 hours (undergraduate) or 6 hours (graduate), complete a criminal history check initiated by CSL, and able to commit to all requirements listed in the Alternative Breaks Scholarship Guide.
    - **NOTE:** If your GPA is lower than 2.75, email nmmessmo@iupui.edu if you feel the need to explain your situation. One example is if you recently transferred to IUPUI or if you have returned to IUPUI after time off and your recent grades are above 2.75
- **STEP #4:** Ask a faculty, staff member, former employer, community member, etc to do a recommendation for you. In the application you’ll provide their name and email, and CSL will
send an email to them. A letter is not required! They will only have to answer questions in an
online form.

- **STEP #5:** Mark on the application if you are applying just for the ABTL scholarship, just for
the Co-Coordinator scholarship, or for both.

- **STEP #6:** Review the application questions (all questions have limits of 500 words)
  
  o Please write in which trips you attended, including the break, year, and location. Acronyms such as FAB (Fall Alternative Break) and ASB (Alternative Spring Break) are fine to use. You may write in the social issue if you remember it.
  
  o Tell us your IUPUI “Story”. What events, organizations, people, or other experiences have shaped your time in college or journey to college? You may answer this question how you feel most comfortable, i.e. essay, bulleted list, haiku, poem, or other creative/artistic response.
  
  o What social issues are most important to you and how have you addressed them in the community? Please respond in essay form with a limit of 500 words. Note: If you are also submitting a Sam H. Jones scholarship application for another program, you may use the same responses for the Alternative Break Trip Leaders application.
  
  o Why would you like to serve as an Alternative Break Scholar? And why specifically are you applying for the AB Co-Coordinator (AB CoCo), AB Trip Leader (ABTL), or both positions? Please respond in essay form with a limit of 500 words

- **STEP #7:** All applications are due on April 7th at 5:00pm.
ALTERNATIVE BREAK TRIP LEADER
POSITION DESCRIPTION

ABTL Position Responsibilities
• Plan and implement an alternative spring break (ASB) trip with a co-leader. This includes, but
  is not limited to, the following:
  o Select 1-3 social issues over the summer and contact 20-40 community organizations.
    Prioritize the top 3 possible sites and notify the AB staff advisor
  o Create a partnership with 1-2 community partners in one region/city for service work
  o Create a partnership with an organization willing to house an AB group for free or at
    low-cost
  o Manage a budget of $2,500 for a week-long venture for 12 individuals
  o Plan 3-4 educationally meaningful pre-trip education meetings for participants; this
    should include research on the social issues, the community partner(s), the local region,
    and similar social issues in Indianapolis.
  o Research and select a faculty advisor/content expert on the trip’s social issue
  o Collaborate with the faculty/staff trip advisor, who supports the trip leaders and goes on
    the spring break trip
• Co-lead one Alternative Spring Break trip during the week of March 12– March 18, 2017 or
  co-led one Fall Alternative Break trip from Friday, October 13th – Monday, October 16th. There
  will be 1-2 scholars who will support a Fall Break trip.
• Serve at least 4 hours per week. These hours should be spent in the Alternative Breaks office or
  in meetings. Note: there are weeks during the spring semester (leading up to your alternative
  spring break trip) where you may increase your hours to six.
• Attend all mandatory meetings and events (see list below)
• Participating actively in training sessions and reading handbooks and readings.
• Maintain ongoing and open communication with the Program Director, Mentors, and Advisors
  through emails, phone calls, and meetings over the summer and throughout the academic year
• Become a university certified driver (if eligible)
• Participate in fundraising activities
• Fulfill any other duties and obligations as given by the Program Director

ABTL Position Requirements – Mandatory Meetings and Days of Service
• Friday, April 21, 2017; 12pm-5pm: Alternative Break Orientation & Training (lunch is
  provided)
• Friday, August 25th-Sunday, August 27th: Alternative Break Weekend Retreat.
  o All scholars and advisors have a mini-Alternative Break trip! This retreat will include
    bonding with the AB leaders and leadership training. The trip will depart around 1pm
    Friday and return around 1pm Sunday.
- Weekly ABTL meetings on Fridays from 1-3pm in the Office of the Campus Center & Student Experiences, CE 370
- Saturday, April 21st, 8am-3pm: Alternative Break Reorientation (tentative date)

Complete list of AB Scholar Meetings and Retreats

<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Event Details</th>
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<tbody>
<tr>
<td>1</td>
<td>8/25-8/27</td>
<td>AB Scholar Retreat/mini AB trip!</td>
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<tr>
<td>2</td>
<td>8-Sep</td>
<td>ABTL Training Meeting; 1-3pm</td>
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<td>3</td>
<td>15-Sep</td>
<td>ABTL Training Meeting; 1-3pm</td>
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<td>4</td>
<td>22-Sep</td>
<td>ABTL Training Meeting; 1-2pm</td>
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<td>5</td>
<td>29-Sep</td>
<td>ABTL Training Meeting; 1-2pm</td>
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<td>6</td>
<td>6-Oct</td>
<td>ABTL Training Meeting; 1-2pm</td>
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<td>7</td>
<td>20-Oct</td>
<td>ABTL Training Meeting; 1-3pm</td>
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<tr>
<td>8</td>
<td>29-Oct</td>
<td>ABTL Training Meeting; 1-3pm</td>
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<td>9</td>
<td>3-Nov</td>
<td>ABTL Training Meeting; 1-3pm</td>
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<td>10</td>
<td>10-Nov</td>
<td>ABTL Training Meeting; 1-3pm</td>
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<td>11</td>
<td>17-Nov</td>
<td>ABTL Training Meeting; 1-3pm</td>
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<td>12</td>
<td>1-Dec</td>
<td>ABTL Training Meeting; 1-3pm</td>
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<td>13</td>
<td>12-Jan</td>
<td>AB Scholar Retreat, 12pm-5pm</td>
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<td>14</td>
<td>19-Jan</td>
<td>ABTL Training Meeting; 1-3pm</td>
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<td>15</td>
<td>26-Jan</td>
<td>ABTL Training Meeting; 1-3pm</td>
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<td>16</td>
<td>2-Feb</td>
<td>ABTL Training Meeting; 1-2pm</td>
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<td>17</td>
<td>9-Feb</td>
<td>ABTL Training Meeting; 1-2pm</td>
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<td>18</td>
<td>16-Feb</td>
<td>ABTL Training Meeting; 1-3pm</td>
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<td>19</td>
<td>23-Feb</td>
<td>ABTL Training Meeting; 1-2pm</td>
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<tr>
<td>20</td>
<td>2-Mar</td>
<td>ABTL Training Meeting; 1-2pm</td>
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<td>21</td>
<td>9-Mar</td>
<td>ABTL -GFS Shopping Trip</td>
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<td>22</td>
<td>23-Mar</td>
<td>ABTL Training Meeting; 1-3pm</td>
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<td>23</td>
<td>30-Mar</td>
<td>ABTL Training Meeting; 1-3pm</td>
</tr>
<tr>
<td>24</td>
<td>6-Apr</td>
<td>ABTL Training Meeting; 1-3pm</td>
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ALTERNATIVE BREAK CO-COORDINATOR
POSITION DESCRIPTION

Co-Co Position Responsibilities

• Co-Coordinators are responsible for working together to manage the alternative breaks program and plan their own AB trips, including the Fall Alternative Break (FAB) and Alternative Spring Break (ASB)
• Serve at least 10 hours per week to work on their programs in the Alternative Break office; this includes weekly 2-hour meetings
• Management of the Alternative Breaks (AB) program which includes, but is not limited to:
  o Marketing and Communications
  o Fundraising and Grant Writing
  o Financial Management
  o Curriculum development of the Alternative Breaks Trip Leader (ABTL) meetings, including writing lesson plans and leading/teaching meetings
  o Reorientation planning and implementation
  o Mentoring one pair of Trip Leaders
  o Supporting all Trip Leaders in ensuring planning and implementation goes smoothly
  o Strategic planning of the Alternative Breaks program
• Alternative Break Planning
  o Co-Coordinators are responsible for planning the Fall Alternative Break together and planning separate Alternative Spring Break trips
  o Co-Coordinators are responsible for planning their own trips, just as the AB Trip Leaders, and should read the requirements of the AB Trip Leader position to better understand these elements

Co-Co Position Requirements – Mandatory Meetings

• Co-Coordinators must attend the same mandatory events & meetings as the AB Trip Leaders, so see the above list
ALTERNATIVE BREAK FAQS

What are Alternative Breaks at IUPUI?
Alternative Break (AB) trips at IUPUI are student-run initiatives operating out of the Office of Student Involvement with sponsorship by the Center for Service and Learning. The trips are an “alternative” to the standard pop culture idea of what a college break is all about – AB trips are drug and alcohol free experiences where students learn about social issues affecting a community outside of Indiana and then go serve with a community to address those social issues. They are educationally meaningful and lots of fun!

Who Leads the Alternative Breaks?
The management of the IUPUI Alternative Breaks (AB) program consists of four (4) Co-Coordinators, six (6) Trip Leaders, and advised by the Coordinator for Community Service & Civic Engagement (CSCE). The CoCos manage the AB program (including marketing, mentoring trip leaders, and leading biweekly training meetings) and plan their own AB trips. The Trip Leaders are paired together to create their own alternative break trip; including the selection of a social issue, creating partnerships with community partners, planning the educational pieces of a trip, and then leading the trip for nine other students. The Coordinator of CSCE serves as the staff advisor for the program. Additionally, each trip has at least one faculty or staff advisor that travels with the group.

Who is Eligible to be an Alternative Breaks Co-Coordinator (AB CoCo)?
The Co-Coordinators (CoCos) are students who have previously been on an IUPUI alternative break trip and preferably have been a Trip Leader in the past or held another position in a leadership/service program. Previous Co-Coordinators have often held other scholarship positions within the Sam H. Jones Community Service Scholarship Program, such as the Community Service Scholars (CSS) program. Among other requirements, AB CoCos must serve 10 hours per week in the office working on program management duties.

Who is Eligible to be an Alternative Breaks Trip Leader (ABTL)?
Alternative Break Trip Leaders (ABTL) must have previously served on an IUPUI alternative break trip. Among other requirements, ABTL scholars must do 4 hours of service per week in the office working with their co-trip leader to plan their spring break trip.

When do Alternative Breaks Happen?
Every year there is the Fall Alternative Break (FAB) in October over fall break (Friday-Tuesday). In March there are several Alternative Spring Break (ASB) trips in the U.S. and one international Alternative Spring Break (iASB). Spring break trips depart the Sunday of spring break and arrive back that Saturday, leaving participants one day of rest before classes resume.

What Happens on an Alternative Break Trip?
Service, group activities, and more! Every group will have pre-trip education meetings to help participants get to know each other before the trip departs as well as to understand more about the
social issue and the destination. During the trip, the group will volunteer with one or more community organizations; this can include anything from painting walls to counting bats at a national park! Sleeping accommodations are often at a local community center and often the groups cook all their own meals together. In the evenings, trip members will engage in discussion and activities. Finally, there is often one day set aside to explore the local community! A few weeks after the group returns to campus, they will reunite at Reorientation – an event to do service.

**What are Pre-Trip Education Meetings?**
Every group will have pre-trip education meetings to help participants get to know each other before the trip departs as well as to understand more about the social issue, the destination, and trip logistics. The Fall Alternative Break (FAB) has 3 meetings prior to departure in late September and early October. The Alternative Spring Breaks (ASB) have 4 meetings from January – early March. These trips are mandatory for all participants to ensure all participants have the necessary information to go on the trip.

**What is Reorientation?**
Alternative Break groups will reunite at Reorientation. The Fall Alternative Break (FAB) trip reunites in November and the spring break trips reunite in April. Reorientation involves doing community service on a social issue similar to what the participants served on during their trip and then group activities.

***

**Contact for Further Information**
For more information on the Alternative Breaks program, please contact:
Niki Messmore, Coordinator for Civic Engagement
370 Campus Center, Office of the Campus Center & Student Experiences
nmmessmo@iupui.edu
Alternative Break Testimonials

Unsure if the role of Alternative Break Trip Leader (ABTL) or Alternative Break Co-Coordinator is right for you? Read the perspectives from past Alternative Break Scholars!

“I have learned a whole new perspective on the world I would have never gotten from my degree program alone, I have learned how to look at the world around me and understand there is so much more than lies on the surface. I’ve learned to fight for what I believe in and the knowledge to back it up. Alternative Breaks is one of IUPUI’s hidden gems; it has added a huge amount of value to my college experience and will be something I hold close to my heart all my life. Being a co-coordinator for Alternative Breaks has given me so many opportunities to grow & learn outside of a classroom. It allows you to be plugged into the IUPUI community, Indianapolis, & so many other communities around the country.“

- Bridget Barbara, AB Co-Coordinator 2015-2017; AB Trip Leader 2014-2015

“Being a co-coordinator of IUPUI Alternative Breaks has provided me with an opportunity to take ownership for what the program does. I have been able to help shape the growth of the organization and help make it more widely known across campus. As a pre-med student, I have learned how all social issues are interconnected to health/healthcare… I recommend people to apply to AB leadership because you gain valuable social issues through interactions with co-coordinators, trip leaders, trip advisors, community partners, trip participants, and many others. Being on the AB leadership team has made me more reflective and conscientious in everyday life.”

- Melanie Scheive, AB Co-Coordinator 2015-2017

“Planning for AB has been stressful at times but the amount of knowledge I have gained has far exceeded my expectations. I am very grateful to have such a supportive group of thinkers here on campus. AB has been the only place where I am challenged in every way. I enjoy the diverse thought provoking discussions that we are encouraged to have. I’m glad this is my first on-campus involvement, it has definitely set the bar high!”

- Mariana Lagunas, AB Trip Leader, 2016-2017
“Alternative breaks is great because it allows me to get to know other students I normally would not ever meet. AB is designed to make you grow outside the classroom; it creates perspective I never considered until participating. With AB, you have one week, 12 students, service learning, bonding, and buckets of fun.”

- Jake Gale, AB Trip Leader, 2016-2017

“Serving as a trip leader is the most exciting leadership opportunity that IUPUI has to offer. Creating my own trip and actually implementing it has given me an overall confidence that has affected both my social life and academia.“

- Cecilia Gomez, AB Trip Leader, 2016-2017

“Being a leader in the Alternative Breaks program allows you the chance to grow as a student, an individual, and a community member. You are constantly challenged and encouraged to redefine and strengthen your views and passions. It is a great opportunity to become active in social issues you are interested in and to develop leadership skills throughout the process. 10/10, highly recommend. 😊”

- Julianne Boyle, AB Trip Leader, 2016-2017
“The Alternative Breaks program is fantastic! When I came to IUPUI I was looking for some way to become more involved in the school, but it was difficult for me to fit something into my schedule. The spring break trip worked with my schedule and was also a meaningful way for me to get involved. The trip was not only fun, but also educational and eye opening. I also had a chance to do some good work as well and learned about organic farming. I loved the whole experience and would whole-heartedly recommend it!”
- McKayla Bensheimer, AB Trip Leader, 2016-2017

“I have learned more about how to be an active citizen and what that includes when it comes to everyday learning and act on opportunities. This program has pushed me to think more about what I want out of my career and factors to consider when looking for a job. I think this program helps students to understand their own identities and how they play a role in the identities of others. It is a great opportunity to learn about yourself and the role you play in the community. The knowledge & experiences gained here have influenced the way I think, act, and speak.”
- Cassie Vera, AB Co-Coordinator, 2015-2017

Additional Alternative Break Testimonials

“Working as a co-coordinator for 2 years now has been one of the most exciting & engaging roles I have had here at IUPUI. I have made great friends through the program and have truly grown as a person. The leadership, communication, and organizational experiences throughout these years are most definitely applicable to my career & life after college.” - Anon

“Alternative Breaks is where I found my community. I spent a lot of time looking for a community when I moved to Indianapolis for school; I tried on lots of different hats before I found Alternative Breaks. And I’m so glad I did; it provides a space where I can examine my privileges and oppression, the intersection of social issues in the community, and began my social justice journey. It fosters spaces of love, accepting, growth, and reflection.” - Anon

“Alternative Breaks are a great way to travel, learn more about social issues, and make new friends. By stepping out of my comfort zone I’ve gained communication skills and have grown as a person. Good stuff, good people, great memories. Alternative service, alternative people.” - Anon
“Social justice education is relevant no matter what your major is; it’s a necessary skill to have in order to be an informed citizen. And that’s what Alternative Breaks does, through these trips we bring an alternative perspective to societal status quo and traditional civic engagement. I <3 AB” - Anon

“My participation in alternative breaks has given me the opportunity to gain new friendships, learn about various social issues, learn about social justice, and how I and others can work together to mitigate social issues. I definitely recommend this program to everyone because it’s a great opportunity for growth, meeting others, seeing new places, and it’s a lot of fun!” - Anon

“Every time, I walked around school or down the walkway, I never stopped to think about the world around me. After my first trip leader meeting, I started to assess everything I say, do or even think. How it affects the person next to me. I have slowly developed from a very ignorant person to an informed and aware individual. It is amazing how one semester has made me become a better person. In terms that, I educate my friends, peers, and everyone around me about social justice, civil discourse, community voice, and so on. As an aspiring physician, I believe a better understanding of the people around me and the world would help me relate well with my patients. As a lot of people in the medicine field know, relationship is important in physician-patient interaction. I would say I can happily say that I see a brighter dream and future ahead of me than I did before.”
- Ayodamola Otun, AB Trip Leader, 2015-2016

“Alternative breaks have been a big part of my college experience. I have been of 5 (planning my 7th) and have learned not only more about different social issues, but more about myself. I have meet very important people in my life through these trips. It has brought me closer to my IUPUI community and has taught me valuable life lessons.”
- Emily Morning, AB Trip Leader, 2014-2016

“By taking part in ABTL I have learned to realize the bigger social problems present in our society. I have gained the skills to look past all the distractions (i.e., biased news and media) and attempt to investigate the deeper causes of the social discrepancies between the “in” and “out” groups. Because of this newfound social awareness, I have started to see how these issues are related.”
- Joe Bondi, AB Trip Leader, 2015-2016

“My experience so far has enhanced my leadership and communication skills. The convergence of education, reflection, and action is a winning formula for deeper learning. I think anyone should be involved with AB/Sam Jones if they’re interested in social justice, community activism, volunteering, or even simply using their time in college to help others while developing their own skills and awareness.”
- Phillip Fischer, AB Trip Leader, 2015-2016

“I would recommend that someone apply because there are so many new things you learn about Alternative Breaks and life in general. It is a rewarding experience when you accomplish planning your trip and seeing it all happen during the trip. The friendships you make with the other leaders are also invaluable. They provide different opinions and insights on issues.”
- Roxie Barnes, AB Trip Leader, 2015-2016