What is the Drury Alternative Break Program?

Sponsored by the Office of Community Outreach and Leadership Development with funding provided by the Student Government Association, the Drury Alternative Break Program consists of substance free, service-learning trips that occur over Drury University’s academic fall and spring breaks. The mission of the Drury Alternative Break Program is:

To encourage an increased understanding of social and environmental issues by engaging students in service while creating opportunities for the development of leadership and active citizenship skills.

The Drury Alternative Break Program adheres to the Eight Components of a Quality Alternative Break as described by Break Away, a nonprofit devoted to providing support and research for Alternative Break programs. These eight components are:

- **Strong Direct Service**: Each participant on the spring break trips performs 32 hours of volunteer service.
- **Orientation**: Alternative break participants meet with alternative break student leaders and campus advisors prior to the trips to engage in discussions about the program, learn about the trip topic(s), begin team-building, and plan fundraising efforts.
- **Education**: Each alternative break trip focuses on a/many social issue(s). Student trip leaders and advisors arrange educational activities prior to departure as well as during the trips.
- **Training**: Alternative break student trip leaders engage in training processes that educate them on the alternative break process as well as each trip’s focus area(s).
- **Reflection**: During the trips, advisors and student leaders facilitate reflection discussions and activities, allowing participants to explore their experiences more deeply.
- **Reorientation**: Alternative break participants are encouraged to bring their learning from the trips back with them to their home communities. Each group participates in post-trip volunteer service in the Springfield community related to their trip’s focus area(s).
- **Diversity**: Alternative break trips strive to involve participants and leaders with diverse backgrounds. Trips are inclusive and accessible providing a range of topics while having a low trip cost as well as offering scholarship opportunities. Reflection activities are developed to promote controversy with civility while encouraging diverse opinions and inclusive language.
- **Alcohol and Drug Free**: All trip participants, including advisors, sign statements of understanding that include the policy that these are drug and alcohol free trips. This rule follows Drury University’s Student Organization Travel Policy as well as the policy of the alternative break movement.
What are the roles within the Alternative Break Program?

- Student Government Association – approves budget submissions made by the Office of Community Outreach and Leadership Development and funds the trip accordingly.
- Office of Community Outreach and Leadership Development – advises the Alternative Break Steering Committee and assists with funding and staffing needs.
- Alternative Break Steering Committee – committee comprised of past trip participants that are responsible for helping develop, advertise, implement, and lead trips as well as select trip participants and advisors.
- Alternative Break Advisor – A Drury staff, faculty, or alumni that helps facilitate discussions and handle emergencies.
- Student Trip Leader – A past trip participant that is a part of the Alternative Break Steering Committee and leads a trip through facilitating discussion and reflection activities, mediating conflict, motivating participants, and serving as a mentor.
- Participants – 9 students are accepted as trip participants for each trip, including the student trip leader.

How does the Drury Alternative Break Program coincide with the Drury Core curriculum?

Per Drury University’s website:

“As a liberal arts university dedicated to the mission of ‘liberating persons to participate responsibly in and contribute to a global community,’ we believe in connecting students, faculty and staff in active learning experiences that positively impact the world around us. We find that when classroom study is combined with action it promotes enlightened thinking and inspires in us the desire to live lives of meaning and purpose.”

Engaged learning at Drury University:

- Is a required component of the Drury Core general education curriculum
- Delivers on the Drury Connect Initiative, which underlies the strategic plan
- Honors our commitment to effectively link liberal arts and sciences to the study of professional areas
- Promotes increased confidence and a positive sense of self-value
- Enhances student retention and more effectively aids in development of critical thinking skills
- Leads to greater student satisfaction
- Is a critical component for effectively preparing graduates for success

Students that participate in the Alternative Break Program spring trips are eligible to receive one Engaged Learning credit. To receive the Engaged Learning credit, student participants must participate in reflection activities and notify the Director of Community Outreach and Leadership Development, Courtney Swan, of their desire to have this experience count as an Engaged Learning credit.
The Active Citizen Continuum
(from www.alternativebreaks2013.org)

"The most important thing an institution does is not to prepare a student for a career but for a life as a citizen." -Frank Newman

One purpose of the Drury Alternative Break Program is to assist students in developing an increased understanding of social and environmental issues and to create opportunities for the development of their leadership and active citizenship skills. During the program, students will be engaged in a direct service experience which exposes them to a particular social or environmental issue. Students will participate in reflection activities which will encourage them to examine their role in the issue and to develop a deeper understanding of it. The ultimate goal of the program is to encourage students to move from being only a member of society to becoming an active citizen.
Statement of Understanding

As participants on Drury’s Alternative Break Trips, we agree to the following statements:

You can expect that

- We will provide a variety of opportunities for participants to be involved in hands-on service throughout the week;
- We will enforce a zero tolerance policy for alcohol and/or other drug use during the trip;
- We will strive to involve students from the diverse backgrounds that represent the campus community;
- We will provide an orientation to the experience that outlines the goals and components of the program;
- We will provide educational opportunities prior to, during, and after the experience that expose students to the societal issues we will interact with;
- We will provide any necessary training, with some training possibly taking place on site;
- We will provide a safe and welcoming environment for reflection, whether personal or as a group and help facilitate discussion as necessary;
- We will provide information after your return to help translate this experience into a lifelong commitment to service;
- We will strive to provide a sense of community and trust within the group;
- We will always have your safety and well-being as a first priority.

We expect that

- You will attempt to participate in all activities for which you are physically and emotionally able;
- You will not use or condone the use of alcohol and/or drugs during the trip from any participant, student or staff;
- You will respect the cultural, social, economic, spiritual, and other backgrounds of the group and try to understand their point of view;
- You will attend and participate in all group’s preparation meetings to learn about the other group members, the agencies we will be serving, and the issues we will face;
- You will participate in any necessary skills training to prevent injury to yourself, group members, or agency clients;
- You will keep an open mind in group discussions, contribute your thoughts, ideas, and emotions and maintain the confidence of the group’s shared experiences;
- You will commit to staying with the group for the entire week, to help strengthen the sense of community and trust, even through adversity;
- You will be on time for all scheduled activities and departures;
- You will spend each night in the housing accommodations provided and assigned to the group;
- You will keep this a “closed” trip, which means you will not invite outsiders back to the housing accommodations;
- You will not participate in any sexual activity during the trip;
- You will stay within your physical limitations in terms of labor/manual work;
- You will consult your doctor in regards to any health concerns you may have before leaving;
- You will not leave the group except for during “unstructured time” and even then you will have at least one other person from the group with you;
- You will not leave the housing accommodations by yourself during the night.

Participant’s Name ____________________________________________ID #______________________Dates of Trip___________________

I have read the Statement of Understanding and agree to uphold the stated policies and by signing this document I understand that I am subject to disciplinary actions in line with Drury’s Student Handbook policies.

________________________________________________________________________________________________________________________

(Participant’s Signature)       (Date)
Drury Alternative Break Program Scholarship Application

Limited financial assistance is available for those in need as a way to make the Drury Alternative Break Program accessible for all. If you would like to be considered to receive financial assistance, complete this form and return to the Office of Community Outreach and Leadership Development in FSC 117.

Name: ____________________________________________________ Date: __________________________________________

Trip: _______________________________________________________________________________________________________

Address: ___________________________________________________________________________________________________

Email: _____________________________________________________ Phone: ________________________________________

Drury ID #: _________________________________________________ Major: _________________________________________

Applicant must complete all sections below (please complete answers on an attached piece of paper not to exceed 2 typed pages):

1.) The Drury Alternative Break Program Scholarships are intended to assist in financing alternative break trips for students who could otherwise not afford to participate. Please describe the circumstances which have caused you to apply for these. Are there financial considerations that you want the committee to know about?

2.) The Drury Alternative Break Program Scholarship Fund has been supported by local businesses, nonprofits, alumni, and community leaders that believe in developing active citizens. Please describe how you contribute to the communities of which you are a part of.

3.) Is there anything else you wish to share with the review committee regarding why you should be selected as a Drury Alternative Break Scholarship recipient?

Certificate of Eligibility:

I certify that the above information is true, complete, and correct. By signing this statement, I also certify that I meet all the eligibility criteria for this Scholarship Award and accept that any failure to be properly registered at Drury University or withdrawal from the Alternative Break Program leads to revocation of the entire award and may lead to financial liability on my part.

____________________________________________________________________________________________________________

(Student Signature)      (Date)
Emergency Information Form

Every effort is made to ensure the safety and well-being of all individuals involved in community service projects offered through Drury University; however, sometimes emergencies do occur. Please accurately and truthfully complete the information on this form so if necessary your important information will be accurately conveyed to health professionals caring for you. It will be kept on file with the Office of Community Outreach and Leadership Development and will only be used in an emergency situation.

Name ________________________________________________________________________ Birth Date ______________________________

Drury ID __________________________ Mobile Phone __________________________ Home phone __________________________

Home address _________________________________________________________________________________________________________

Doctor’s Name ____________________________ Doctor’s phone __________________________

Emergency Contacts:
Name _________________________________________________________________________ Phone _________________________________
Name _________________________________________________________________________ Phone _________________________________

Insurance Information:
Company _____________________________________________________________________ Policy # _______________________________

I take the following medication:
________________________________________________________________________________________________________________________

Other information that might be useful:
________________________________________________________________________________________________________________________

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I certify that the information listed above is true. My signature verifies that I agree to and will comply with the previous statements.

__________________________________________________________________________  (Participant signature)  (Participant name)  (Date)
UNCONDITIONAL RELEASE OF LIABILITY

I, _______________________________________________________________, am familiar with the hazards of The Drury Alternative Break Program, and further have been advised by the instructors and staff at Drury University of the dangers of such activity, and any necessary travel involved.

I recognize the potential hazardous nature of the activities in which I may engage and agree to exercise necessary caution and to obey the instructions of all supervisors. The hazards of this activity have been weighed by me, and I accept them in consideration for being permitted to participate in this Drury University activity. I agree that Drury and its agents, servants and employees do not assume any custodial responsibility for me and are not liable to me in any way.

I understand and acknowledge that Drury may utilize volunteer drivers or volunteers for other purposes as part of this activity, and I have no objection to the use of such volunteers.

I agree to defend, hold harmless, indemnify, release, and forever discharge Drury University, its trustees, officers, directors, employees, agents, and all those claiming by, through, or under Drury University from any and all claims demands, actions, causes of actions, costs, or damages, including claims involving Drury University's own negligence, arising from or caused by my participation in the activity, including related travel and contact with volunteers. I agree and understand that this liability waiver and indemnification will extend beyond the dates of this agreement. I intend this waiver, release, and indemnification to be legally binding on my heirs, executors, administrators, personal representatives, estates, assigns, and all others claiming by, through, or under me.

In case of an emergency, I understand that every effort will be made to secure proper treatment. I hereby give permission for such treatment. My personal health and accident insurance covers any accident or illness which I may incur during this activity. I personally guarantee payment of any cost or other liability incurred during treatment.

I have read this release prior to signing it, and I fully understand it. I know that this document binds me and all those claiming under, through, or on account of me.

__________________________________________________________________________  ___________________________
Signature                                                                  Date

__________________________________________________________________________  ___________________________
Signature of Parent or Guardian (if under 18)   Date

In case of any illness or injury, contact:

_________________________________________________________________________     ___________________________
Name                                                                             Phone

___________________________________________________________________________________________________________________
Address

Please check with your insurance company to assure your coverage for this activity. Bring your identification card.