The Alternative Break Leadership Team is made up of students who provide behind-the-scenes support for the Alternative Break Program, including identifying community partners, securing housing, training site leaders, recruiting and selecting participants, and marketing Alternative Break’s mission to ETSU’s campus.

The Experience

Pre-Break
Actively participate in education surrounding a specific social justice issue and prepare for on-site service. Activities include team building, setting goals and expectations, orientation, training, and pre-break service.

On-Break
Engage in strong direct service with a partner agency, looking critically at the root causes of social issues. Activities include service, ongoing education, community involvement, and daily reflection.

Post-Break
Find avenues for continued community involvement, as you find yourself a more thoughtful and committed citizen. Activities include debriefing, reflection, continued education, advocacy, philanthropy, and post-break service.

The Opportunities

Participants
Student participants bring their own unique insights and experiences to Alternative Breaks, enriching the experience for everyone.

Site Leaders
Students may also apply to be Site Leaders, who are responsible for creating a cohesive group dynamic among participants and for leading group reflections during the trip. Site leaders also lead pre- and post-trip meetings and coordinate trip logistics.

Learning Partners
Faculty, Staff, and Graduate Assistants have the opportunity to serve as Learning Partners, who support and help facilitate pre-trip education and post-trip reflection surrounding a social justice issue and participate alongside students in the active service experience.

Leadership Team
The Alternative Break Leadership Team is made up of students who provide behind-the-scenes support for the Alternative Break Program, including identifying community partners, securing housing, training site leaders, recruiting and selecting participants, and marketing Alternative Break’s mission to ETSU’s campus.

The Why
Alternative Breaks focus on meaningful, hands-on service experiences and the importance of Active Citizenship. Breaks offer a chance to meet others who are interested in similar social issues. Pre-trip meetings allow the chance to become familiar with social issues as well as get to know others participating on the trip. Post-trip meetings allow reflections on past trip experiences as well as the opportunity to get involved in your community and bring awareness to social issues.

The Details

What will we do?
The main focus of the Alternative Break trip is service with others, but there will be some ‘free’ time, when the group can explore the local culture and sites. After service for the day is complete, the team typically returns to the housing site, prepares dinner as a group, and participates in reflections to help process the day’s events. There may be early mornings and late nights throughout the trip, but participants return to ETSU with strong bonds and many remarkable memories.

How much does it cost?
Breaks range from $75 - $250. Cost includes transportation, most meals, and the activities throughout the trip. Fall Break trips are usually less expensive because they are shorter trips.

Where will we go?
Break locations are organized by the Leadership Team and can vary from year to year. Housing is provided by either the agency partner or a local community center or church near the Break site. These locations include bathroom, shower, and kitchen facilities. Participants usually provide their own bedding.

What will we eat?
Site Leaders will organize the meal schedule, and all participants will contribute to cooking and cleaning for the group. Make sure to alert your site leaders to any dietary restrictions you may have so that your team can plan accordingly.

How will we get there?
Teams will carpool to the site location using ETSU or rental transportation.

How do I apply?
Applications can be found and submitted online through Alternative Break’s Buc-Hub page and on ETSU’s Office of Community Service Programs’ website. Hard copies are also available for pick-up and return in SORC Suite C. Any student currently enrolled at ETSU is welcome to apply.