



Florida Alternative Breaks

2009-2010 Winter Break Participant Application

Website: <http://www.leadershipandservice.ufl.edu/studentorgs/fab/>

Vision Statement

Florida Alternative Break's vision is to create active citizens through a year-long commitment to community service, leadership and social change.

Mission Statement

In participating in social change education and projects both locally during the year and regionally during academic breaks, students gain the opportunity to immerse themselves in a particular social issue. Through FAB's unique conditions of volunteerism and reflection, we seek to heighten social awareness, advocate for and foster life-long social action while building friendships along the way.

The Role of a Participant

"The important thing is this: to be able at any moment to sacrifice what we are for what we could become." - Charles DuBois

Florida Alternative Breaks (FAB) offers the opportunity to do service in a city outside of the Gainesville area while learning in-depth about a particular issue and creating lasting friendships with your fellow trip members. Although participation in a FAB trip is very rewarding, it also requires commitment and dedication from those involved. Participants are required to attend regular trip meetings where they will get to know their fellow trip members, become educated about their issue, and help plan their trip. Participants will also be required to participate in one pre-trip service project where they will get a taste of what their service will be like during the break. After returning, they will also participate in one post-trip service project. Two student Site Leaders will serve as their trip's guides throughout the FAB year and lead all of these events. FAB also encourages participants to attend our socials to meet other participants and to assist with our fundraisers to help lower the costs of the trips. Participants will be matched with an issue based on their ranking of issues and their answers to the essay questions. Although we attempt to match all students with one of their top issues, this is not always possible, so please be flexible!

All participants must be a University of Florida student, staff, or faculty member. Students must have at least a 2.0 GPA and be enrolled as a full-time student for the fall semester. Grade checks are completed at the time of the application. Students who fail to maintain the minimum GPA will not be allowed to participate in FAB.

Winter Issue Descriptions

***FAB will not disclose the location of trips to participants until the first meeting. This ensures that participants choose trips based on the issue they are passionate about instead of where they are going.**

Health and aging

As people age and enter the later years of life, their needs change, along with their ability to meet those needs. As a result, the elderly often move into assisted living or group homes, which can be a difficult transition to make. Though their day-to-day life may be easier in terms of having assistance on hand for tasks, residents can struggle with the loss of the independence they've had their entire adult lives, along with facing loneliness and health problems. Trip service *may* include doing projects with nursing home residents, beautification of site, education of residents, and preparing and serving meals.

Health and Nutrition

One of the biggest health crises facing the United States today is obesity, costing \$61 billion in healthcare treatment annually. One of the root problems of this epidemic is a lack of education regarding proper nutrition and a lack of means to implement better nutrition regimens. Those circumstances lead to ignorance or lack of concern about what goes into one's body, which has effects ranging from minor (a few extra pounds) to major (severe vitamin deficiency, heart disease, etc). Trip service *may* include public education, preparing meals, learning about nutrition and health, creating presentations, and making educational materials.

Animal Welfare

One of the main roles an advocate serves is being a voice for those who don't have one of their own, as is the case with animals. Animals face abuses daily, from puppy mills to cruel farming practices to domestic neglect, and the list goes on. Sadly, even beyond abuse, problems exist that threaten the welfare of animals. The growth of the population of local feral cats continues, as does the practice animal dumping when students move. Trip service *may* include bathing, feeding, and exercising abandoned animals, caring for and cleaning animal housing and beautification and cleaning projects.

Homelessness and Poverty

As one walks in Gainesville near campus, s/he will probably encounter at least one person living on the streets. This is representative of a worldwide problem of homelessness, and indicative of the main cause of homelessness, poverty. In addition to the devastating circumstances of having nowhere to spend the night and often no way to pay for food, the homeless face a less talked about but still very relevant problem, which is how society as a whole regards and treats them. Trip service *may* include preparing and serving meals, manning a hotline, beautification projects, helping with job searches, and working with children.

Trip Costs

The cost of trips is all-inclusive, going toward all food, transportation and housing for the week. This cost is not dependent on the issue. However, the cost of trips is still to be determined, but will fall between \$225-\$275. There is a potential for lower trip costs with successful fundraising.

This year, FAB is kicking off an ambitious fundraising initiative to lower the cost of trips for all participants. Participants will be expected to participate in the letter-writing campaign, and encouraged to attend as many FAB-wide fundraisers as possible.

Payment Information

Site Leaders and Participants will be responsible for submitting their payments by the stated deadline. A non-refundable \$100 deposit for domestic trips will be due **November 4th** to the CLS at Peabody Hall. The remaining balance is due **November 23rd**. Please make checks payable to the University of Florida. Failure to make payment by the stated deadline may result in dismissal from the program. If you would like to set up a payment plan, you must submit a request to FAB's Graduate Advisor, Nikole Duvall, nikoled@leadershipandservice.ufl.edu or 352-392-1261 ext. 229, no later than 7 days prior to the stated deadline. All requests for extensions must be submitted in writing and include your name, FAB trip, the reason(s) you believe you need an extension, and the date that you expect to be able to make your payment. There is no guarantee that your request for an extension will be granted.

No refunds will be made, except for emergency situations such as serious illness or death in the family. All requests for refunds must be submitted to and approved by the Assistant Dean of Students and Director of the CLS within 48 hours of your decision to leave FAB. All requests for refunds must be submitted in writing and include your name, FAB trip, and the reason(s) you believe you need a refund. There will be no refunds for any student dismissed from the program for reasons of misconduct or for failure to comply with University of Florida and/or FAB policies, procedures, and regulations.

Scholarship Information

FAB may award a limited number of partial scholarships to students who demonstrate financial need. Scholarship priorities are given to domestic trips. If you are interested in applying for a scholarship, please contact FAB's Treasurer, Rebeca Rodriguez-Crespo, at rrcrespo@ufl.edu or at 321-202-3976. Scholarship applications are due **October 21st**.

Summary of Important Dates (attendance required at all bolded events)

- October 21: Winter Break Participant Applications due by 4:00pm
- October 21: Scholarship Applications Due
- **November 3:** **Orientation**
- November 4: \$100 non-refundable deposit due
- November 19: Spaghetti Lunch Fundraiser
- November 23: Final trip payment due
- December 18-23: Winter Break Trips
- **TBA:** **Reorientation**

Essay Questions-Please limit your responses to two pages total.

- 1) What social issues are you passionate about and how do those relate to your top three issue choices?
- 2) There are 12 participants on each FAB trip. As an individual, what would you bring to the group?

Accommodations for Students with Disabilities

UF strives to provide effective, reasonable accommodations for students. Please contact Nikole Duvall (nikoled@leadershipandservice.ufl.edu) to discuss any needed accommodations.

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Name: _____ Phone: _____

Address: _____

Email: _____ UF ID# _____

Year/Major: _____ Expected date of graduation: _____

DOB: _____ T-shirt size: _____ Gender*: _____ Ethnicity(optional)*: _____

Winter Break Issues (Please rank your choices 1=highest choice 4=lowest choice)

Health and Aging _____ Health and Nutrition _____

Animal Welfare _____ Homelessness & Poverty _____

Have you been on a FAB trip in the past? Yes ____ No ____

If yes, what trip? _____

Where did you hear about FAB?

(Alligator, tabling, email, through a friend, etc.)? _____

Want us to tell somebody about FAB? Put their name and email here:

My signature below authorizes an official check of my university records to ensure that I am a full-time student in good academic and disciplinary standing. It also certifies that I have read, understood, and agreed to the terms and conditions stated in the application.

(Applicant's Signature)

____ By checking here, I agree to allow Florida Alternative Breaks to use my FAB related pictures for professional activities unless I otherwise inform them in writing. (Pictures may be used on the internet for the FAB website)

Please turn this application in along with your answer to the essay questions to the Center for Leadership and Service, 202 Peabody Hall. Thanks for your interest! For any additional information or questions you may have, please contact the Director, Nicole Azzi at ntazzi@ufl.edu.

*Used for demographic purposes and will not adversely affect placement