



Florida Alternative Breaks

2009-2010 Winter Break Site Leader Application

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

Vision Statement

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

Mission Statement

Through education, service, and reflection, Florida Alternative Breaks provides members the opportunity to immerse themselves in a particular social issue. We seek to heighten social awareness through regional and international trips during academic breaks. With the passion, knowledge, and relationships gained from their experiences, members will become life-long advocates for social justice in their communities.

The Role of the Site Leader

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

- **John Quincy Adams**

The Florida Alternative Breaks (FAB) Site Leader position is a time-intensive, demanding, and rewarding enterprise. Site Leaders prepare throughout the semester in order to lead their trip over academic breaks, and FAB is certain to become a very personal and integral part of one's collegiate experience. We hold our Site Leaders to high standards and seek dedicated individuals who will delve into their issue and emerge as well-rounded and educated leaders who are ready to take their community service experience to a new level and become active citizens. Each individual will be paired up with a co-Site Leader and matched with a specified trip and issue.

The responsibilities of the site leaders are:

- Maintaining contact with their service and housing sites
- Designing a trip itinerary
- Selecting participants and leading regular participant meetings
- Educating their participants and the public about their social issue
- Keeping their adopt-a-board updated on all progress
- Plan a pre and post-trip service project in the local community
- Consistent and timely communication between co-Site Leaders, the FAB board, and trip participants
- Attend weekly Site Leader meetings
- Complete First Aid/CPR Certification
- Responsible for coordination of van training of 3 drivers
- Attend all FAB events, fundraisers and socials including FAB Orientation and Reorientation
- Assist in participant recruitment and take part in participant information sessions
- Participate actively in FAB Wide fundraisers throughout the year
- Meet with your co-leader twice a week; 1 hour required in the CLS

As a year-long commitment, Site leaders are required to perform community service throughout the year, following Winter Break and continuing their dedication to FAB and community service. Also, an integral component of FAB is our role within the Center for Leadership and Service. As active members of the CLS, FAB Site Leaders will be expected to familiarize themselves with the other branches of the CLS and participate in CLS events when possible.

During winter break, Site Leaders are responsible for making sure that everything runs smoothly, addressing and dealing with participant concerns, leading daily reflections, establishing and maintaining a budget, delegating tasks, and doing their best to ensure that everyone has a meaningful experience.

All students applying to become a Site Leader must be enrolled as a full-time student. They must also maintain a cumulative and term GPA of 2.5 for the duration of their participation with FAB. Grade checks are completed at the time of application and at the beginning of each semester. Students who fail to maintain the minimum GPA will not be allowed to participate in FAB.

The Role of the Alternate Site Leader

Alternate Site Leaders are an integral part of successful FAB trips. In the event that Site Leaders are unable to fulfill their obligations, a vacancy may be created. To compensate for the loss, FAB also selects up to five alternate Site Leaders. Initially, alternate Site Leaders have the option to go on a FAB trip as a participant. However, at some time prior to winter break alternate Site Leaders may be required to assume the Site Leader position on a trip, regardless of the issue.

Alternate Site Leaders are held to the same standards and have the same requirements as other Site Leaders listed above. They are required to attend all Site Leader training meetings and other FAB functions. However, in lieu of working with a co-Site Leader and planning a spring break trip, alternates play an integral supporting role, and are asked to work closely with the board and other site leaders, contributing to the overall success of FAB.

Being an alternate Site Leader requires a huge commitment to FAB, dedication to its mission, and a great amount of flexibility. If you are interested in this position, please indicate that on the attached sheet and feel free to discuss any questions or concerns at your interview.

Issue Descriptions

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 to 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 for domestic and \$1,000-\$1,500 for international. The international trips will cost more than domestic trips due to flight costs, additional driving and housing costs. Site leaders will receive a discount in their payment.

This year, FAB is kicking off an ambitious fundraising initiative to lower the cost of trips for all participants. All Site Leaders will be expected to participate in general FAB fundraising, including the Spaghetti Lunch and letter-writing campaign. Those who meet the minimum requirements of FAB wide fundraising will have the cost of their CPR training waived.

Payment Information

Site Leaders and Participants will be responsible for submitting their payments by the stated deadline. A non-refundable \$100 deposit 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 Duvalle, 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 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, usually ranging from \$50 - \$100, 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

- Wed. 8 pm-9:30pm: Weekly Site Leader Training Meetings (beginning Oct. 21st)
- September 30: Site Leader applications due by 4:00pm
- October 4: Site Leader Group interviews
(4pm-6pm Reitz Union Room 287)
- Oct. 5-Oct. 9: Site Leader interviews
- October 21: Participant Applications due by 4:00pm
- October 21: Scholarship Applications Due
- October 23 – 24: Site Leader Retreat
- November 4: \$100 deposit for winter trips due
- November 4: Orientation
- November 19: Spaghetti Lunch Fundraiser
- November 23: Final winter trip payments due
- TBA: Winter Crash Course
- Dec 18th – 23rd: Winter Trips
- TBA: Reorientation

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

- 1) What previous FAB (or other leadership) experience have you had that will contribute to your success as a Site Leader?
- 2) What social issues are you passionate about and how do those relate to your top three issue choices?
- 3) Describe your leadership style and the role you assume in a group. Also, in a partnership, what are your strengths and what would you expect from a partner?

Letter of Recommendation

Please submit, along with your application, a letter of recommendation from a peer, professor or advisor detailing your leadership experience and any other qualities that would contribute to your success as a FAB site leader. Freshman applicants may use a referral from high school as their letter. **If you have difficulties obtaining a letter of recommendation, please contact FAB Director Nicole Azzi (ntazzi@ufl.edu).**

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*: _____

Spring 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? _____

Please check here if you are willing to be considered as:

an Alternate Site Leader: _____

a winter break participant in the event that you are not selected as a Site Leader: _____

Where did you hear about FAB?

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

Are you:

_____ currently CPR/First Aid certified?

***Please attach any copies of certification to this application**

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 answers to the essay questions and candidate recommendation form by **September 30th at 4:00pm** to the Center for Leadership and Service, 202 Peabody Hall. **Personal interviews will be held October 5-October 9, please sign up for an interview** time when you turn in your application. Mandatory group interviews will be held **October 4th**. Please note the time and place of your interview when signing-up. Thanks for your interest!! For any additional information or questions you may have, please contact the Site Leader Trainer, Alex Handfinger, at ahandy@ufl.edu.

*Used for demographic purposes and will not adversely affect placement