



# MIZZOU

## ALTERNATIVE BREAKS

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### Information for Parents *International Trips*

#### QUICK INFORMATION

MAB sends groups of students to various locations around the U.S. and world over spring, fall, winter, summer, and weekend breaks to engage in service.

#### CONTACT INFORMATION

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#### LINKS

**WEBSITE**  
breaks.missouri.edu

#### BLOG

muasb.blogspot.com

#### TWITTER

twitter.com/MizzouBreaks

#### FACEBOOK

facebook.com/MizzouBreaks

#### ABOUT MIZZOU ALTERNATIVE BREAKS

Mizzou Alternative Breaks (MAB) is a student-led program in the Office of Student Engagement on the University of Missouri- Columbia campus. Our objective is to provide a safe, fun, alternative service break for Mizzou students. MAB is an alcohol and drug free program. We send groups of students across the state of Missouri, the United States, and internationally to engage in a week of service during Thanksgiving, winter, spring, and summer breaks.

#### OUTREACH360 AND HOW IT WORKS

MAB international trips serve with our community partner, Outreach360. Outreach360 works to give children a life of choice by teaching them English. Our current international program sends trips to Nicaragua and the Dominican Republic to work with Outreach360. More info can be found on their website: [outreach360.org](http://outreach360.org).

We select participants based on an application process. After selection, participants all meet with their site leaders on a regular basis to talk about fundraising, policies, service focus education, and bonding. You can see a map of where we have been or are going by visiting [breaks.missouri.edu](http://breaks.missouri.edu).

#### PARTICIPANT FEE

MAB is completely funded by the participants through fundraising and a fee. Our participant fee for international trips is \$1,400. All payments are student charged. These fees are **non-refundable**. After a student authorizes a payment, they are accepting their spot on the trip and we have to charge their account the full amount regardless of when or why the student drops their trip. This fee includes the cost of airfare, in-country transportation, housing, and meals, a cultural excursion, and MAB pre-trip and post-trip events.

#### FUNDRAISING

The participant fee only pays for a portion of the trip. Our international trips actually cost between \$1,600-1,900. The rest of the funding is made up by fundraising. We do this to keep our program financially accessible to all students. Our main fundraiser is a letter writing campaign that every student participates in, but there are other group fundraisers that occur before the trip departs. These letters ask friends and family to support the whole trip so everyone can go.





Students will participate in additional fundraisers during the school year to help their group raise the needed amount to cover the full cost of the trip.

## SAFETY

The wellbeing of our students is a priority. To make the trips as safe as possible we take all kinds of precautions both before the trips leave and during. Our site leaders participate in four to six months of weekly trainings to prepare to lead their trip. A staff advisor also travels with international trips.

MAB policies are in place to make sure students are safe at their work site, in their housing and at all other times. We require at least three together at all times, regardless of when or where they are. Site leaders have full control on these trips. If at any time they feel the work/area is too dangerous, they are able to pull the students out of that situation - although this has never been the case. If a student is not complying with our policies, or our leaders, we reserve the right to end that student's participation on the trip and send that student home (at their expense). This is to ensure the safety of the entire group.

## POLICIES

Below are a few of our policies. Every student signs a policy agreement.

1. I acknowledge that decisions made by site leaders, executive board members, and advisors must be followed at all times, no exceptions. I will follow any decision that is made.
2. Unless within the housing or site buildings, I agree to be with two other (three total) people at all times. I understand that this applies from the moment I step foot in the van to depart, until I arrive back in Columbia.
3. When leaving the main group, I acknowledge that I must let a site leader or advisor know where I am going and who is going with me.
4. I acknowledge that I am expected to return to Columbia with the entire group, unless I have completed the early dismissal agreement.
5. I acknowledge that the site leader, executive board member, or advisor has the right to send anyone back to the trip's housing or to Columbia depending on the situation. If I'm sent home, I agree to pay for the additional expense myself.
6. I acknowledge that the site leaders have a right to put an end to any activity if he/she deems unsafe for any reason.
7. I acknowledge the following rules must be followed:
  - I will not drink alcoholic beverages or use recreational drugs.
  - I will not use tobacco, e-cigs, or vapor.
  - I will not be involved in romantic public displays of affection.
  - I will not ride on a motorcycle.
8. I understand that the Mizzou Alternative Breaks Executive Board has the right to deny students the ability to go on a trip if we feel that person could be a physical or psychological threat to others.
9. I will be expected to remain substance-free while participating in the program, regardless of age.
10. I understand that Mizzou Alternative Breaks has a zero tolerance policy for hateful speech on our trips. The Executive Board has the right to end a person's participation in a trip for hateful speech towards someone's race, gender, identity, or orientation.
11. I will follow and adhere to all M-Book Standards.

## TESTIMONIALS

Every year students come back with amazing stories. We try to capture that here, but it's hard. So below is a testimonial from a student. You can read more on our website or blog.

*"[MAB] is an opportunity to expand our comfort zone and temporarily escape our usual cliques back home. It's a chance to enjoy doing something different, take a break from the monotony that is a semester in college, and build lasting relationships with our peers."*

*"This trip is going to truly affect how I spend the rest of my years. I feel as though I am a lot more ready to take upon the challenges of what lies ahead."*

*"I truly regret not knowing about [MAB] prior to this school year. I would trade all my past spring break trips to be able to do this one more time or to remember past [MAB] trips that, regrettably, never happened."*

## THE MAB EFFECT

Going on an Alternative Break trip with Mizzou leads to all kinds of positive effects. MAB allows students to experience another part of the world and immerses them into the issues that affect these communities. We ask each student to complete a survey on their experiences after the trip and below are a few findings:

*To what extent has your MAB experience influenced... (1 - Not at All | 5 - Very Much)*

...your intentions or plans to volunteer. **4.50**

...your intentions or plans to engage in advocacy. **4.14**

*To what extent do you feel that you... (1 - Not at All | 5 - Very Much)*

...We're making a positive contribution. **4.77**

...Developed relationships with people in the community being served. **4.27**

*Please indicate your level of agreement (1 - Strongly Disagree | 5 - Strongly Agree):*

My AB trip gave me a greater understanding of the region where I went. **4.46**

My AB trip gave me a greater understanding of the social issue being addressed. **4.63**

I was able to see the larger context of the social issue addressed by my AB trip. **4.60**

My AB trip helped me connect real people to the social issue being addressed by the trip. **4.66**

## WRAPPING IT UP

We have tried to share with you everything we thought as a parent, you would want to know. More information can also be found on our website at: <https://breaks.missouri.edu/parents-alumni/>

## MISSION

Mizzou Alternative Breaks provides students the unique opportunity to gain a wider perspective of the world while immersed in a life-changing week of service to people and communities around the world. As an organization, we aim to influence all Mizzou students, who will soon be leaders and supporters of our future as a global community. Through service, leadership and the development of lasting relationships, MAB aims to provide students with an experience that offers them the seeds to grow into active and united citizens. By igniting a passion for service in this generation, MAB promotes the idea that grassroots service is something greater than a week or an event – it is a MOVEMENT that starts with caring about the people around you and the community that brings you together.

Thank you for taking the time to read our parent information packet.

