



MIZZOU

ALTERNATIVE BREAKS

Information for Parents
2019-2020

QUICK INFORMATION

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

Originated: 1991

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's 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 and the United States to engage in a week of service during Thanksgiving, winter, spring, and summer breaks.

MISSION

Our mission statement was created by the students who lead our program at Mizzou and is our guiding philosophy in everything that we do: Mizzou Alternative Breaks provides students the unique opportunity to gain a wider perspective of the world while immersed in an impactful 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.

WHERE WE SERVE

Our weeklong domestic trips serve across the United States. Last year, our students served in many urban and rural settings in more than 29 states during their week of service. Trip locations are identified by MAB's site leaders who collaborate with community partners in these areas to develop a service plan for the week and secure housing for their group. Each trip has a service focus. Our service focuses include: animals, disabilities, disaster relief, education, the environment, Habitat for Humanity, health, homelessness and poverty, indigenous peoples, LGBTQ+ advocacy, refugee and immigration services, women's advocacy, and youth empowerment.

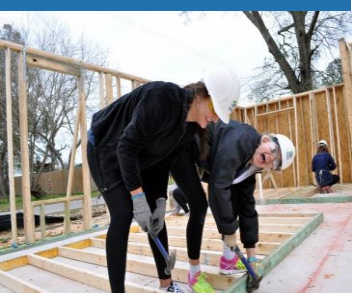
In addition to the domestic alternative break experiences, MAB has weekend trips that serve within the state of Missouri during one fall and one spring weekend. MAB also has international trips that serve in the Dominican Republic during winter and summer break.



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

PARTICIPANT FEE

MAB is a self-funded program completely funded by the participants through fundraising efforts and a participant fee. The participant fee for a weekend trip is \$115, weeklong trip is \$230, summer domestic trip is \$300, and international trip is \$1,400. All participant payments are student charged. These fees are **non-refundable**. After a student authorizes their payment, they have committed to their trip and we have to charge their account the full amount.



FUNDRAISING

The participant fee only pays for a portion of the trip; the rest is made up by fundraising. Our weeklong alternative break experiences actually cost between \$375-590 a person depending on the length of the trips and location and our international trips cost between \$1,600-\$1,900. Participants fundraise the remaining cost of their trip through group fundraisers in order to keep the participant fees low and accessible to all students. Our main fundraiser is a letter writing campaign that every student participates in, but there are other group fundraisers that may also occur before the trips depart. Each trip has a unique fundraising goal based on the cost of that particular trip and money raised is credited towards that trip's fundraising goal. In addition, if a participant individually raises more than \$500 for their trip through the letter writing campaign, we will credit that participant back 50% of their participant fee, minus any scholarships they received, upon the successful completion of their alternative break experience.

SCHOLARSHIPS

Mizzou Alternative Breaks has a needs-based scholarship fund. Students can apply for a scholarship when they apply for an alternate break experience and based on availability of funding and the number of scholarship requests, recipients can be awarded a scholarship of 25-50% of their participant fee.

SAFETY

The wellbeing of our students is a top 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. All vehicles are rented from Enterprise or Campus Auto Leasing and all participants who are driving rental vehicles participate in a detailed driver's training.

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.

General MAB Policies:

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 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.

Driving Policies:

- All drivers must have a valid driver's license in the United States.
- Students with DWI or DUIs will not be permitted to drive any university or rented vehicle during an MAB trip.
- Vehicle operators will limit speed to the posted speed limit on all rented and University vehicles.
- For all trips, drivers must rotate every two hours and this needs to be noted in the driving log. Driving between midnight and 6:00 a.m. is NOT permitted.
- Smoking or drinking alcohol is not permitted at any time in any vehicles.
- Only University students/staff are allowed in the vehicles.
- Drivers shall not text or talk on the phone while driving.



THE MAB EFFECT

Going on a Mizzou Alternative Break trip 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 MAB trip gave me a greater understanding of the region where I went. **4.46**

My MAB 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 MAB trip. **4.60**

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

WRAPPING IT UP

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

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

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."