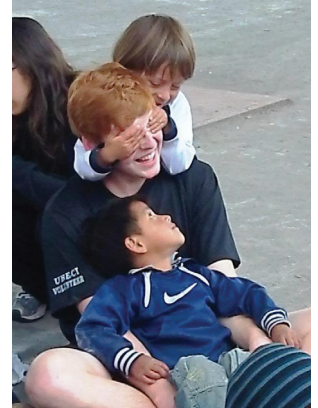


Alternative Breaks



Who we are:

Alternative Breaks is a student organization that offers direct service opportunities during every academic break, including Fall, Winter, Spring, Summer, and even some weekends! Alternative Breaks takes groups of students, student leaders, and faculty/staff to communities in need across the country and world to perform vital service with amazing organizations. Participants will have the opportunity to do quality service, gain education about important social issues, and reflect on how they can create positive social change. Join our movement of active citizenship as we strive to create sustainable change and fight social injustice in all communities.



Our Mission:



To provide quality service experiences and awareness to all members of the Southern Methodist University community while creating active citizens through education, direct service, and reflection.

What's Inside . . .

1 Who we are and what we do

2 Up coming Trips

3 Hear what the breakers are saying about their trips

4 Meet the Executive Board and Donate



Read our Blog!

[Click here](#) to follow and stay up to date with our trips on SMU Adventures

Contact Us! smu.edu/ab



E-mail: alternativebreaks@smu.edu



Facebook: [SMU Alternative Breaks](#)



Twitter: [@smu_alt_breaks](#)



Instagram: [smualternativebreaks](#)

Support Us! smu.edu/abfund

Up Coming Trips:



Spring Break (March 9-15, 2014)

Food Deserts: Providing an Oasis in New York City, New York; We'll be partnering with God's Love We Deliver to prepare and serve food to individuals living with serious diseases such as HIV/AIDS and cancer, who are not able to provide quality meals for themselves as a result of their illnesses. Every day, God's Love We Deliver prepares and delivers close to 4,6000 meals!

Global Peace in Indianapolis, Indiana; We'll work with a grassroots community farm located in a low-income semi-urban neighborhood called Global Peace Initiatives. The purpose of the farm is to raise red wiggler worms in order to cultivate high-quality soil and compost for urban agriculture. During our time at Global Peace Initiatives in 2013, we planted onions for harvest, mended hoop houses, sifted soil, and built an aquaponics system. A typical day consisted of extremely informational manual labor, unlike any other work you've done! The dynamic of the work combined with constant learning makes for a beneficial experience for both breakers and the Indianapolis community.

Education in a Rural Setting in Taos, New Mexico; We'll work with Roots and Wings Community School. The school is very understaffed, so volunteers are crucial to creating a positive classroom experience. While at Roots and Wings over Spring Break 2013, SMU Breakers spent a majority of their time tutoring and teaching mini lessons in classrooms. They also repainted the school's entry hallway and helped with outdoor landscaping and remodeling. SMU students are able to serve as role models for younger children as well as truly inspire and positively influence the lives of many children.

Disaster Relief; Even years after Hurricane Katrina, many homes remain debilitated in **New Orleans, Louisiana**. On this trip, you will be working firsthand with those whose homes or lives were disrupted by the Hurricane and build homes for them.

Persons With Special Needs in Kimberton, Pennsylvania; We'll be partnering with Camp Hill Kimberton to work alongside adults with special needs. Sometimes we'll be working out on the farm and other times we might be assisting indoors with activities and workshops.

Environmentalism in Memphis, Tennessee; We'll partner with Living Lands and Waters where we'll spend time on the Mississippi River removing debris such as tires and appliances that are damaging the habitat of the surrounding wildlife.

Civil Rights and Youth Development In Selma, Alabama; We'll be focusing on civil rights through our work with Freedom Foundation. Although our schedule is not set yet, we plan to engage in many different kinds of service from tutoring to construction while immersing ourselves in the issue of civil rights.

Child Abuse/Neglect in St. Louis, Missouri; Participants will be volunteering at Crisis Nursery Kids, which provides temporary care for young children in order to help prevent child abuse and neglect. We'll serve by giving the children individual attention from rocking and playing to feeding and dressing at the 24-hour shelters.

Sustainable Water; For the first time, we'll be partnering with the Watershed Committee of the Ozarks in **Springfield, Missouri** to sustain and improve water resources, while learning about watersheds and sustainability.

Animal Rights; This trip will be serving at the Stray Hearts Animal Shelter, a non-profit organization affiliated with the Humane Society of Taos that provides humane care and rehabilitation for lost and abandoned animals, upholding their rights for such, protecting animals from abuse and neglect and exploitation, and placing them into responsible and loving homes. Participants will build and refurbish kennels, walk the animals, clean cages, and much more - all while learning about animal rights, population control, long-term positive management of animals.

Say What?!

Hear what the Breakers are saying about their trips:

"AB is such a wonderful, eye-opening experience! Whether it's on a national or international trip, you are guaranteed to make friends and memories that you will truly cherish for years to come!" - **Coral Robles**

"By submerging myself in an unfamiliar culture and being with people whom I mostly didn't know, I was able to gain a new perspective that changed the way I viewed my role as a student, person, and citizen." - **Katie Maiers**

"One of the aspects I love most about Alternative Breaks is the fact that you don't know any of the people in your group when you head off to your destination, but you end up being best friends with all of them by the time you get back." - **Emily Dombrowski**

"I enjoy how Alternative Breaks is a very unique opportunity to the SMU campus because it allows students to be able to personally make an impact and experience issues that they may never have faced in a new, personal, and close up light." - **Janice Kim**

How you can help . . .

Feed-A-Breaker

The cost of buying food for one Alternative Breaker on a week-long direct service trip is \$25.

Donation Amount: \$25.00

House-A-Breaker

The average cost of housing one Alternative Breaker on a weeklong direct service trip is \$85.

Donation Amount: \$85.00

Feed-A-Trip

The cost of buying food for the average Alternative Break trip is \$300. Donating at this level will allow us to purchase food for ten students during a life-changing Alternative Break trip.

Donation Amount: \$300.00

Adopt-A-Breaker

The true cost of sending the average Alternative Breaker on a direct service trip is \$400 per student. The Alternative Break program charges students far less than this amount in order to allow any student to participate and develop as an Active Citizen. Adopting-a-Breaker allows for you to directly send one student on a life changing Alternative Break trip.

Donation Amount: \$400.00

House-A-Trip

The true cost of housing the average Alternative Breaker on a direct service trip is \$85.00 per student. Donating at this level covers the housing for 11 students on a life changing Alternative Break trip.

Donation Amount: \$935.00

Adopt-A-Trip

The average cost of sending an Alternative Break trip, with 7-12 participants, is \$3,500 per trip. Due to the low fees we collect from our participants, we rely on donations, financial development, and thrifty trip budgets to cover the administrative costs of running our program. Adopting-a-Trip allows for you to cover expenses for an entire Alternative Break experience.

Donation Amount: \$3,500.00

Support Us! smu.edu/abfund

Meet the Exec Board

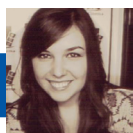


Danielle Katz
Student Director

Major: Spanish
Hometown: Baltimore, MD

Shauna Davis
Fundraising Chair

Major: Dance
Hometown: Weston, FL



Lisa Walters
Assistant Director

Major: Human Rights
Hometown: Placerville, CA

Emily Dombrowski
Fundraising Chair

Major: History
Hometown: Flower Mound, TX

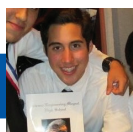


Jessica Chu
Site Trip Coordinator

Major: Biology
Hometown: Greenville, MS

Molly O'Connor
Recruitment Chair

Major: Communications
Hometown: Fort Worth, TX



Edgar Rodriguez
Site Trip Coordinator

Major: Biology & Math
Hometown: Dallas, TX

Sarah Day
Participant Manager

Major: Communications
Hometown: Nashville, TN

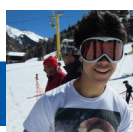


Erica Onwuegbuchu
Site Trip Coordinator

Major: Chemistry & Psychology
Hometown: Dallas, TX

Katie Castillo
Historian

Major: Advertising
Hometown: Dallas, TX



Paul Lujan
Education chair

Major: Environmental Engineering
Hometown: Orange County, CA

Katie Maiers
Alumni Relations

Major: Advertising & French
Hometown: Round Rock, TX



Aymen Osmani
Education Chair

Major: Spanish & Biology
Hometown: Sherman, TX

Gabriella Padgett
Sustainability Chair

Major: Math & Creative Computation
Hometown: West Palm Beach, FL



Janice Kim
Reorientation Chair

Major: Biology
Hometown: Plano, TX

Kenzie Durham
Fall Consultant

Major: Accounting
Hometown: Houston, TX



Ashley Park
Finance Chair

Major: Accounting & English
Hometown: Seoul, Korea

Bailey Guthrie
AB Advisor

Hometown: Edmond, OK



How can you help?

Sometimes the hardest part about helping these communities is having the funds to do so.
For more information on how you can donate, [click here!](#)