

# SERVING IN PLACE: PLANNING LOCAL ALTERNATIVE BREAKS

Elizabeth Busby  
Fahim Gulamali  
Natasha Vos

Nichelle Shuck  
Lizzie Shepard



# Pro Humanitate Institute (PHI), Wake Forest University

- Office of Public Engagement, Service, Social Action
- Mission: “...the Pro Humanitate Institute is a core of learning, teaching, research, service, and action that transforms the ethos of Wake Forest University into an explicit mission connected to clear practices with meaningful social justice outcomes.”



# Aligning PHI's mission with Staycation

- Social change model of leadership: "...it is basically collaborative in approach, yet it purports to value individual diversity" (Astin & Astin, 1996, p. 4)
  - *The "Seven C's"*
- Bridge to place-based education
  - *Focusing on issues in your local community*
- Active citizenship model
  - *Moving beyond just one-time service opportunities to making the community a priority everyday*
- **"...transforms the ethos of Wake Forest University into an explicit mission connected to clear practices with meaningful social justice outcomes."**

# Staycation Learning Outcomes

- Analyze a particular social justice issue (e.g. educational equity, health care, and access to affordable housing, etc.) within a specific geographical or regional context;
- Identify and explain power structures and root causes of social inequity
- Collaborate with peers to create a constructive team climate in which all members contribute to group work, reflection, and decision-making
- Communicate across difference through partnership and team-building;
- Reflect on personal and academic goals as they relate to the trip experience.





# History

- 2011: Staycation established
- 2012: Transition from direct service focus to a co-curricular focus
  - e.g. readings, reflections, and trip preparation
- 2013: Staycation focuses on a particular social justice issue



# Timeline

- July: Theme established
- August-January: Participant recruitment, payment collection, and volunteer sites/additional activities confirmation
- February: Leader training and reflection development
- March: Staycation! (and assessment)



# Theme

- Based on VISTA's focus area
  - *2015: Food access and education*
  - *2016: Food access and economic justice*





# Recruitment

- Peer to peer outreach
  - *Alternative Break Coordinator*
  - *Previous trip participants*
- Targeted outreach to first-year students, local residents, and students who live further away

## STAYCATION

### Wake Alternative Break Spring Break Trip

**Trip works with local Winston-Salem community partners to look at intersections of economics and food justice.**

Apply at  
<https://orgsync.com/41782/forms/125574>

**Trip cost is \$100, scholarships are available.  
Contact Cazandra Rebollar at  
[rebocy13@wfu.edu](mailto:rebocy13@wfu.edu) with questions.**



# Leader Training

- Leader Expectations
  - *Leader responsibility handout distributed*
- Reflection Techniques and Designs
  - *Reflection techniques handout distributed*
- Cross-Cultural Communication (Managing Team Dynamics)
- Risk and Financial Management
  - *Crisis communication plans; drug and alcohol policy; and release and assumption of risk handouts distributed*

# Volunteer Partnerships

- Secured by VISTAs
- Building new partnerships while maintaining ongoing ones



**Goler Community Garden at the  
Downtown Health Plaza**  
@GolerGarden





# Additional Activities

- Community tours
  - *2015: Winston-Salem community tour with former city councilwomen*
  - *2016: Corner Store visit*
- Taking advantage of the outdoors
  - *Hiking*
- Documentaries related to theme
  - *A Place at the Table*
  - *Inequality for All*
- Food
  - *Stone soup*



# Budget

- Program Cost: \$100/participant
- Expenditure:
  - *Food: \$75/participant for 6 days*



# Staying within the budget

- Food
  - *Simple breakfast and lunch*
    - Purchase groceries at the beginning of the week
  - *Plan and cook dinners together*
  - *End of the week dinner celebration at a local restaurant*
- Transportation
  - *University-owned vehicle*
- Housing
  - *Students stay in residence halls*
- Additional activities
  - *Finding free group activities*

# ECU ALTERNATIVE BREAK EXPERIENCE

*Pushing Boundaries & Creating Change*

**EXPLORE YOUR INNER PIRATE**

STUDENT AFFAIRS



# Service at East Carolina University



East Carolina University's motto "Servire" - to serve

Student service hours recorded over past three years: 72,700

Students recording service hours on a regular basis: 7,000

3 Days of Service (420 volunteers, 1300 hours, 14 partners)

**EXPLORE YOUR INNER PIRATE**  
STUDENT AFFAIRS

# East Carolina University Alternative Break Experiences (ABE)

East Carolina University Alternative Break Experiences (ABE) create active citizens, leaders, and advocates for lasting social change.

- Centralization across the Division of Student Affairs
  - Marketing
  - Application
  - Assessment
  - Resources
- Break Away Membership
- Growth and Collaboration



**EXPLORE YOUR INNER PIRATE**  
STUDENT AFFAIRS

# Center for Leadership and Civic Engagement

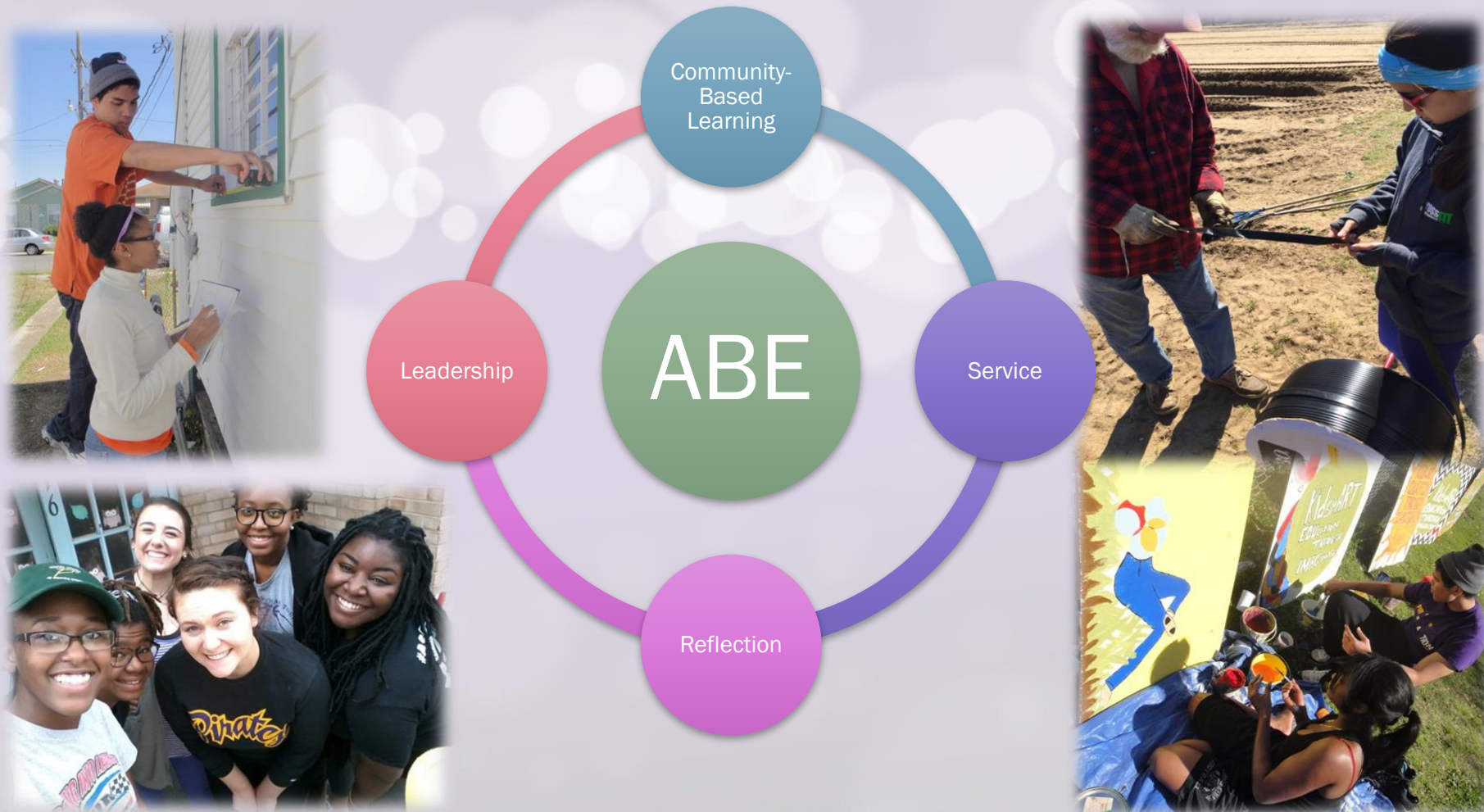
- Recap information for 2015-2016
  - 33 ABE Participants + 6 ABE Staff Leads = 1,608 HOURS
- Themes/Locations
  - FL, MD, VA – 2, NC -2
  - Homelessness, Hunger, Health, Appalachian Culture, Youth, and Nutrition
- Duration/Cost
  - 3days – 7 days
  - \$80.00 - \$375.00
- Community Partnerships
  - Southeast Rural Community Assistance Project
  - NC Coastal Federation/Camp Albemarle
  - Catholic Charities – Baltimore, MD
- Reorientation
  - Staff/Student Leader
  - Reflection Mixer and Ceremony



**EXPLORE YOUR INNER PIRATE**  
STUDENT AFFAIRS



# Center for Leadership and Civic Engagement



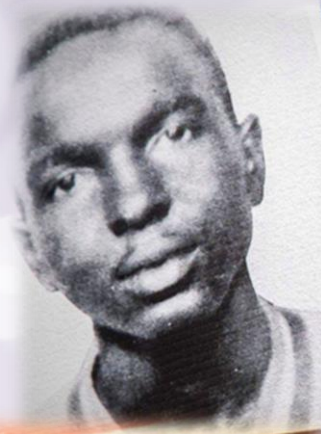
**EXPLORE YOUR INNER PIRATE**  
STUDENT AFFAIRS

# Staycation ABE Planning & Implementation

| Pre-Service   | Service   | Post-Service  |
|---|---|---|
| <p><b>Connecting with Community Partners</b></p> <ul style="list-style-type: none"><li>• Co-planning</li><li>• Week Overview</li></ul> <p><b>Pre-Service Meetings</b></p> <ul style="list-style-type: none"><li>• What to expect? (FAQs)</li><li>• Introductions/Ice Breakers</li><li>• Schedule</li><li>• Into to reflection</li></ul> | <p><b>Education</b></p> <ul style="list-style-type: none"><li>• Community Partner Panel</li><li>• Communities Tours</li><li>• Story Telling</li></ul> <p><b>Service</b></p> <ul style="list-style-type: none"><li>• Youth and Hunger Focused</li><li>• Team Building</li></ul> <p><b>Reflection</b></p> <ul style="list-style-type: none"><li>• Creating a Safe Space</li><li>• Be transparent</li><li>• Privilege Walk</li><li>• Silent Affirmations</li></ul> | <p><b>Staying Connected</b></p> <ul style="list-style-type: none"><li>• Provide opportunities to continue service</li><li>• Introduce other programs through CLCE</li><li>• Creative reflection</li></ul> |

**EXPLORE YOUR INNER PIRATE**  
STUDENT AFFAIRS

# Staycation ABE Impact Stories



**EXPLORE YOUR INNER PIRATE**  
STUDENT AFFAIRS



# Questions & Thank You!

## Wake Forest University

**Elizabeth Busby**, AmeriCorps VISTA, Economic Justice

- Email: [busbeg11@wfu.edu](mailto:busbeg11@wfu.edu)
- Phone: 336-758-5661

**Fahim Gulamali**, Assistant Director of Student Engagement and Programming, Pro Humanitate Institute, Wake Forest University

- Email: [gulamafa@wfu.edu](mailto:gulamafa@wfu.edu)
- Phone: 336-758-3737

**Natasha Vos**, AmeriCorps VISTA, Food Access

- Email: [vosna@wfu.edu](mailto:vosna@wfu.edu)
- Phone: 336-758-5661

## East Carolina University

**Lizzie Shepard**, AmeriCorps VISTA, Youth and Education

- Email: [shepardl15@ecu.edu](mailto:shepardl15@ecu.edu)
- Phone: 252-328-6432

**Nichelle Shuck**, Associate Director of Center for Leadership and Civic Engagement, East Carolina University

- Email: [shuckn@ecu.edu](mailto:shuckn@ecu.edu)
- Phone: 252-328-6979