



Please read in its entirety before beginning:

The Alternative Spring Break (ASB) program provides students the opportunity to spend the week of spring break engage in an public service experience while increasing their understanding of significant social and civic engagement problems.

Trip participants attend a weekly seminar before the trip to prepare for their service experience. The seminar will include team expectations, trip overview, travel information, and team-building activities. During the trip, students participate in all educational activities, daily reflection activities, and evening group activities at the site.

Learning Outcomes of the Trip:

An Alternative Spring Break (ASB) in Washington, D.C., offers a unique opportunity for experiential learning through service, civic engagement, and cultural exploration. Here are essential learning components to consider integrating into the ASB program:

Civic Engagement and Political Awareness

Objective: Help students understand the functions of government and their roles as active citizens.

Activities:

Workshops on Civic Responsibility: Facilitate sessions on how students can engage with civic issues, such as advocacy, voting, and community involvement.

Speak with Government Officials: Students will have an opportunity to speak with various government officials for a deeper dive in civic engagement issues

Service Learning and Community Impact

Objective: Connect students with service opportunities that address local needs while fostering empathy and a commitment to giving back.

Activities:

Volunteering with Local Organizations: Students will partner with a D.C.-based non-profit that focus on homelessness, education, food security, or environmental stewardship.

Reflective Journaling: Students are encouraged to keep a daily journal on their service experience, focusing on how the work affects their views on community, privilege, and personal responsibility.

Post-Service Discussions: Students will participate in group discussions to process and analyze the impact of their service on the community and on themselves.

Cultural and Historical Understanding

Objective: Foster a deeper understanding of America's diverse histories and cultural narratives, especially those often underrepresented.



Activities:

Visits to Key Museums: Planned visits to the National Museum of African American History and Culture, National Museum of the American Indian, and the United States Holocaust Memorial Museum, each emphasizing different cultural perspectives.

Sensitivity Training: Students will be prepared with cultural sensitivity training to approach these experiences with respect and thoughtfulness prior to the trip.

Guided Reflections: After each visit, discussions will be held on the importance of these histories in shaping modern-day America and how they connect to social justice issues.

Leadership Development

Objective: Enhance leadership skills through hands-on activities, self-reflection, and group collaboration.

Activities:

Evening Debriefs: Reflect on daily activities with questions like, "What leadership qualities did you observe today?" and "How did you contribute as a leader or follower in today's activities?"

Reflection and Personal Growth

Objective: Encourage self-awareness and reflection to promote personal development.

Activities:

Daily Reflection Circles: Each day is concluded with a group circle where students share personal insights, challenges faced, and growth moments.

Goal Setting and Check-Ins: Students will set personal goals at the start of the week, with daily check-ins to reflect on their progress and learnings.

Closing Reflection and Journaling: On the last day, students will reflect on how this experience has impacted their views on community, leadership, and service, and how they will carry these lessons forward.

Social Justice and Ethical Inquiry

Objective: Students will engage in critical thinking skills about systemic issues and social justice, relating these to current events.

Activities:

Debrief on Current Events: Students will use recent news stories as case studies to connect the D.C. experience to broader social justice issues.

Ethical Inquiry Reflections: Students will participate in discussing the ethics of service work, power dynamics in volunteerism, and what responsible service means.

Building Community and Connection



Objective: This trip will foster a supportive, collaborative environment that fosters meaningful connections among students.

Activities:

Icebreakers and Team-Building Exercises: Students will attend 3 pre-trip meetings with icebreakers to foster a sense of community while learning the trip details.

Buddy System: Students will use the buddy system for accountability and relationship-building during all activities.

Group Bonding Activities: Planned evening social activities, such as group dinners or local excursions, to deepen relationships among participants.

Trip Requirements:

- Attend the 3 in-person pre-trip meetings
 - February 28th
 - Expectations of the Trip & Community/Team Building
 - March 7
 - Cultural & Sensitivity Training
 - March 14
 - Communication Expectations & Travel Information

Trip Information

March 23 - Travel Day

March 24 - Washington, D.C. Tour Day

- Tour of the Pentagon
- Tour of the Vietnam Veterans Memorial and the Unknown Soldier

March 25 - Volunteer & Cultural Exploration Day

- Volunteer with local nonprofit
- National Museum of African American History and Culture

March 26 - Explore D.C. with a Choose Your Own Adventure Afternoon

- Visit Memorials and Monuments
- Choose a Museum to explore with reflection to discuss after

March 27 - Final Day in Washington, D.C.



- Visit the White House
- Travel back to Denver

Cost of Trip

- The total cost of the Alternative Spring Break to Washington, D.C. is **\$450**.
 - What is included in this price:
 - Round-trip travel to Washington, D.C.
 - Lodging for the entire week.
 - Meals during the trip.
 - Educational and cultural experiences.
 - Community service opportunities.
 - First Payment Requirement of **\$225** due:
 - **February 28th**
 - Last Deposit of **\$225** due on:
 - **March 14**

If you would like fundraising opportunities or ideas, please reach out to our Community Engagement & Leadership Ambassadors at volunteer@ucdenver.edu. The Office of Student Life will be holding several opportunities to fundraise money for this trip. If selected, you will receive notifications for attendance.

- I have read and understand the terms of requirements for the ASB Washington, D.C., Trip**
- I understand I must pay the \$450 requirement. I will either pay the full amount or pay by the required deposits of \$225 by February 28th and March 14th.**
- I would like to be notified for fundraising opportunities to help with the cost of the trip**
- I understand I must attend the 3 required pre-trip meetings in order to attend the ASB Washington, D.C., trip. If I fail to miss one meeting, I understand that my spot may be lost to another participant.**

Personal Information

Name _____ Phone _____

Address _____



Email _____ Student ID _____

School Year _____ Major _____ Minor _____

Emergency Contact Information

Emergency Contact Full Name _____ Phone Number _____

Relationship

- Mother
- Father
- Legal Guardian
- Other:

If other, please explain _____

Emergency Contact Email _____

Essay Questions

Please consider your answers thoughtfully! (Four sentences minimum)

1. Why do you want to participate in this service experience?

2. What do you hope to accomplish, learn, and/or gain from this experience?

3. How does this experience tie in with your education and future goals?



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4. During the trip there are required reflections and activities for your team throughout the day and evening. This allows the team to check in with each other and process the days' events in a fun and meaningful manner. How do you feel reflections contribute to personal and team growth?

5. Please share with us a community service experience that had a particular impact on you.

6. Please give an example of a time when you were faced with an uncomfortable or unfamiliar situation. How did it affect you, and how did you respond?

Health and Safety

Do you have any health concerns or physical limitations that would be helpful for us to be aware of? If yes, please explain:

Do you have any dietary restrictions?

Anything else you would like for us to know about yourself?



Please screenshot this page for reference of dates:

Thank you for submission. Please double check you hit "Submit" once you have completed this application. If you do not receive an email from MyLynx about your form being submitted, double check your submission status.

Selection Process

- After the application is submitted, a Community Engagement and Leadership Ambassador (CELA) will reach out to you to confirm your submission.
- **February 10**
 - Application closes at 11:59 pm
- **February 11 - February 14th**
 - Application Review
- **February 17**
 - Trip Attendees Selected
- **February 28**
 - First Payment
 - First Pre-Trip Meeting
- **March 7**
 - Second Pre-trip Meeting
- **March 14**
 - Last Deposit
 - Third Pre-Trip Meeting
- **March 23 - 27**
 - Washington, D.C. Trip



CU Denver
Community
Engagement

Alternative Spring Break
Washington, D.C.

SAMPLE APPLICATION – DO NOT TURN IN –
APPLICATION IS OPEN IN MYLYNX

If you have any additional questions or concerns, please reach out to CU Denver Volunteer
at volunteer@ucdenver.edu