GET INVOLVED!

Become an ABP participant.

• Visit the following website: www.ucf.edu/knightconnect

• Click the “Log In” button located on the top right hand corner of the page

• Log in using your NID and myUCF password (You may be asked to set up a profile before proceeding)

• Click on the “Organizations” tab and search for “VUCF ABP”

• Click on Volunteer UCF Alternative Break Program and “Join” the organization

• Once you are a member, click “Forms” on the left hand side

• Here you can access the various applications available

CONTACT

Office of Student Involvement
Attn: Volunteer UCF

Address: 12715 Pegasus Drive
Student Union, Room 208
Orlando, FL 32816

Phone: 407.823.3318

Email: vucfabp@ucf.edu

AFFILIATIONS

- UC Recreation and Wellness Center
- UCF Lead Scholars Academy
- National Jewish Student Federation (Hillel)
- Office of Undergraduate Research
- Office of Undergraduate Studies
- Undergraduate Honors College

“The Best Way to Find Yourself Is to Lose Yourself in the Service of Others.”

-Mahatma Gandhi
ABOUT ABP

ABP has trips during the fall, winter, MLK weekend, and spring break. These trips range from 3 to 8 days in length and are based on at least one of the many social issues of youth and mentoring, disaster relief, arts and recreation, domestic violence, animals, different abilities, wildlife preservation, education and literacy, environment, homelessness, hunger, elderly, and health.

There are many reasons for students to take part in alternative breaks. Some of these include lack of service experience, wanting to meet new people, interest in a specific social topic, desire for experience that could influence their future, and resume building. However, most go because of their passion for the project.

Alternative breaks are to act as a catalyst for local action with strong direct service and ultimately creating an active citizen. Active citizenship, the driving force of alternative breaks, is meant to change the volunteer’s views of their place in society; their community becomes a priority in their values and life choices.

Once back from an alternative break, small changes can be made in day to day life to be an active citizen such as voting, recycling, donations, and much more. Many people come back from alternative breaks changed! They either change their major, get more involved on campus, or continue volunteering and staying up to date on the social issues. Some even join a service organization such as AmeriCorps or the Peace Corps.

WHERE WE’VE BEEN

1. CALIFORNIA Alongside the Catalina Island Conservatory, invasive plants were removed, trails were made, and enclosures were built.

2. BITHLO The first collaboration effort with institutions across the United States to make a positive change in one of Orlando’s most under-resourced areas.

3. MISSISSIPPI Through a collaboration with the Office of Undergraduate Research, during spring break 2014 students assisted in field research at the Gulf Coast Research Laboratory.

4. GEORGIA Parkwood Farms provides therapeutic horseback riding where students assist children with mental, physical, emotional, and learning disabilities.

5. SOUTH CAROLINA In Spring 2014, LEAD scholars worked with Crossroads Group Home to give support through animal therapy to residents who have been affected by domestic violence.

6. NEW YORK In Winter 2015, volunteers learned of the importance of community gardens while working with environmental activists and assisting with restoration efforts.

7. GUATEMALA Students volunteered at local schools and orphanages while being immersed in Guatemalan culture by living in family homes.

8. COSTA RICA Spring 2013 marked VUCF’s first international trip. Students volunteered at a coffee farm and various schools while learning about the culture.

9. PUERTO RICO During their time volunteering with Save a Sato, students worked to help stray dogs at a local nonprofit.

10. DOMINICAN REPUBLIC During the week, volunteers worked with children refugees in grades k-3 and 4-6 as well as on several eco-construction projects.