Alternative Spring Break Trips

Group Trips for College Students

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What are Alternative Spring Break Trips?

Alternative Spring Break Trips are one week long and scheduled to coincide with the major university breaks. Volunteers work together in a group on a service project arranged by our expert local staff. Spring break volunteers receive the same benefits as our longer-term volunteers, including food and accommodation. Volunteers can choose between Building, Care, Conservation, International Development, Medicine and Public Health trips, depending on their interests and majors. Throughout the week, participants will have the opportunity to meet other volunteers, participate in cultural and social activities at night, and will have Friday afternoons off to explore the area a bit more.

Why do an Alternative Spring Break?

• **MEANINGFUL & EASY TRAVEL:**
  All of the locations of our Alternative Spring Break Trips are as close as possible to minimize time lost to travel and jet lag. Most destinations offer direct flight options from the US.

• **POSITIVE IMPACT ON THE LOCAL COMMUNITY:**
  Instead of doing a typical collegiate spring break, you can teach English, build schools or conduct medical outreaches—improving the lives of those around you all within the span of one week.

• **AFFORDABILITY:**
  Our spring break trips are at a discounted price compared to our Standard individual one week trips.
We take your security abroad very seriously. Before we send volunteers anywhere, the countries must be politically stable and safe. We are in contact with the US State Department regarding safety and stability and, of course, we have the added security of our own overseas staff who know the local area in detail.

We want to match your skills and enthusiasm to the right project. By creating a wide variety of projects for volunteers, we allow you to select the project best suited to you. There is a range of projects and destinations to choose from, allowing volunteers with all interests to find a placement that is just right.

Voluntary work with Projects Abroad is excellent for your résumé and future job or post-graduate applications. It gives you greater life experience, develops skills in the field of your choice, and shows your initiative to try something new, traits which appeal to both employers and post-graduate programs.
JAMAICA
Building

Project Work: Volunteers on this trip will have the opportunity to assist in the construction of improved sanitation facilities for local schools, as well as working on installing running water systems. There are 40 schools in the region that Projects Abroad works in that need this type of upgrade, so this project will benefit hundreds of children. Typical activities include digging foundations, mixing mortar, laying blocks, and carrying materials. No construction experience is required, just a desire to work hard and lend a hand.

Tourism & Accommodation: Volunteers on this project live with local host families in Mandeville, a lively town in the rolling hills of south-west Jamaica. At the end of the week you will be rewarded for your hard work with a trip to the beach or a refreshing waterfall.

BELIZE
Care

Project Work: On the Care trip in Belize, you will work with underprivileged children at a care center or kindergarten. Here, you have the opportunity to get involved with various daily activities, including running educational activities and games, helping with homework, preparing for mealtime, and playing with the children. Additionally, you can give back to your placement by painting a colorful mural or refurbishing a play area.

Tourism & Accommodation: During your time in Belize, you will live with a host family in San Pedro, a town on the southern part of the island of Ambergris Caye. At the end of the week, you can relax with the other volunteers with a trip to the beach, where you can enjoy snorkeling and scuba diving or you can explore the sights of San Pedro.

COSTA RICA
Care

Project Work: While other spring breakers may go to Costa Rica to spend their time at a resort, on this Care project you can instead spend your time improving the lives of local Costa Rican children. Care volunteers will work together at local child care centers, helping the staff of the facility care for the children. The group will have plenty of opportunities to plan activities for the kids, as well as opportunities to help with their English skills.

Tourism & Accommodation: Volunteers will stay in the vibrant suburban town of Heredia just outside of San José. This project is a great choice if you are studying or want to learn Spanish since you will be living with a local host family, where you can really put your language abilities to the test. At the end of the week you can wind down by seeing some of the sites of the San José area.

FIJI
Care

Project Work: As a volunteer in Fiji, you will be able to provide a helping hand by caring for children in kindergartens. It is also the perfect opportunity to put any skills and interests you have to use, whether it is through arts & crafts, helping with basic literacy and numeracy, or teaching games, songs, or sports.

Tourism & Accommodation: Although Fiji has an abundance of natural resources and a rapidly growing tourism industry, little of this income reaches local communities. You will be able to see this firsthand in Nadi, as well as getting an idea of the local quality of life through your stay with a host family. At the end of the week, volunteers can explore one of the beautiful local beaches with clear turquoise water.
**Project Work:** As a volunteer with Projects Abroad on the Care Project, you can use your spring break to help children in orphanages and schools. You will be based in Cape Coast or the Akuapem Hills. Here, your time will be spent working with children and engaging them in educational games to enhance their early childhood development. The maintenance and renovation work that you do will go a long way in improving the quality of life within the community.

**Tourism & Accommodation:** Volunteers will live with Ghanaian host families. This is a wonderful opportunity for cultural exchange and learning about day-to-day life in Ghana first-hand! At the end of the week, volunteers will enjoy a tour of Cape Coast and a visit to some of Ghana's most colorful and lively markets.

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**Project Work:** Volunteers on the Care trip in Jamaica work at orphanages or care centers supporting the children and local staff. Volunteers are involved with various daily activities, including helping with lessons and homework, preparing for meals, and playing and socializing with the children. The group can also make a difference by helping with cleaning and beautification projects.

**Tourism & Accommodation:** Volunteers in Jamaica live with host families in Mandeville or in the busy coastal town of Montego Bay. At the end of the week you will get to enjoy Jamaica's natural beauty by taking a trip to the beach or a local waterfall.

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**Project Work:** As a volunteer you will get involved in a variety of sea turtle and general conservation activities in Mexico. These activities include patrolling the beaches at night to collect turtle eggs, re-burying the eggs in an enclosed area where they can safely incubate, and guiding newborn hatchlings to the sea. Other activities include biodiversity studies at a nearby mangrove lagoon, beach clean-ups, and promoting environmental awareness in the local community.

**Tourism & Accommodation:** Volunteers will stay in dormitories situated on the beach by the Pacific Ocean. At the end of the week, volunteers can celebrate their hard work by relaxing and swimming at the reserve.
**ARGENTINA**

**Medicine**

**Project Work:** The Medicine in Argentina trip gives you the opportunity to observe the medical profession first hand in an international setting. Most of your time will be spent shadowing local doctors and attending medical workshops in a hospital. The remaining time will be spent in local communities leading outreach campaigns about dental hygiene. The program also features a visit to an anatomy museum, a dissection class, and a medical Spanish lesson.

**Tourism & Accommodation:** During your time in Argentina, you will live with a local host family. Projects Abroad staff will organize fun activities in the evenings where you can socialize with the rest of the group, and you will also have free time on Friday to explore the beautiful city of Cordoba.

**Price:** $1,495

**Dates:**
- 2018: March 4th-10th, March 11th-17th, March 18th-24th
- 2019: March 3rd-9th, March 10th-16th, March 17th-23rd, March 24th-30th

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**BELIZE**

**Public Health**

**Project Work:** As a Public Health volunteer in Belize, you will help run campaigns that focus on preventing diseases and the importance of healthy living, as well as providing basic medical check-ups, and conducting surveys at schools and in the community. You will facilitate discussions about hypertension, diabetes, HIV/AIDS, sexually transmitted diseases, alcohol and drug abuse, and the positive influence of good hygiene. This knowledge is a powerful tool for the local communities.

**Tourism & Accommodation:** Volunteers in Belize will live with local host families and have the opportunity to be fully immersed in the local culture and learn about daily life in Belize. At the end of the week you will visit some of Belize’s most beautiful beaches.

**Price:** $1,495

**Dates:**
- 2018: March 4th-10th, March 11th-17th, March 18th-24th
- 2019: March 3rd-9th, March 10th-16th, March 17th-23rd, March 24th-30th

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**GHANA**

**Public Health**

**Project Work:** Volunteers on the Public Health trip in Ghana will help with community-based medical outreach work and public health campaigns. The group will get involved with activities such as medical check-ups for children at orphanages, dressing wounds in a leprosy camp, performing checks of vitals on babies, immunization drives, as well as discussions on health and hygiene with local schools and community groups.

**Tourism & Accommodation:** During your time in Ghana you will live with a local host family in the town of Dodowa, in the greater Accra region. Known for its festivals and its forest, Dodowa will be a great base for your week in Ghana, and during your time off you can explore all the town has to offer.

**Price:** $1,495

**Dates:**
- 2018: March 4th-10th, March 11th-17th, March 18th-24th
- 2019: March 3rd-9th, March 10th-16th, March 17th-23rd, March 24th-30th

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**MEXICO**

**Public Health**

**Project Work:** You can get involved in a variety of activities as a Public Health volunteer in Mexico, including immunization drives and performing checks of vitals on babies and the elderly. You will also participate in conducting health education campaigns, where you can lead discussions about health and hygiene at local schools, orphanages, and community groups.

**Tourism & Accommodation:** During your time in Mexico you will live with a local host family in the city of Guadalajara, immersing yourself in Mexican culture. On Friday the group will visit the small traditional village of Tequila, where you see how its most famous export is made as well as attending a traditional rodeo and barbecue.

**Price:** $1,495

**Dates:**
- 2018: March 4th-10th, March 11th-17th, March 18th-24th
- 2019: March 3rd-9th, March 10th-16th, March 17th-23rd, March 24th-30th
### PERU
#### Public Health

**Project Work:** On this project, you will work alongside qualified medical staff serving local communities. You will work on public health campaigns in clinics and community centers. Topics may include blood pressure, dental hygiene, nutrition, and disease prevention.

**Tourism & Accommodation:** You will stay with a local host-family in Cusco. During your free time, you will explore historical sites in the city, take traditional dance lessons and visit Machu Picchu.

**2018**
- March 11th-March 17th
- March 18th-March 24th

**2019**
- March 10th-March 16th
- March 17th-March 23rd
- March 24th-March 30th

**PRICE:** $1,495

### MEXICO
#### International Development

**Project Work:** This project is an opportunity to help a well-run NGO further its goals. We are partnered with four major NGOs in Guadalajara and each one is working hard to improve the country’s record on human rights and tackle issues like HIV/AIDS, immigration, transportation and mobility, and the empowerment of women. Each year we select one of our partners to design a one week project for Alternative Spring Break volunteers.

**Tourism & Accommodation:** Volunteers in Mexico will live with local host families. At the end of the week, volunteers will take a day trip to the traditional village of Tequila, where they will tour a tequila factory and attend a rodeo and barbeque.

**2018**
- March 4th-10th
- March 11th-17th
- March 18th-24th

**2019**
- March 3rd-9th
- March 10th-16th
- March 17th-23rd
- March 24th-30th

**PRICE:** $1,495

### Example Itinerary

**Care in Costa Rica**

The following is an example of the type of volunteer activities you will do on your program. Please note that our programs change from year to year.

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrival</td>
<td>Country Induction</td>
<td>Games and educational activities with children</td>
<td>Games and educational activities with children</td>
<td>Games and educational activities with children</td>
<td>Farewell party with the children</td>
<td>Departure</td>
</tr>
<tr>
<td></td>
<td>Induction to placement</td>
<td>Continue working on mural project</td>
<td>Continue working on mural project</td>
<td>Finish mural project</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Working on mural project at day care center</td>
<td>Social event: Dancing lessons</td>
<td></td>
<td></td>
<td>Afternoon sightseeing trip in San Jose</td>
<td></td>
</tr>
</tbody>
</table>

**Example Itinerary**

The following is an example of the type of volunteer activities you will do on your program. Please note that our programs change from year to year.
For most of the destinations, you will not need a visa. For any that you do need a visa, we will give you the relevant documents and advice. As we go to press, prices for visas range from $50 to $350 depending on the destination. Projects Abroad prices include insurance coverage for your outward and return journeys (except for overnight stays in your home country) and throughout your placement. Coverage includes medical expenses, luggage and personal effects, money, cancellation and curtailment, legal expenses, and emergency assistance. Coverage becomes effective once full payment has been received. Extra leisure travel insurance can also be arranged for an additional premium.

The charge for amendments ranges from $75 to $130 plus the amount charged to Projects Abroad by third parties. Cancellation charges depend on how far in advance of your departure date we have been informed in writing:

- Notice of 3 months or more- $100
- Notice of 2-3 months- One third of total cost
- Notice of 1-2 months- Two thirds of total cost
- Notice of less than 1 month- No refund

Please note that the above cancellation charges apply whether an application is made more than three months before the proposed departure date or less than three months before the departure date. Deposits paid in relation to departures not more than three months ahead are non-refundable. If you have made your final payment, cancellation insurance may be available under certain circumstances.
“I was nervous to take on this experience in a new place and with new people, but I could not have been happier with the people and environment that was provided. I took away amazing memories and an overwhelming amount of knowledge that has made me a better person/student and I have Projects Abroad to thank for that!”

Kendall Mulvaney / Public Health in Mexico

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