National Alternative Break Survey

report of the 2018-2019 academic year
### 2019 National Alternative Break Survey Results

#### Snapshot of the Movement

**Total survey respondents:**
172 alternative break programs

#### Attributes

<table>
<thead>
<tr>
<th>Attribute</th>
<th>Number of Schools</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public</td>
<td>112</td>
<td>65%</td>
</tr>
<tr>
<td>Private</td>
<td>60</td>
<td>35%</td>
</tr>
<tr>
<td>Liberal arts</td>
<td>52</td>
<td>30%</td>
</tr>
<tr>
<td>Research</td>
<td>55</td>
<td>32%</td>
</tr>
<tr>
<td>Four-year</td>
<td>142</td>
<td>83%</td>
</tr>
<tr>
<td>Two-year</td>
<td>9</td>
<td>5%</td>
</tr>
</tbody>
</table>

#### Affiliations

<table>
<thead>
<tr>
<th>Affiliation</th>
<th>Number of Schools</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Break Away membership</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chapters</td>
<td>156</td>
<td>91%</td>
</tr>
<tr>
<td>Non-chapters</td>
<td>16</td>
<td>9%</td>
</tr>
</tbody>
</table>

#### Break Away membership

<table>
<thead>
<tr>
<th>Brand</th>
<th>Number of Schools</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multi-campus</td>
<td>29</td>
<td>17%</td>
</tr>
<tr>
<td>Religiously</td>
<td>17</td>
<td>9%</td>
</tr>
<tr>
<td>Hispanic Serving</td>
<td>16</td>
<td>9%</td>
</tr>
<tr>
<td>Institution (HSI)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other*</td>
<td>3</td>
<td>2%</td>
</tr>
</tbody>
</table>

*AANAPISI or Women’s Institution*
snapshot of the Movement by the numbers

- 1,082,421 estimated hours of direct service (pre-trip, during trip, and post-trip)
- 345,292 estimated hours of education, orientation, and training
- 582 student executive board members
- 2,676 community organizations
- 1,882 total trips
- 3,002 site leaders
- 17,170 participants
- 345,292 estimated hours of education, orientation, and training

2019 National Alternative Break Survey Results
2019 National Alternative Break Survey Results

- **Number of Programs**
  - 1 - 5 years: 21 (14%)
  - 6 - 10 years: 26 (18%)
  - 11 - 15 years: 29 (20%)
  - 16 - 20 years: 30 (20%)
  - 21 - 25 years: 13 (9%)
  - 26 - 30 years: 18 (12%)
  - 31+ years: 10 (7%)

- **Median Age**: 15 years
- **Oldest Reporting Program**: Merrimack (59 years)

*147 programs reporting*
International trips: 210 trips (11%)
- 95 trips (45%) in spring
- 60 trips (29%) in summer
- 3 trips (2%) in fall
- 51 trips (24%) in winter

1 international trip listed as “other”

Domestic trips: 1,658 trips (89%)
- 882 trips (53%) in spring
- 93 trips (6%) in summer
- 142 trips (8%) in fall
- 316 trips (19%) in winter
- 225 trips (14%) in weekend

Total trips: 1,882 trips

2019 National Alternative Break Survey Results
snapshot of the Movement trends | type of domestic trips ‘13-’19

1,882 total trips

2019 National Alternative Break Survey Results
snapshot of the Movement

number of trips by program

1,882 total trips

1 - 5: 70 (41%)
6 - 10: 44 (26%)
11 - 15: 27 (16%)
16 - 20: 10 (6%)
21 - 25: 5 (3%)
26 - 30: 3 (2%)
31+: 11 (6%)

*170 programs reporting
17,170 participants

Snapshot of the Movement

Number of participants by program:

- 1 - 20: 20 (12%)
- 21 - 40: 40 (24%)
- 41 - 60: 23 (14%)
- 61 - 80: 17 (10%)
- 81 - 100: 12 (7%)
- 101 - 150: 30 (18%)
- 151 - 200: 8 (5%)
- 201 - 300: 3 (2%)
- 301+: 13 (8%)

*166 programs reporting

Average number of participants per trip: 9.1
Compared to 9.4 in 2017-2018

2019 National Alternative Break Survey Results
We strive to work with a balance of new and return community organizations (59% of programs).

We actively pursue long-term relationships with community organizations (25%).

We actively pursue new community organization relationships from year to year (12%).

No response (4%).

2,676 community organizations

44% returning community partnerships
Average of 1.4 community organizations per trip
## Community Partnerships

### Housing Partnerships

<table>
<thead>
<tr>
<th>Housing Type</th>
<th>Number of Programs</th>
<th>Percentage of Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>On-site volunteer housing provided by community organizations</td>
<td>120</td>
<td>72% of programs</td>
</tr>
<tr>
<td>Religious/spiritual building</td>
<td>72</td>
<td>43%</td>
</tr>
<tr>
<td>Community center (YMCA, city rec center, etc.)</td>
<td>67</td>
<td>40%</td>
</tr>
<tr>
<td>Home rental services (Airbnb, VRBO, etc.)</td>
<td>59</td>
<td>35%</td>
</tr>
<tr>
<td>Hostel</td>
<td>54</td>
<td>32%</td>
</tr>
<tr>
<td>Hotel</td>
<td>54</td>
<td>32%</td>
</tr>
<tr>
<td>Campground</td>
<td>54</td>
<td>32%</td>
</tr>
<tr>
<td>Homestays (not family, friends, alumni)</td>
<td>21</td>
<td>13%</td>
</tr>
<tr>
<td>Private homes (family, friends, alumni)</td>
<td>15</td>
<td>9%</td>
</tr>
<tr>
<td>Other</td>
<td>6</td>
<td>4%</td>
</tr>
</tbody>
</table>

Many programs use a combination of housing types

*167 programs reporting*
community partnerships
trends | housing partnerships ’13–’19

2,676 community organizations

2019 National Alternative Break Survey Results

*167 programs reporting
trip focus areas
top ten by total number of trips

1. environment (271 trips)
2. housing + homelessness (218 trips)
3. health (HIV/AIDS, mental health, addiction, public health) (152 trips)
4. food + hunger (147 trips)
5. education (146 trips)
6. disaster recovery + rebuilding (139 trips)
7. immigration + refugee resettlement (109 trips)
8. youth development (89 trips)
9. ableism + disabilities (84 trips)
10. animal welfare (76 trips)

1,882 total trips
trip focus areas by total number of programs

- **1,882** total trips

```
120 (70%)
98 (57%)
98 (57%)
84 (49%)
81 (47%)
79 (46%)
73 (43%)
71 (42%)
51 (30%)
45 (36%)
```

number of programs doing *at least* one trip within that focus area

*171 programs reporting*
innovative trips + powerful titles

George Mason University
The Color of Justice: Mass Incarceration + Environmental Justice

Southwestern University
Hidden Histories: Exploring Workers’ Rights in Asian-American Communities

University of Delaware
Unpacking Nutritional Access: Food Insecurity and Chronic Illness

University of California Los Angeles
System Change, Not Climate Change: The Roots of Environmental Justice

Gettysburg College
Economy, Debt, and Statehood in Puerto Rico

Rice University
Don’t Boo, Vote: Voting Rights and Mobilization

1,882 total trips
### Selections Processes

<table>
<thead>
<tr>
<th>Process</th>
<th>Programs</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Written application</td>
<td>142</td>
<td>86%</td>
</tr>
<tr>
<td>Personal interview</td>
<td>45</td>
<td>27%</td>
</tr>
<tr>
<td>Sign up: first come, first served</td>
<td>24</td>
<td>14%</td>
</tr>
<tr>
<td>Group interview</td>
<td>24</td>
<td>14%</td>
</tr>
<tr>
<td>Lottery system (random drawing)</td>
<td>9</td>
<td>5%</td>
</tr>
<tr>
<td>Other</td>
<td>7</td>
<td>4%</td>
</tr>
</tbody>
</table>

17,107 participants

*168 programs reporting

Many programs use a combination of processes.
### student leadership
by program and trip

#### is the program student-led?

<table>
<thead>
<tr>
<th>Description</th>
<th>Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>yes, completely</td>
<td>9</td>
</tr>
<tr>
<td>for the most part. we have staff who serve</td>
<td>85</td>
</tr>
<tr>
<td>certain roles, but it's mostly student-led</td>
<td>(50%)</td>
</tr>
<tr>
<td>split pretty evenly between student and staff</td>
<td>42</td>
</tr>
<tr>
<td>leadership</td>
<td>(25%)</td>
</tr>
<tr>
<td>almost completely staff-led</td>
<td>35</td>
</tr>
<tr>
<td></td>
<td>(20%)</td>
</tr>
</tbody>
</table>

#### are trips student-led?

<table>
<thead>
<tr>
<th>Description</th>
<th>Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>yes, completely</td>
<td>57</td>
</tr>
<tr>
<td>for the most part. we have staff who serve</td>
<td>78</td>
</tr>
<tr>
<td>certain roles, but it's mostly student-led</td>
<td>(46%)</td>
</tr>
<tr>
<td>split pretty evenly between student and staff</td>
<td>21</td>
</tr>
<tr>
<td>leadership</td>
<td>(12%)</td>
</tr>
<tr>
<td>almost completely staff-led</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>(9%)</td>
</tr>
</tbody>
</table>

*171 programs reporting*
student leadership trends | program leadership ‘15-‘19

582 student executive board members

(a) completely student-led
(b) mostly student-led, with staff who serve certain roles
(c) split pretty evenly between staff and student leadership
(d) almost completely staff-led

2019 National Alternative Break Survey Results
3,002 site leaders

student leadership trends | trip leadership ‘14–’19

(a) completely student-led
(b) mostly student-led, with staff who serve certain roles
(c) split pretty evenly between staff and student leadership
(d) almost completely staff-led
### Executive Board Compensation by Program

<table>
<thead>
<tr>
<th>Compensation Type</th>
<th>Number of Programs (Percentage)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paid hourly</td>
<td>44 (32%)</td>
</tr>
<tr>
<td>Receive a stipend</td>
<td>18 (13%)</td>
</tr>
<tr>
<td>Trip fees are fully or partially covered by the program</td>
<td>46 (33%)</td>
</tr>
<tr>
<td>They are volunteers</td>
<td>42 (31%)</td>
</tr>
</tbody>
</table>

*Average stipend: $703 per semester*

*138 programs reporting*

84% of programs have an executive board

*Average number of executive board members: 4.8*
## faculty + staff roles of trip advisors

### faculty + staff role on trips

<table>
<thead>
<tr>
<th>Role</th>
<th>Programs Reporting</th>
</tr>
</thead>
<tbody>
<tr>
<td>risk managers/emergency contacts</td>
<td>114 programs (91%)</td>
</tr>
<tr>
<td>mentor/support for student leaders</td>
<td>100 (80%)</td>
</tr>
<tr>
<td>van drivers</td>
<td>97 (78%)</td>
</tr>
<tr>
<td>money handlers</td>
<td>95 (76%)</td>
</tr>
<tr>
<td>logistics/schedule managers</td>
<td>36 (29%)</td>
</tr>
<tr>
<td>reflection facilitators</td>
<td>31 (25%)</td>
</tr>
<tr>
<td>trip leaders (with or without the help of student co-leader)</td>
<td>29 (23%)</td>
</tr>
<tr>
<td>issue-specific educators</td>
<td>29 (23%)</td>
</tr>
<tr>
<td>full participants (no extra or special responsibilities)</td>
<td>2 (2%)</td>
</tr>
</tbody>
</table>

### are faculty and/or staff required on trips?

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Programs Reporting</th>
</tr>
</thead>
<tbody>
<tr>
<td>yes</td>
<td>99 programs (59%)</td>
</tr>
<tr>
<td>some trips, but not all</td>
<td>11 (7%)</td>
</tr>
<tr>
<td>not required, but encouraged</td>
<td>12 (7%)</td>
</tr>
<tr>
<td>not required</td>
<td>46 (27%)</td>
</tr>
</tbody>
</table>

*168 programs reporting

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2019 National Alternative Break Survey Results

*125 programs reporting*
faculty + staff
trends | trip advisors ‘15-‘19

2019 National Alternative Break Survey Results
13 programs (8%) reported having no staff advisor
*172 programs reporting

2019 National Alternative Break Survey Results
### 2019 National Alternative Break Survey Results

#### Staff + Faculty Graduate Assistant (GA) Support

<table>
<thead>
<tr>
<th>Professional Staff Time</th>
<th>Programs with GAs</th>
<th>Average GA Hours per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>No professional staff (11 programs)</td>
<td>2 programs (14%)</td>
<td>15 hours</td>
</tr>
<tr>
<td>0-10 hrs/week (54)</td>
<td>11 (20%)</td>
<td>7</td>
</tr>
<tr>
<td>11-20 hrs/week (60)</td>
<td>17 (28%)</td>
<td>14</td>
</tr>
<tr>
<td>21-30 hrs/week (21)</td>
<td>7 (33%)</td>
<td>15</td>
</tr>
<tr>
<td>31-40 hrs/week (24)</td>
<td>9 (38%)</td>
<td>18</td>
</tr>
</tbody>
</table>

27% of programs are supported by graduate assistants.
# 2019 National Alternative Break Survey Results

## Estimated Hours of Education, Orientation, and Training

345,292 estimated hours of education, orientation, and training

## Average Number of Meetings or Events Participants Are Required to Attend

<table>
<thead>
<tr>
<th></th>
<th>Pre-Trip</th>
<th>Post-Trip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekend Trips 1-4 days</td>
<td>1.8</td>
<td>0.9</td>
</tr>
<tr>
<td>Week-long Trips 5+ days</td>
<td>5.4</td>
<td>1.4</td>
</tr>
</tbody>
</table>

## Number of Programs Offering Academic Credit for:

<table>
<thead>
<tr>
<th>Education, Orientation, and Training</th>
<th>Number of Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curriculum-based Alternative Breaks</td>
<td>12 programs (7%)</td>
</tr>
<tr>
<td>Site Leader Training</td>
<td>19 (11%)</td>
</tr>
<tr>
<td>Program Participation</td>
<td>13 (7%)</td>
</tr>
</tbody>
</table>

*164 programs reporting

---

break away
### Education, Orientation, and Training

345,292 estimated hours of education, orientation, and training

25 programs (15%) reported incorporating social justice curriculum into all three categories

**Programs incorporating diversity + social justice curriculum by training type**

<table>
<thead>
<tr>
<th>Training Type</th>
<th>Number of Programs</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-trip curriculum</td>
<td>81 programs (49%)</td>
<td></td>
</tr>
<tr>
<td>Site leader training</td>
<td>57 (34%)</td>
<td></td>
</tr>
<tr>
<td>Program-wide training or event</td>
<td>55 (33%)</td>
<td></td>
</tr>
<tr>
<td>None of the above</td>
<td>32 (19%)</td>
<td></td>
</tr>
</tbody>
</table>

*166 programs reporting*
## Alternative Break Finances
### Average Trip Costs

<table>
<thead>
<tr>
<th>Trips</th>
<th>Advertised Price</th>
<th>True Cost</th>
<th>Average Subsidy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Domestic Driving</td>
<td>$277</td>
<td>$359</td>
<td>20%</td>
</tr>
<tr>
<td>Domestic Flying</td>
<td>$661</td>
<td>$1,011</td>
<td>29%</td>
</tr>
<tr>
<td>International</td>
<td>$1,071</td>
<td>$1,508</td>
<td>30%</td>
</tr>
</tbody>
</table>

*159 programs reporting

76% of programs offer scholarships to participants.
alternative break finances

trends | average trip costs ’13-’19

2019 National Alternative Break Survey Results
alternative break finances

**trends | financial aid ‘13-’19**

2019 National Alternative Break Survey Results
## Alternative Break Finances

### Sources of Program Funding

<table>
<thead>
<tr>
<th>Source</th>
<th>Percentage of Total Program Funding</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participant fees (out-of-pocket deposits due with application)</td>
<td>41.3%</td>
</tr>
<tr>
<td>Office budget (granted through the center that houses the program)</td>
<td>29.4%</td>
</tr>
<tr>
<td>Participant fundraising (program events, campaigns)</td>
<td>8.8%</td>
</tr>
<tr>
<td>Student government</td>
<td>8.7%</td>
</tr>
<tr>
<td>University administration (office of the president, etc.)</td>
<td>4.3%</td>
</tr>
<tr>
<td>Other</td>
<td>2.8%</td>
</tr>
<tr>
<td>University endowment</td>
<td>2.7%</td>
</tr>
<tr>
<td>Grants</td>
<td>1.6%</td>
</tr>
<tr>
<td>Corporate donations</td>
<td>0.2%</td>
</tr>
<tr>
<td>Local businesses</td>
<td>0.1%</td>
</tr>
</tbody>
</table>

Total fundraised in 2018-2019: $1,388,172

*157 programs reporting*
collaboration across campus

top campus partners:

1. academic departments
2. student organizations
3. diversity + inclusion office
4. leadership + scholarship programs
5. campus recreation
6. campus ministry
7. student support services
8. greek life
9. residence life
10. alumni engagement

*168 programs reporting

68% of programs are engaging in cross-campus partnerships

2019 National Alternative Break Survey Results
## Largest Programs

<table>
<thead>
<tr>
<th>School</th>
<th>Participants</th>
<th>Trips</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Missouri Columbia</td>
<td>983</td>
<td>139</td>
</tr>
<tr>
<td>The Ohio State University</td>
<td>912</td>
<td>76</td>
</tr>
<tr>
<td>University of Notre Dame</td>
<td>676</td>
<td>73</td>
</tr>
<tr>
<td>Central Michigan University</td>
<td>567</td>
<td>61</td>
</tr>
<tr>
<td>University of Delaware (UDaB)</td>
<td>464</td>
<td>29</td>
</tr>
<tr>
<td>Rollins College</td>
<td>411</td>
<td>31</td>
</tr>
<tr>
<td>University of Michigan</td>
<td>403</td>
<td>47</td>
</tr>
<tr>
<td>Florida International University</td>
<td>375</td>
<td>47</td>
</tr>
<tr>
<td>Michigan State University</td>
<td>344</td>
<td>27</td>
</tr>
<tr>
<td>University of Maryland College Park</td>
<td>338</td>
<td>33</td>
</tr>
<tr>
<td>school</td>
<td>percentage of breakers</td>
<td></td>
</tr>
<tr>
<td>------------------------------</td>
<td>------------------------</td>
<td></td>
</tr>
<tr>
<td>Rollins College</td>
<td>20.2%</td>
<td></td>
</tr>
<tr>
<td>Wartburg College</td>
<td>9%</td>
<td></td>
</tr>
<tr>
<td>Alma College</td>
<td>8.8%</td>
<td></td>
</tr>
<tr>
<td>Paideia School</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>University of Notre Dame</td>
<td>7.8%</td>
<td></td>
</tr>
<tr>
<td>Buena Vista University</td>
<td>7.4%</td>
<td></td>
</tr>
<tr>
<td>St. Norbert College</td>
<td>5.5%</td>
<td></td>
</tr>
<tr>
<td>Abilene Christian College</td>
<td>5.4%</td>
<td></td>
</tr>
<tr>
<td>Bowdoin College</td>
<td>4.9%</td>
<td></td>
</tr>
<tr>
<td>Stonehill College</td>
<td>4.1%</td>
<td></td>
</tr>
</tbody>
</table>

2019 National Alternative Break Survey Results
THANK YOU to all participating institutions

Abilene Christian University
Agnes Scott College
Aims Community College
Alma College
American University
Appalachian State University
Auburn University
Aurora University
Baldwin Wallace University
Bellarmine University
Boise State University
Boston University
Bowdoin College
Bowling Green State University
Bradley University
Buena Vista University
California Lutheran University
Calvin College
Carleton College
Central Michigan University
Christopher Newport University
Clemson University
Colby College
Colorado State University
Community College of Baltimore County
Cornell College
Dalton State College
Denison University
Drury University
Durham Technical Community College
East Carolina University
East Tennessee State University
Eastern Michigan University
Elon University
Emory University
Florida International University
Florida State University
Florida Tech
Franklin & Marshall College
Furman University
George Mason University
George Washington University
Georgia Southern University
Georgia Tech
Gettysburg College
Grand Valley State University
Grinnell College
Harford Community College
Illinois State University
Indiana University School of Medicine
Iona College
IUPUI
James Madison University
Kansas State University
Keene State College
Kennesaw State University
Kent State University
La Salle University
Lafayette College
Lafayette College
Lehman College
Lesley University
Lewis & Clark College
Linfield College
Louisiana State University
Loyola Marymount University
Madison College
Marietta College
Merrimack College
Miami University of Ohio
Michigan State University
Middlebury College
Missouri State University
Missouri University of Science and Technology
Muhlenberg College
Nazareth College
New York University
Northeastern Illinois University
Northeastern University
Northern Illinois University
Northern Vermont University
Nova Southeastern University
Old Dominion University
Oregon State University
Paideia School
Penn State Behrend
Princeton University
Rice University
Rollins College
Rutgers University
Saginaw Valley State University
Salt Lake City Community College
Sam Houston State University
Southern Methodist University
Southern New Hampshire University
Southern Utah University
Southwestern University
St. Norbert College
Stanford University
Stevenson University
Stonehill College
SUNY Brockport
SUNY Buffalo State College
SUNY Oswego
Temple University
Texas A&M University Corpus Christi
THANK YOU
to all participating institutions

Texas Tech University
Texas Woman’s University
University at Buffalo
University of Akron
University of Alabama Birmingham
University of Arizona
University of Arkansas Fort Smith
University of California Irvine
University of California Los Angeles
University of California San Diego
University of Central Florida
University of Central Oklahoma
University of Colorado Boulder
University of Delaware, UDab
University of Florida
University of Georgia
University of Idaho
University of Iowa
University of Kansas
University of Kentucky
University of Louisville
University of Maine
University of Maryland College Park
University of Massachusetts Boston
University of Memphis
University of Miami
University of Michigan
University of Missouri Columbia
University of Nevada Las Vegas
University of North Alabama
University of North Carolina Charlotte
University of North Florida
University of North Texas
University of Notre Dame
University of Pennsylvania
University of Rhode Island
University of South Carolina Columbia
University of South Florida St. Petersburg
University of South Florida Tampa
University of St. Thomas
University of Tennessee Knoxville
University of Texas Arlington
University of Texas Austin
University of Texas Dallas
University of Texas San Antonio
University of Utah
University of Vermont
University of Washington Tacoma
University of Wisconsin Madison
University of Wisconsin Oshkosh
Utah State University
Valencia College
Virginia Tech
Wartburg College
Weber State University
West Chester University of Pennsylvania
Western Illinois University
Western Oregon University
Whitman College
Wichita State University
Widener University
Wilkes University
William & Mary
William Peace University
Xavier University

2019 National Alternative Break Survey Results
We appreciate your participation in the national survey.

Thank you for your dedication to the Movement.