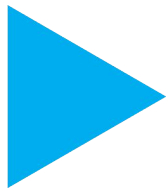


**break
away**



National Alternative Break Survey

report of the 2018-2019 academic year

snapshot of the Movement

reporting institutions

total survey respondents:
172 alternative break programs

Break Away membership

chapters	156 (91%)
non-chapters	16 (9%)

attributes

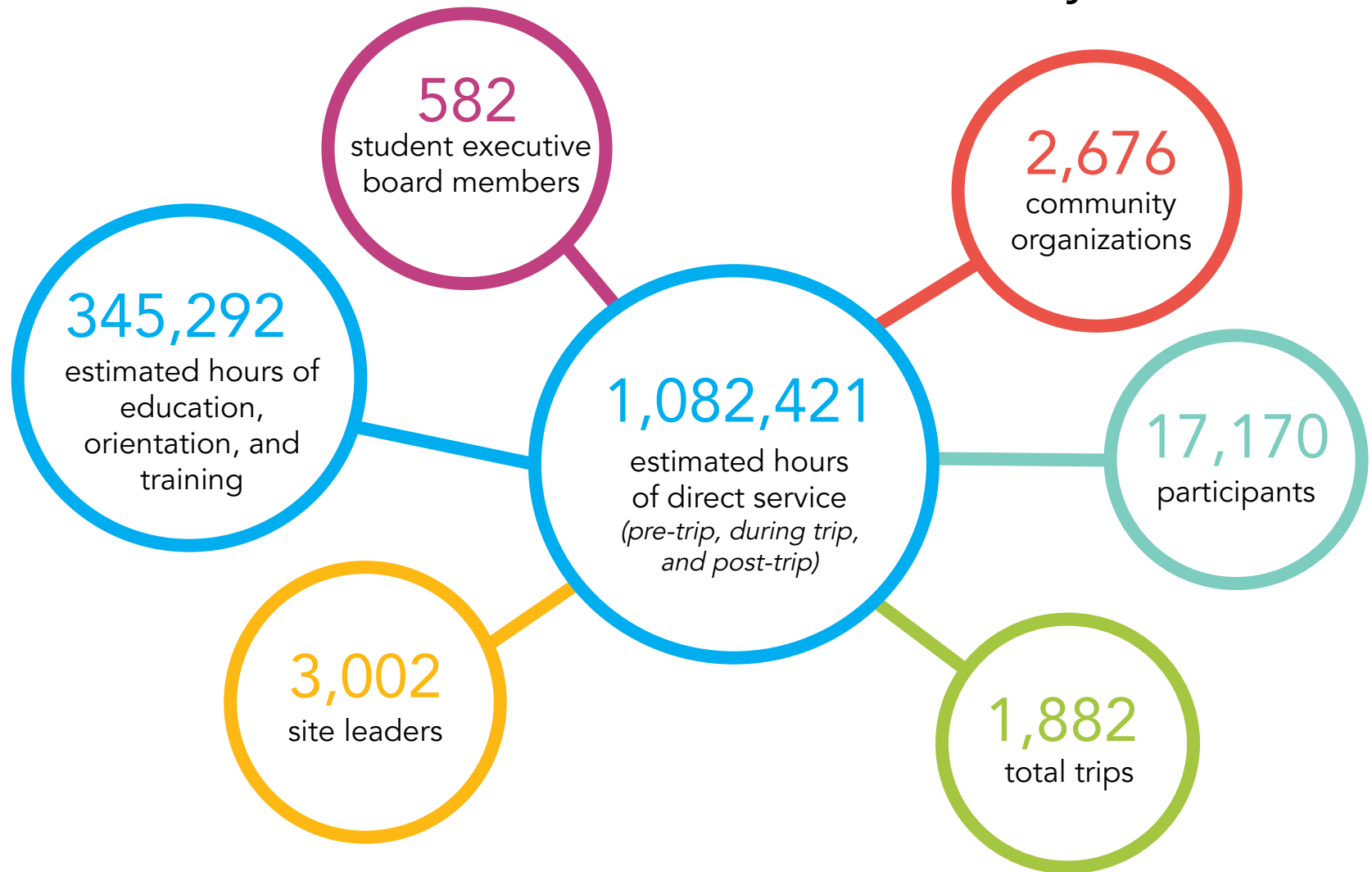
public	112 schools (65%)
private	60 (35%)
liberal arts	52 (30%)
research	55 (32%)
four-year	142 (83%)
two-year	9 (5%)

affiliations

multi-campus	29 schools (17%)
religiously affiliated	17 (9%)
Hispanic Serving Institution (HSI)	16 (9%)
other*	3 (2%)

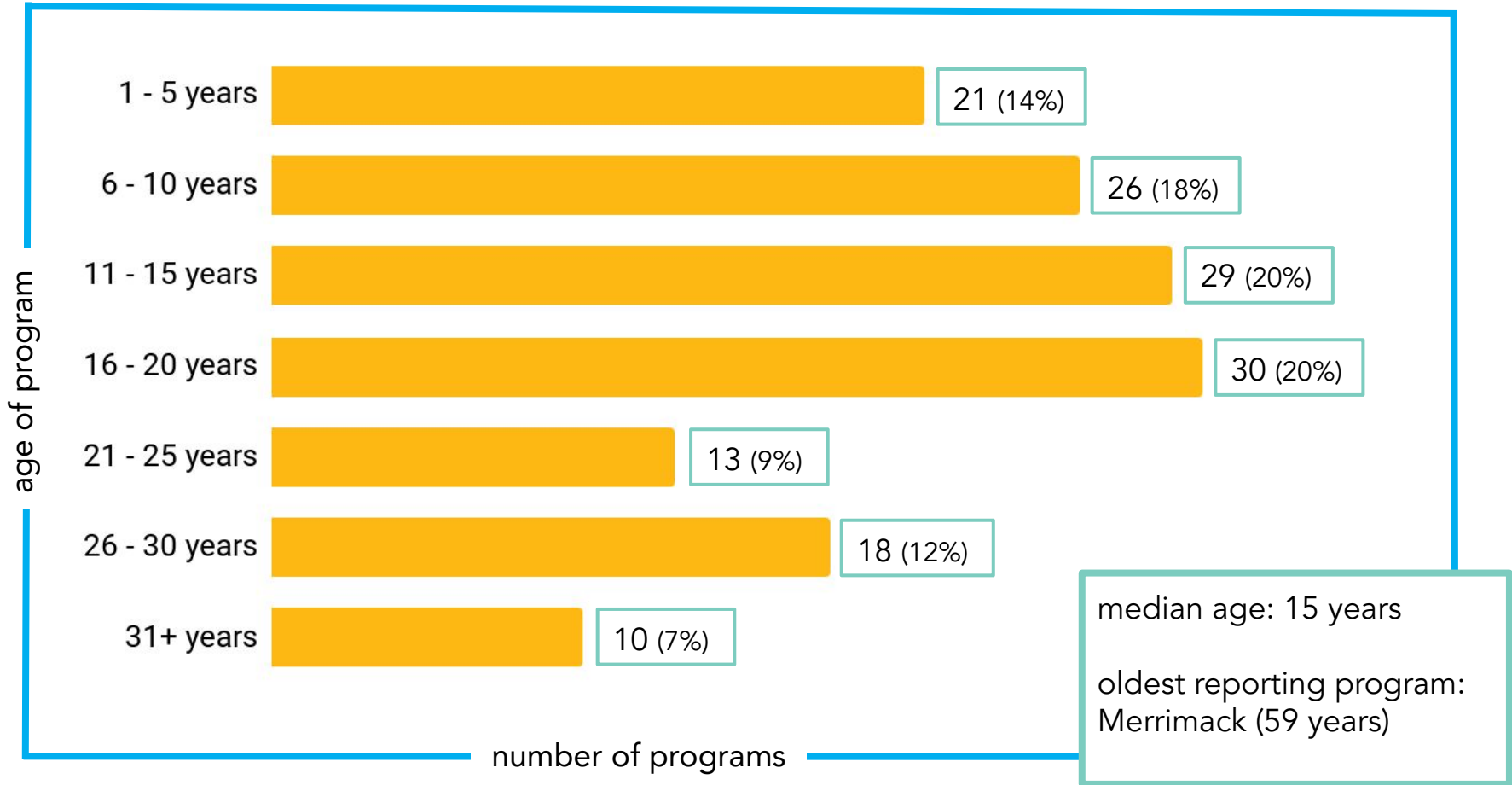
*AANAPISI or Women's Institution

snapshot of the Movement by the numbers



snapshot of the Movement

age of alternative break programs



*147 programs reporting

1,882
total trips

snapshot of the Movement

number of trips by season

international

210 trips (11%)

95 trips (45%)

60 trips (29%)

3 trips (2%)

51 trips (24%)

domestic

1,658 trips (89%)

882 trips (53%)

93 trips (6%)

142 trips (8%)

316 trips (19%)

225 trips (14%)

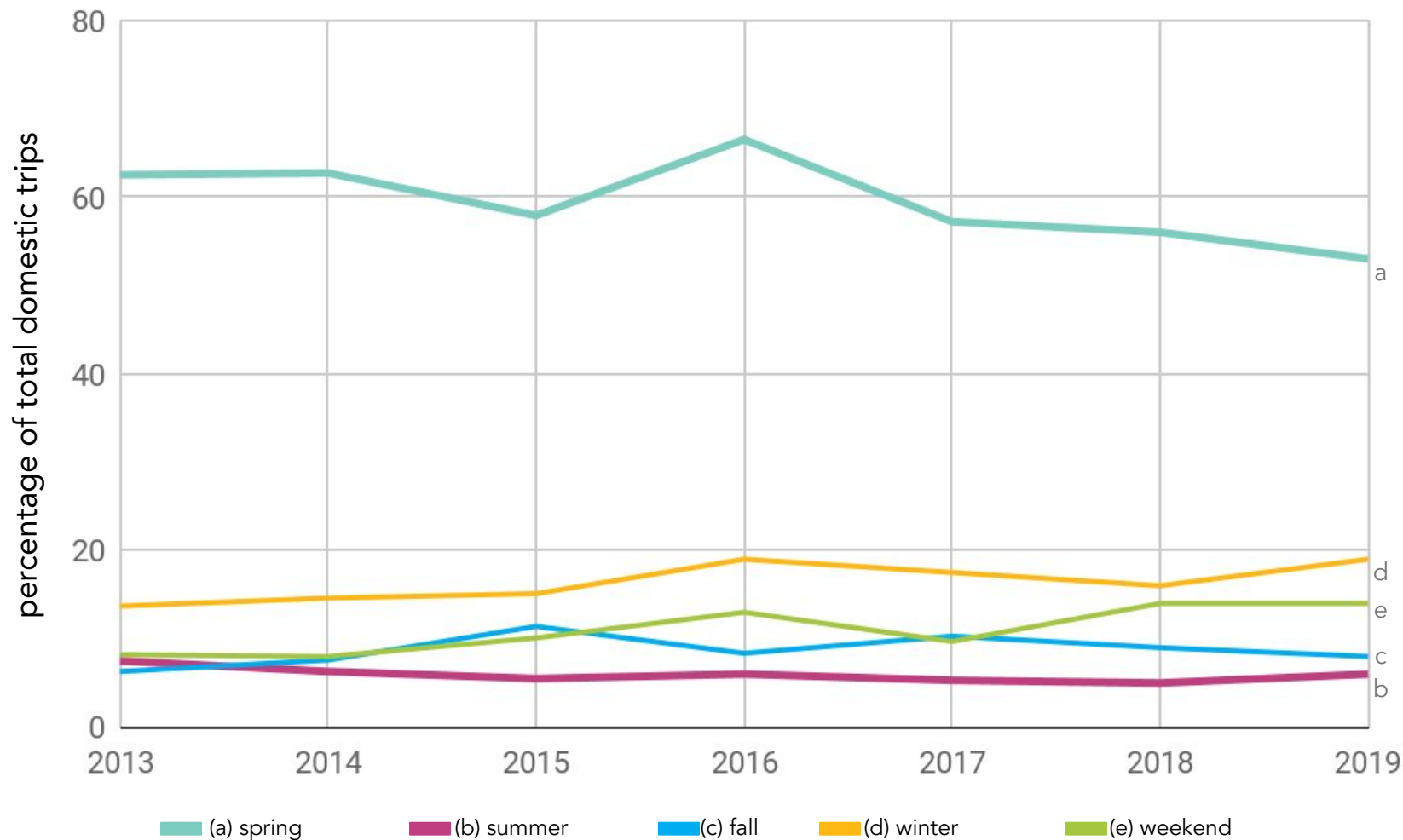
spring
summer
fall
winter
weekend

1 international trip listed as "other"

1,882
total trips

snapshot of the Movement

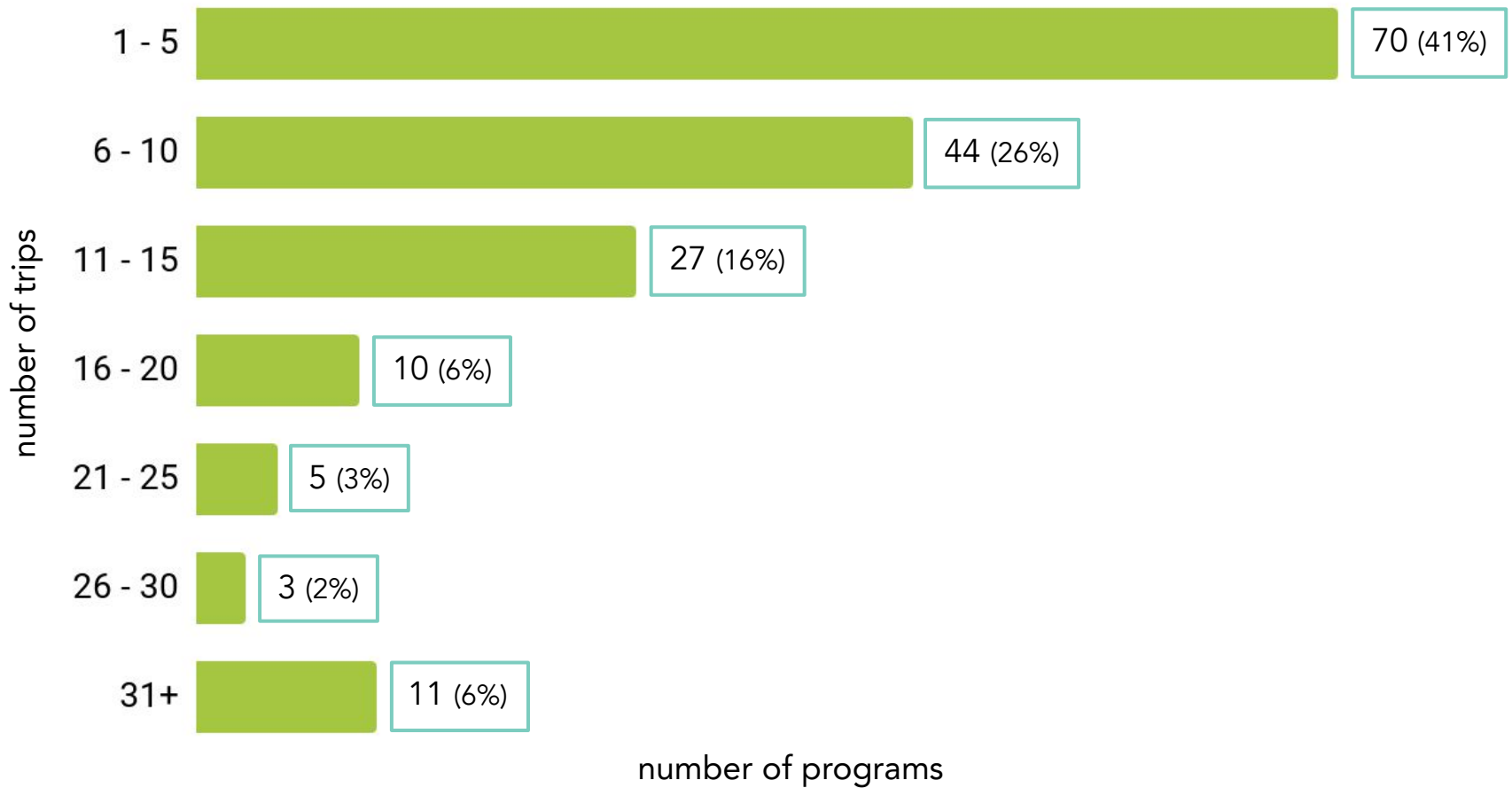
trends | type of domestic trips '13-'19



snapshot of the Movement

number of trips by program

1,882
total trips

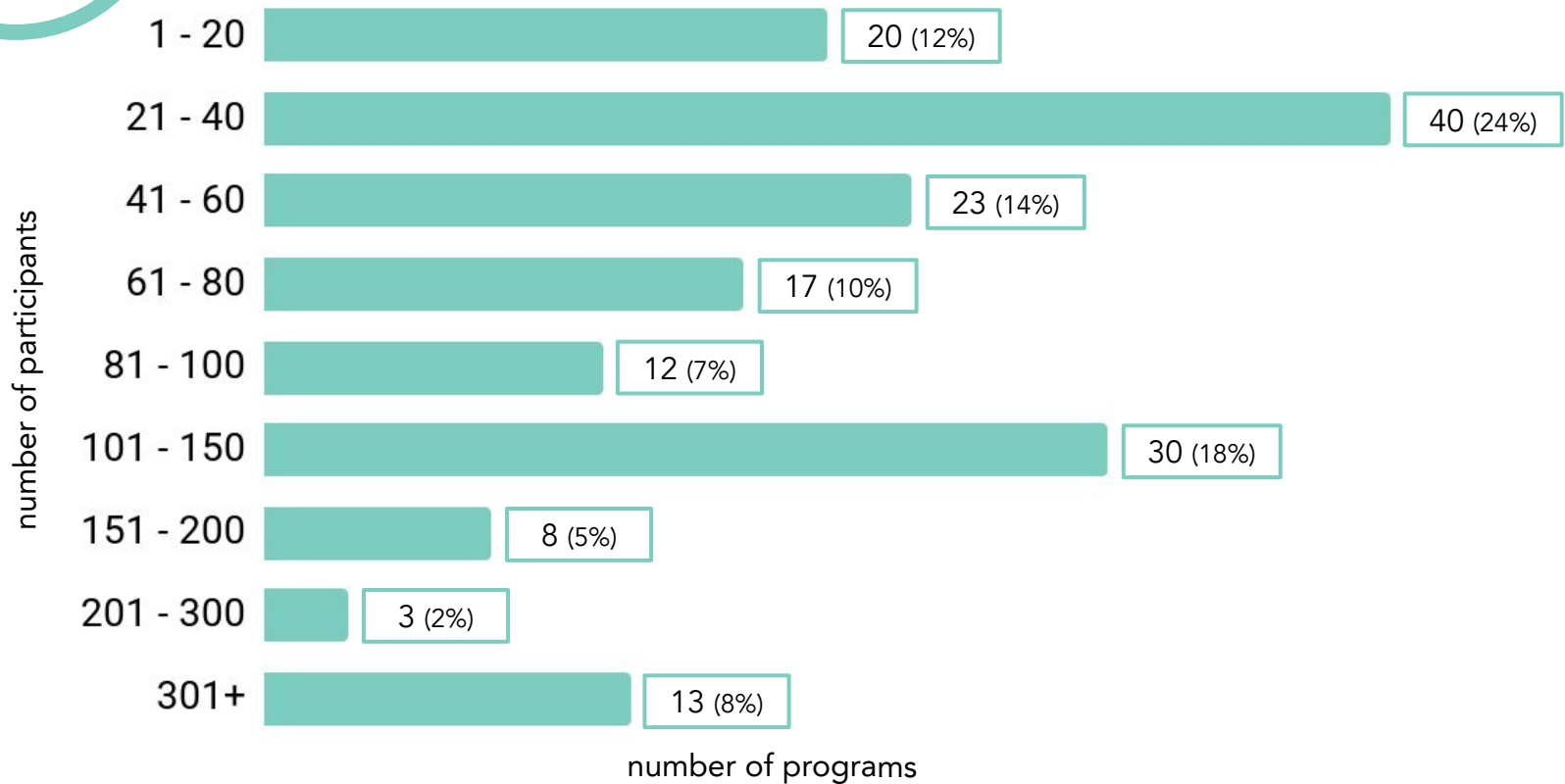


*170 programs reporting

17,170
participants

snapshot of the Movement

number of participants by program



*166 programs reporting

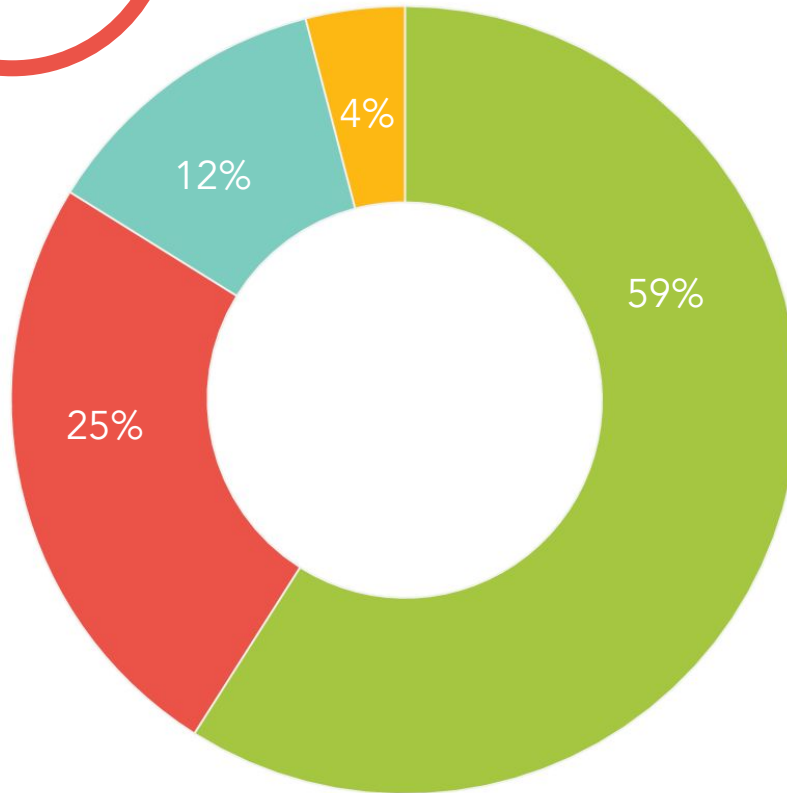
average number of participants per trip: 9.1
compared to 9.4 in 2017-2018

community partnerships

approach to relationships

2,676

community
organizations



- 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%)

44% returning community partnerships
average of 1.4 community organizations per trip

2,676
community
organizations

community partnerships

housing partnerships

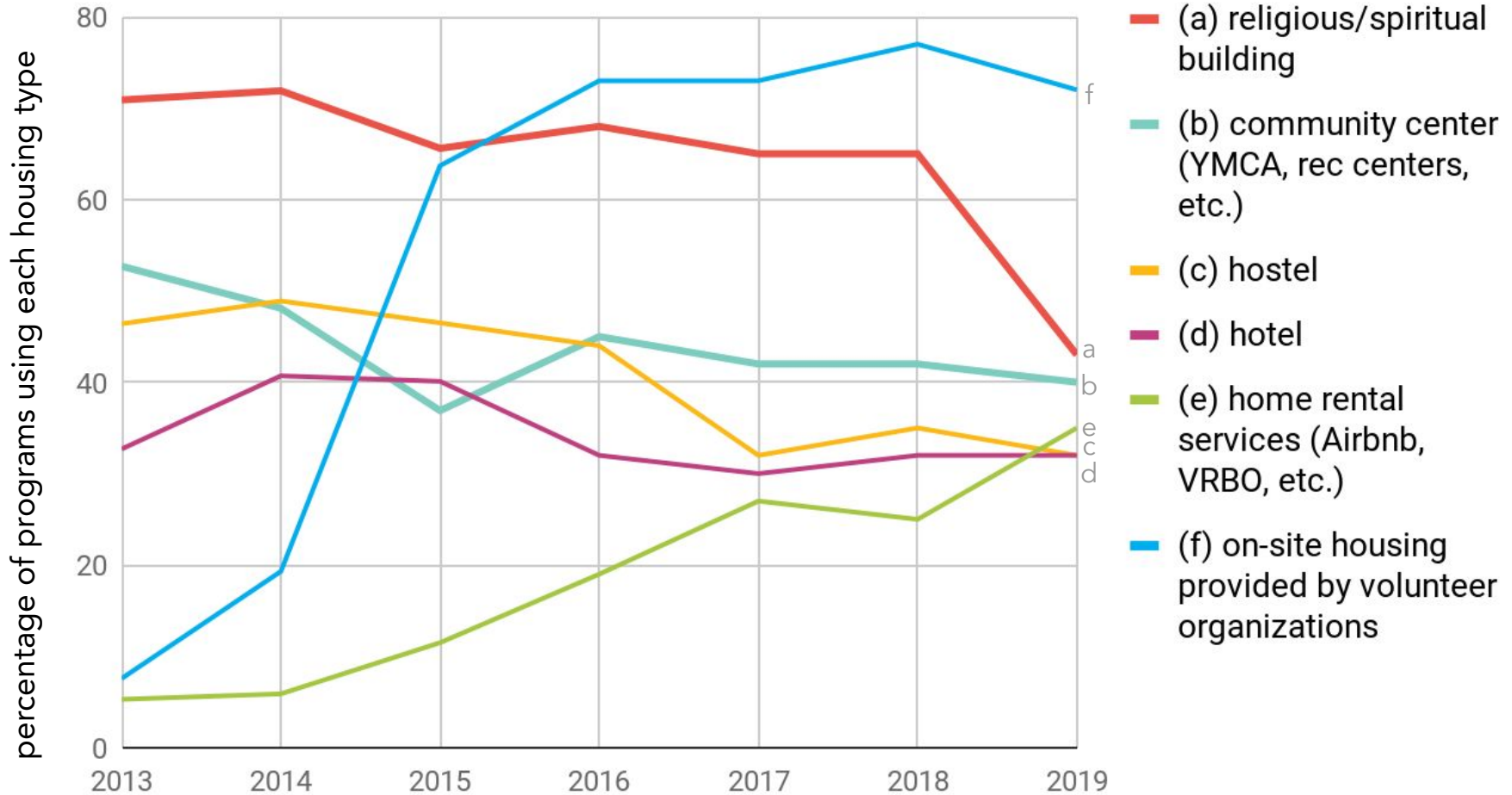
number of programs using each housing type	
on-site volunteer housing provided by community organizations	120 (72% of programs)
religious/spiritual building	72 (43%)
community center (YMCA, city rec center, etc.)	67 (40%)
home rental services (Airbnb, VRBO, etc.)	59 (35%)
hostel	54 (32%)
hotel	54 (32%)
campground	54 (32%)
homestays (<i>not</i> family, friends, alumni)	21 (13%)
private homes (family, friends, alumni)	15 (9%)
other	6 (4%)

many programs use a combination of housing types
**167 programs reporting*

2,676
community
organizations

community partnerships

trends | housing partnerships '13-'19



*167 programs reporting

1,882
total trips

trip focus areas

top ten by total number of trips

271 trips

1 environment

218

2 housing + homelessness

152

3 health (HIV/AIDS, mental health, addiction, public health)

147

4 food + hunger

146

5 education

139

6 disaster recovery + rebuilding

109

7 immigration + refugee resettlement

89

8 youth development

84

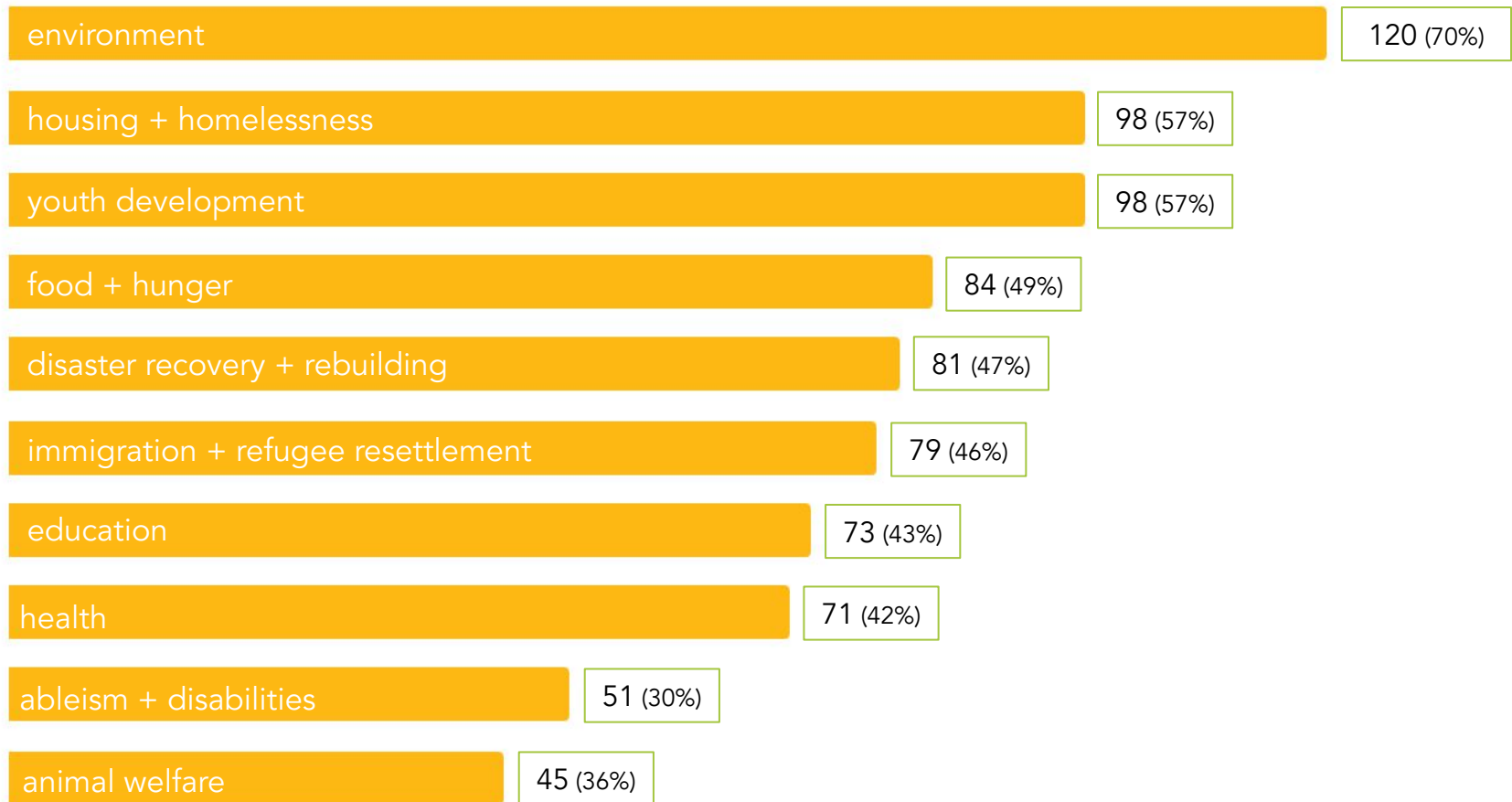
9 ableism + disabilities

76

10 animal welfare

1,882
total trips

trip focus areas by total number of programs



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

*171 programs reporting



1,882
total trips

trip focus areas

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

student leadership participant selection

17,107
participants

selections processes

written application	142 programs (86%)
personal interview	45 (27%)
sign up: first come, first served	24 (14%)
group interview	24 (14%)
lottery system (random drawing)	9 (5%)
other	7 (4%)

*many programs use a combination of processes
168 programs reporting

student leadership by program and trip

3,002
site leaders

582

student executive
board members

is the program student-led?

yes, completely 9 programs (5%)

for the most part. we have staff who serve certain roles, but it's mostly student-led 85 (50%)

split pretty evenly between student and staff leadership 42 (25%)

almost completely staff-led 35 (20%)

are trips student-led?

yes, completely 57 programs (33%)

for the most part. we have staff who serve certain roles, but it's mostly student-led 78 (46%)

split pretty evenly between student and staff leadership 21 (12%)

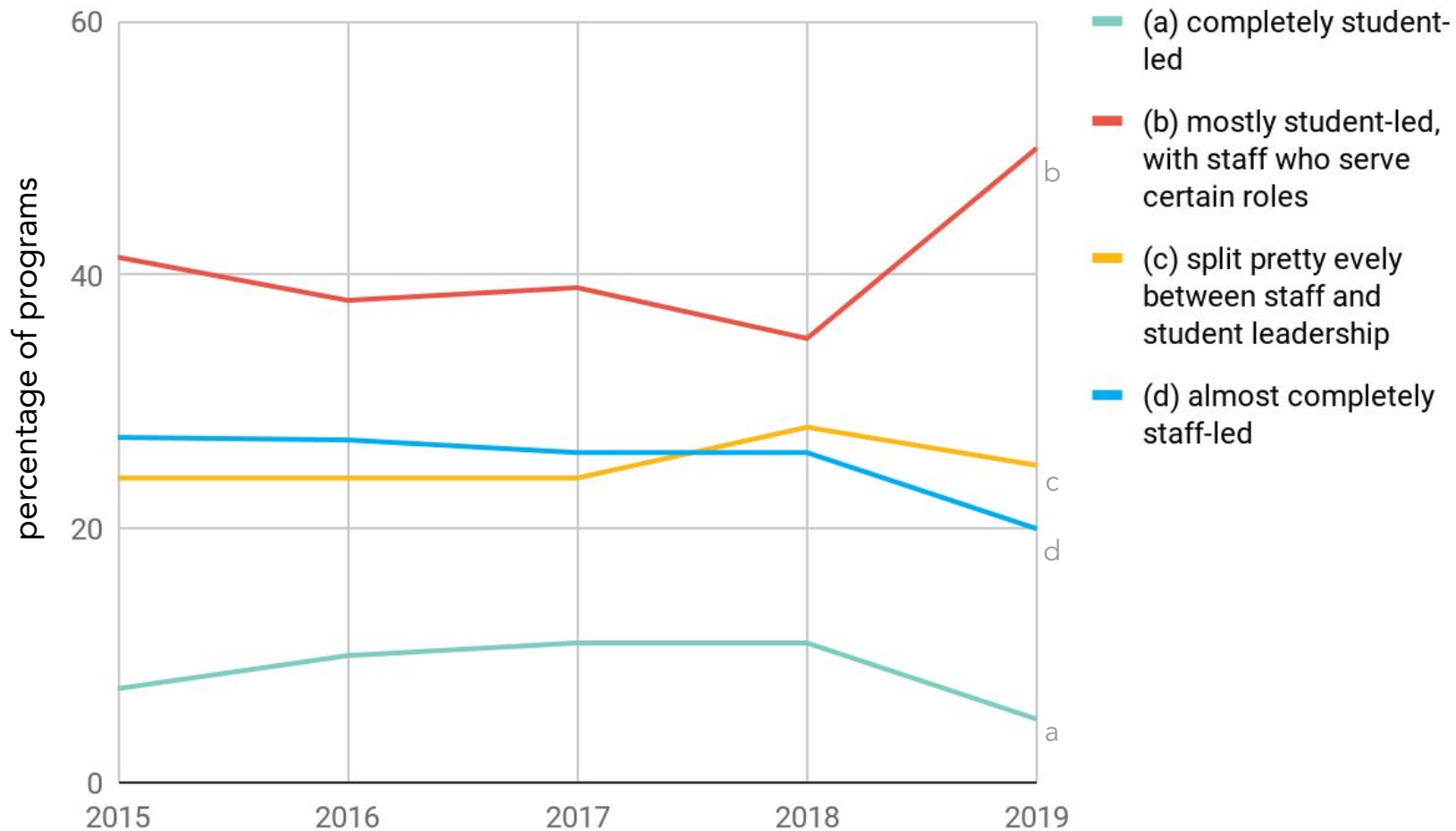
almost completely staff-led 15 (9%)

**171 programs reporting*

582

student executive
board members

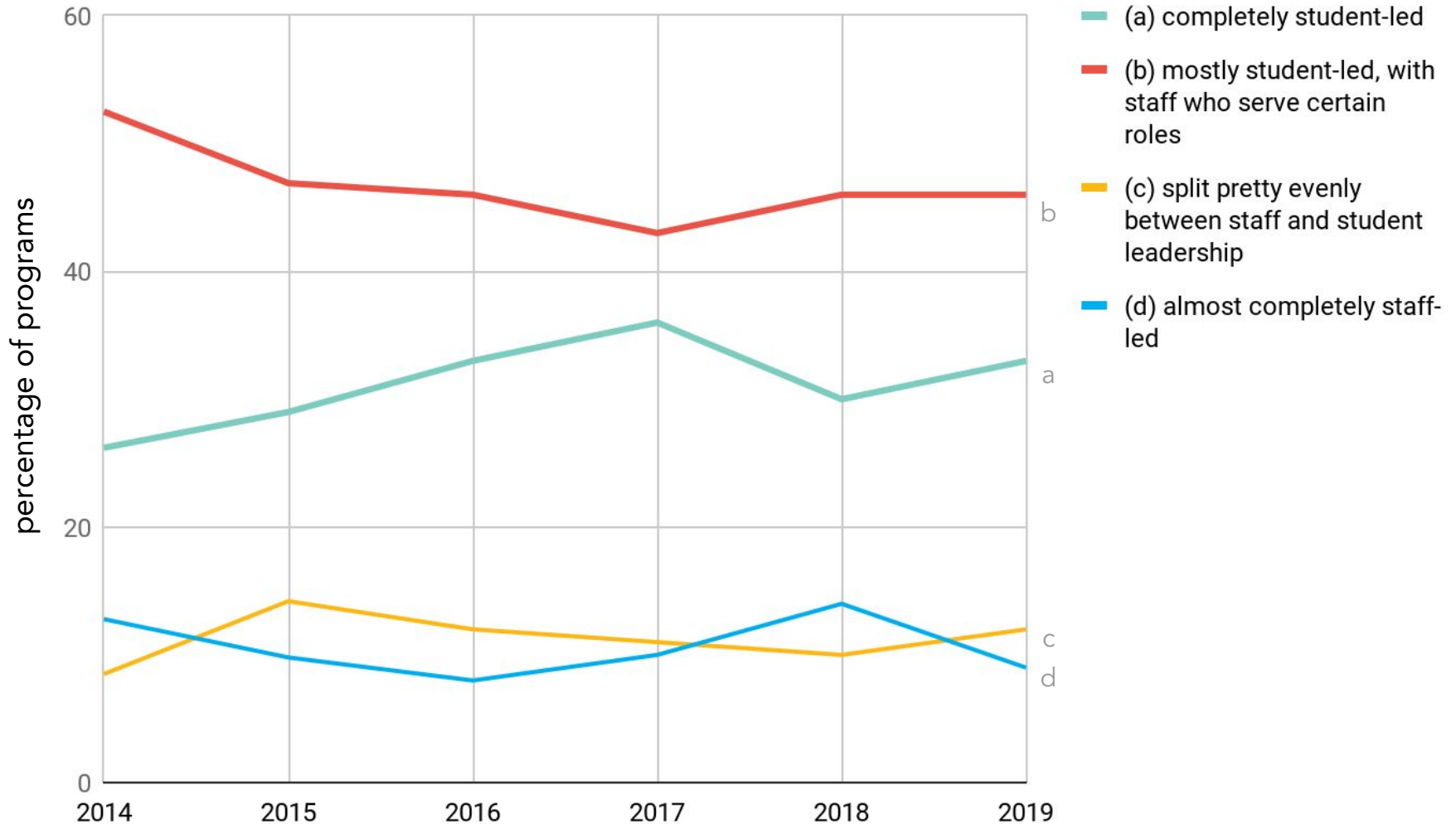
student leadership trends | program leadership '15-'19



3,002
site leaders

student leadership

trends | trip leadership '14-'19



582

student executive
board members

student leadership executive board

executive board compensation *by program*

paid hourly	44 programs (32%)	average stipend: \$703 per semester
receive a stipend	18 (13%)	
trip fees are fully or partially covered by the program	46 (33%)	
they are volunteers	42 (31%)	

**138 programs reporting*

84% of programs have an executive board
average number of exec board members: 4.8

faculty + staff roles of trip advisors

faculty + staff role on trips

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

**125 programs reporting*

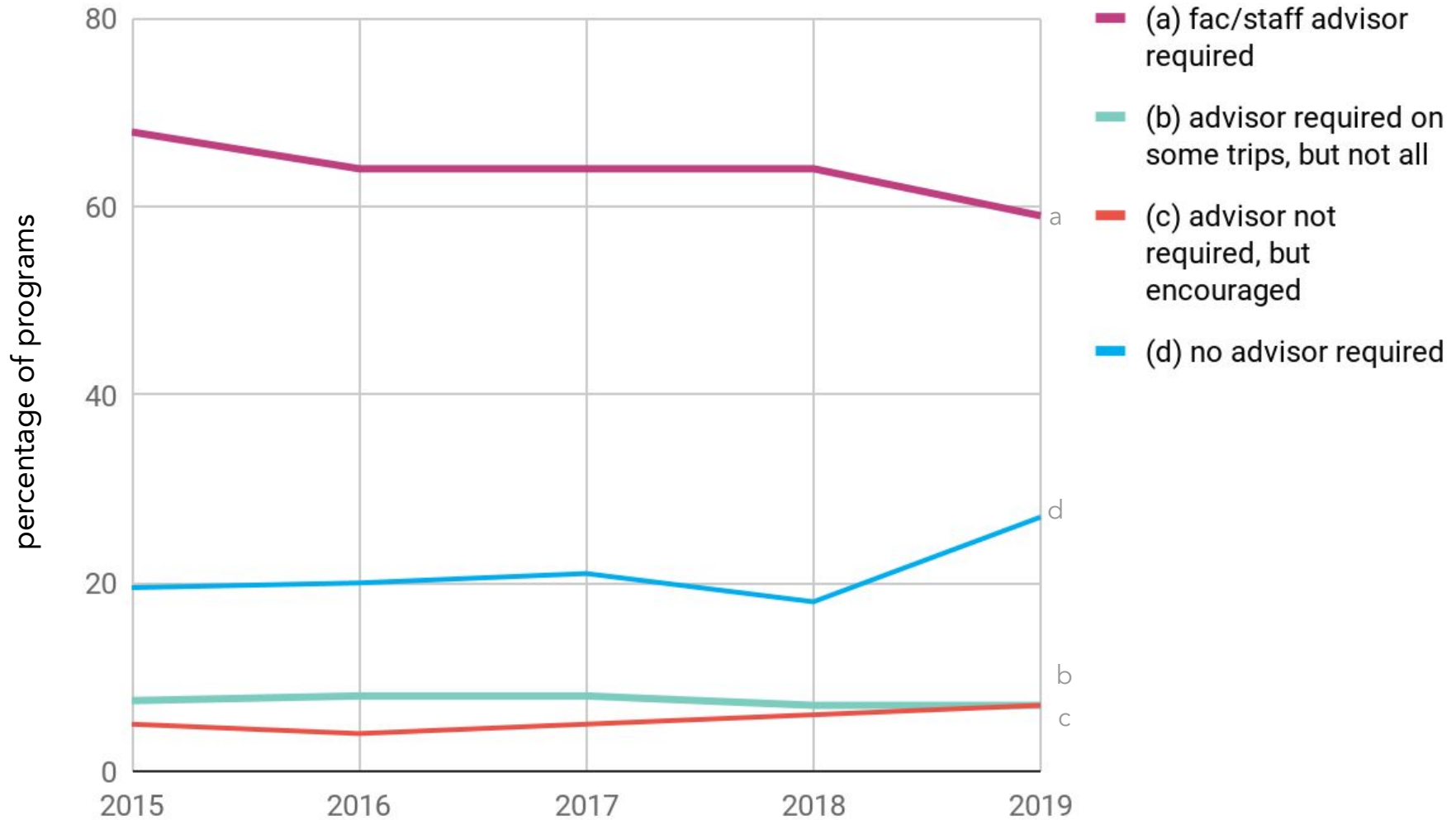
are faculty and/or staff required on trips?

yes	99 programs (59%)
some trips, but not all	11 (7%)
not required, but encouraged	12 (7%)
not required	46 (27%)

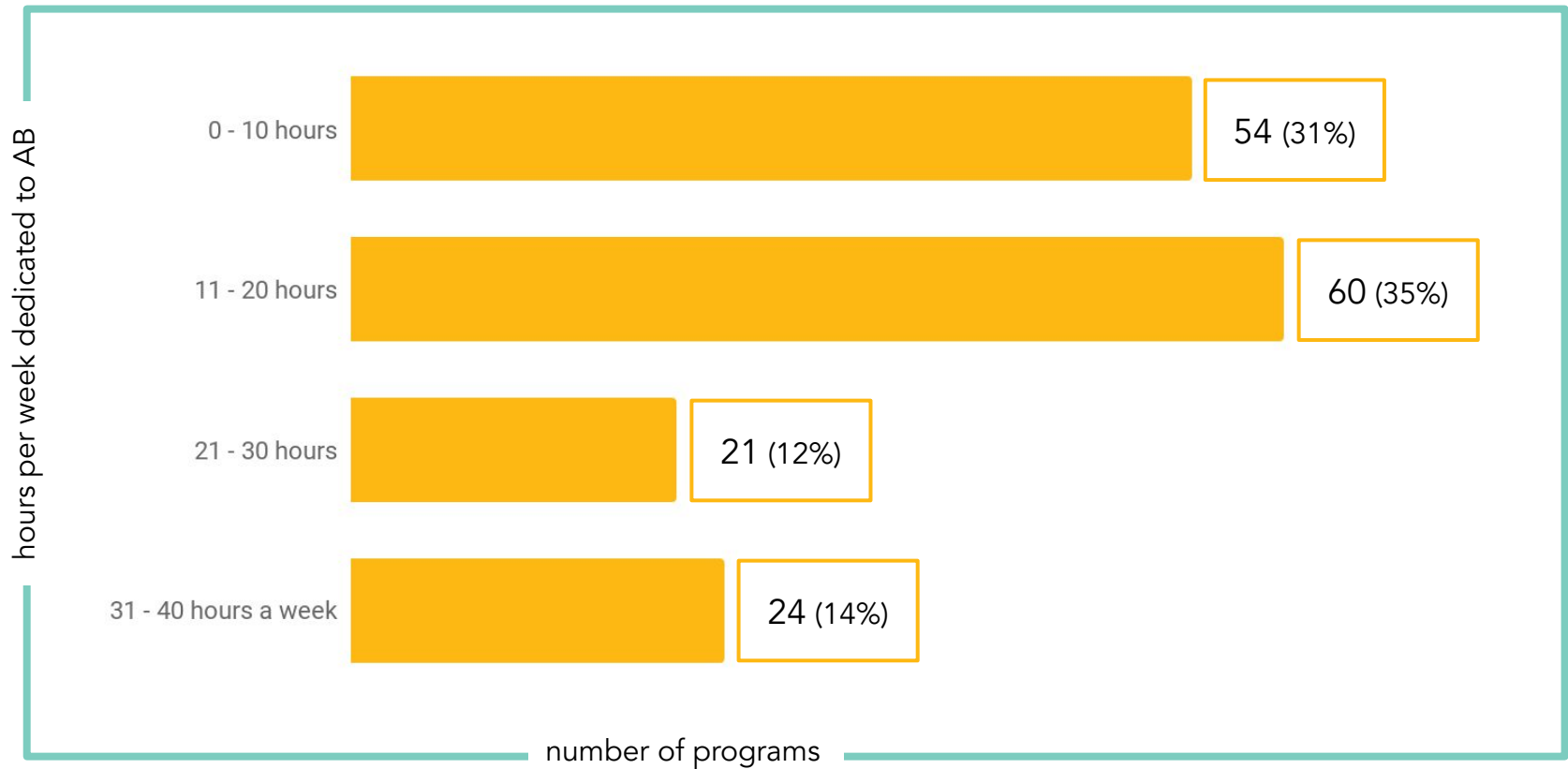
**168 programs reporting*

faculty + staff

trends | trip advisors '15-'19



staff + faculty staff time commitment



13 programs (8%) reported having no staff advisor
*172 programs reporting

staff + faculty graduate assistant (GA) support

professional staff time	programs with GAs	average GA hours per week
no professional staff (11 programs)	2 programs (14%)	15 hours
0-10 hrs/week (54)	11 (20%)	7
11-20 hrs/week (60)	17 (28%)	14
21-30 hrs/week (21)	7 (33%)	15
31-40 hrs/week (24)	9 (38%)	18

27% of programs are supported by graduate assistants

education, orientation, and training

345,292

estimated hours of education, orientation, and training

average number of meetings or events participants are required to attend

	pre-trip	post-trip
weekend trips 1-4 days	1.8	.9
week-long trips 5+ days	5.4	1.4

number of programs offering academic credit for:

curriculum-based alternative breaks	12 programs (7%)
site leader training	19 (11%)
program participation	13 (7%)

*164 programs reporting

education, orientation, and training

345,292

estimated hours of
education,
orientation, and
training

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

pre-trip curriculum 81 programs (49%)

site leader training 57 (34%)

program-wide training or event 55 (33%)

none of the above 32 (19%)

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

**166 programs reporting*

alternative break finances

average trip costs

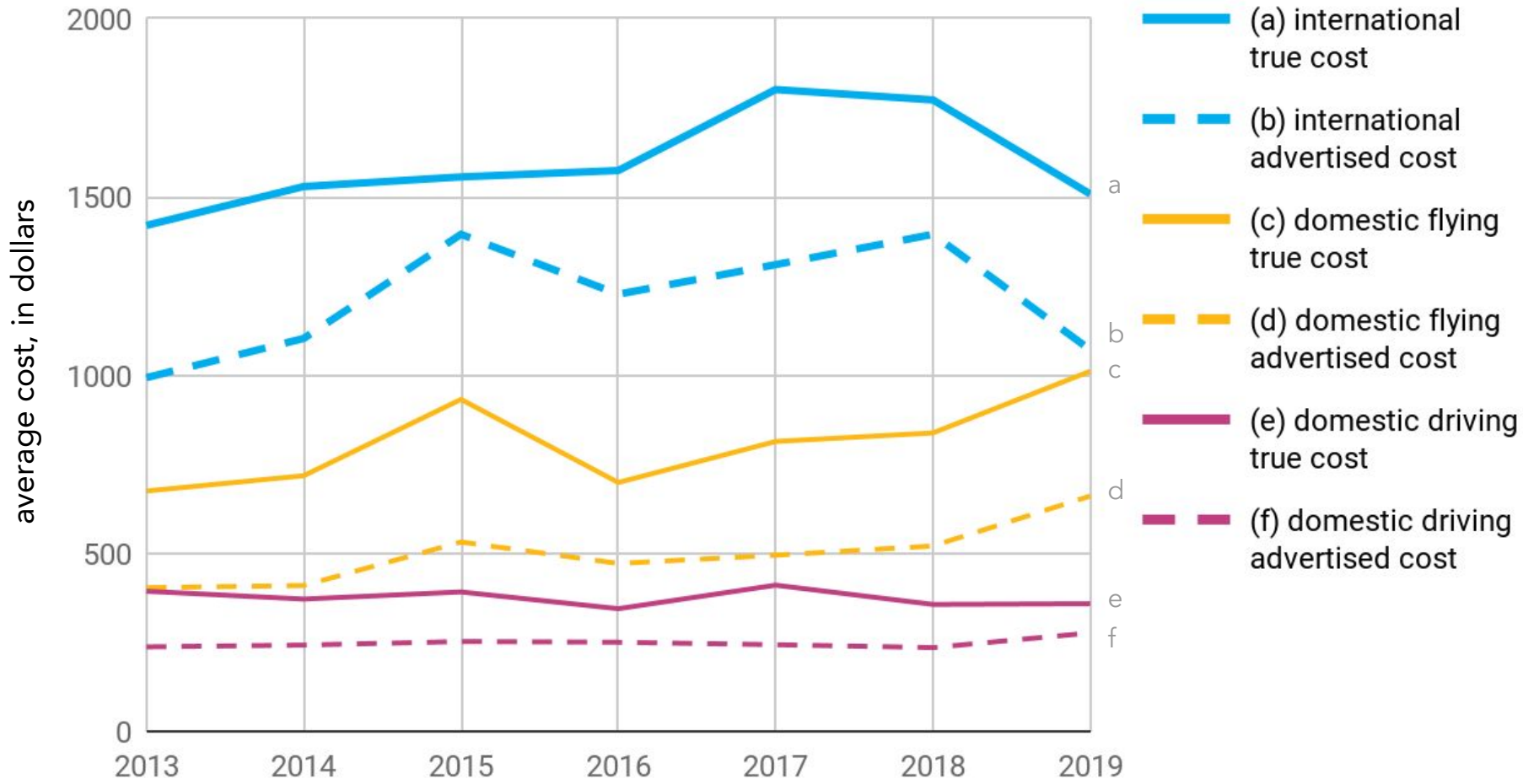
trips	advertised price	true cost	average subsidy
domestic driving	\$277	\$359	20%
domestic flying	\$661	\$1,011	29%
international	\$1,071	\$1,508	30%

**159 programs reporting*

76% of programs offer scholarships to participants

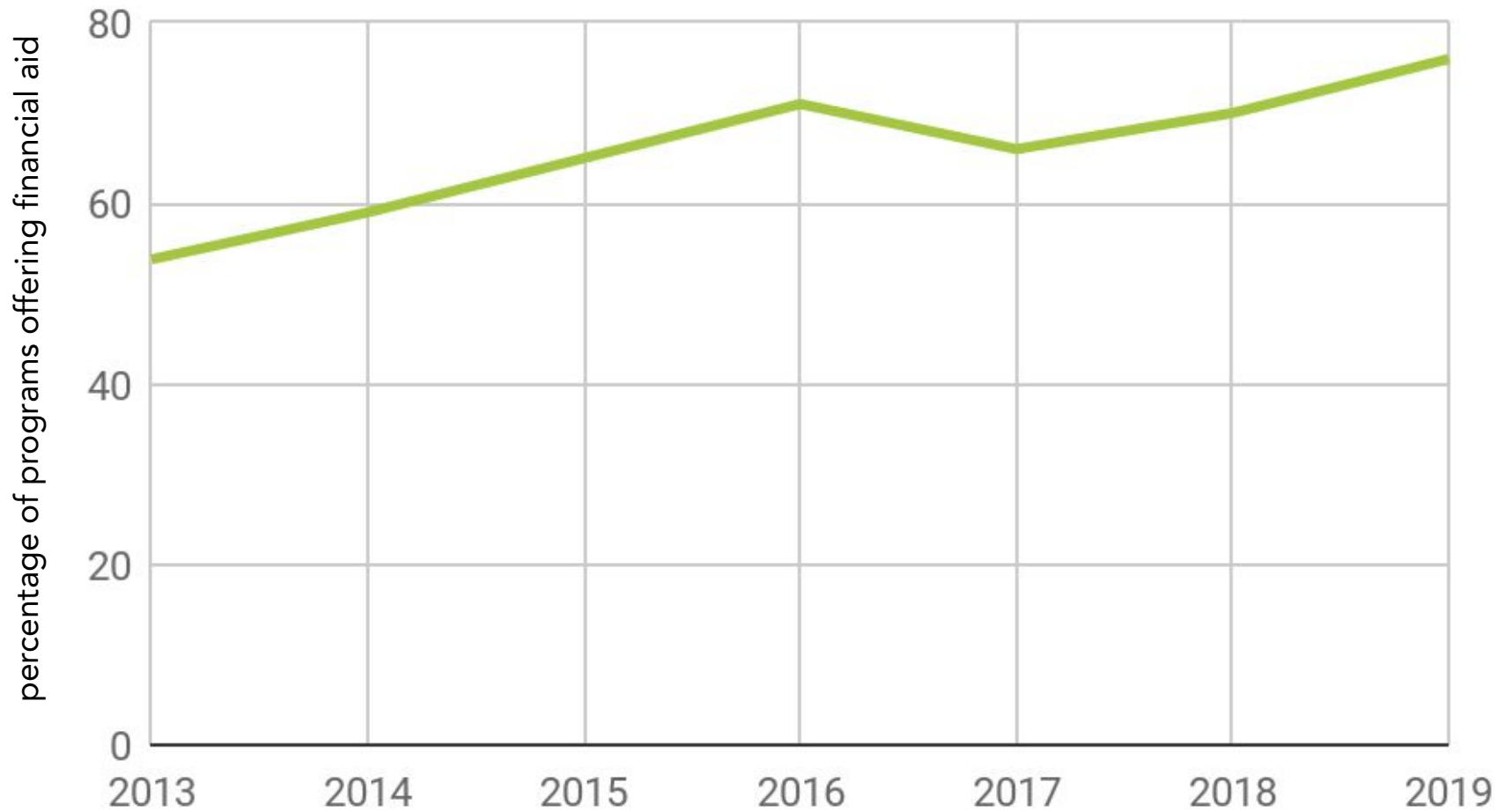
alternative break finances

trends | average trip costs '13-'19



alternative break finances

trends | financial aid '13-'19



alternative break finances

sources of program funding

percentage of total program funding	
participant fees (out-of-pocket deposits due with application)	41.3%
office budget (granted through the center that houses the program)	29.4%
participant fundraising (program events, campaigns)	8.8%
student government	8.7%
university administration (office of the president, etc.)	4.3%
other	2.8%
university endowment	2.7%
grants	1.6%
corporate donations	0.2%
local businesses	0.1%

\$1,388,172
total fundraised
in 2018-2019

*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

largest programs

school	participants	trips
University of Missouri Columbia	983	139
The Ohio State University	912	76
University of Notre Dame	676	73
Central Michigan University	567	61
University of Delaware (UDaB)	464	29
Rollins College	411	31
University of Michigan	403	47
Florida International University	375	47
Michigan State University	344	27
University of Maryland College Park	338	33

percentage of breakers on campus

school	percentage of breakers
Rollins College	20.2%
Wartburg College	9%
Alma College	8.8%
Paideia School	8%
University of Notre Dame	7.8%
Buena Vista University	7.4%
St. Norbert College	5.5%
Abilene Christian College	5.4%
Bowdoin College	4.9%
Stonehill College	4.1%

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
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

We appreciate your participation in the national survey.
Thank you for your dedication to the Movement.