Tulane Alternative Breaks

Fall Activities Expo
2020
What is TAB?

- TAB is a community service organization that plans and implements student-led service trips during fall, spring, and/or summer breaks and day trips throughout the semester.

- The purpose of TAB is to give students a platform to engage as active citizens through positive, hands-on service. It is an agent for students to learn and develop skills in order to assist in social issues prevalent in our community.

“If you're educated about the social issues we face, and if you get to know the individuals for whom those issues are reality, you're an alternative breaker. If you reflect on how that knowledge and those experiences inform your values and your life choices, you'll be changed forever. That's active citizenship.” -BreakAway
What is TAB?

- Tulane Alternative Breaks is a service organization that prides itself on being an outlet for everyone. **It is a way for students to think intentionally outside the box; to learn, question, and come across different experiences through hands on service and engagement meant to benefit the communities we enter.** We hope to introduce students to a more simplistic lifestyle centered on being active citizens and putting the needs of the community they are in first. Think global, act local.
How Can I get Involved?

- **Local TAB**
  - Weekend service opportunities around NOLA
  - Past Community Partners
    - SBP: Disaster Resilience and Recovery
    - Roots of Renewal
    - New Orleans City Park
  - Get on our email list for updates on when we are serving NOLA

- **TAB leadership positions (TAB E-board and/or trip leaders)**
  - Apply for an available leadership position on our WaveSync page!

- **Fall Break**
  - This year, there will not be a fall break. We will be planning one that we can hopefully execute in 2021!

- **Spring Break**
  - TBD
Serve Communities
Have New Experiences
Go Camping and Enjoy the Food
Explore and Learn about a City
Meet New People and Have Fun!
TAB Trips

Examples from past years
Native American Reservation Volunteering/Environmental Conservation
Leader: Catherine Grayson

Dates: October 10th to October 14th
Location: Livingston, TX

- Volunteer at Livingston State Park
- Identify and remove invasive species
- Prepare pollinator gardens for the winter
- Kayak tour of the park’s cove
- Stay on Lake Tombigbee campground with the Alabama-Coushatta Tribe on Texas’ oldest Native American reservation
- Swim, hike, and experience native culture in Texas
- Learn about the history and importance of the Pineywoods and Lake Livingston
- Learn about environmental sustainability, as well as how to best support the indigenous community.
Refugee Assistance/Environmental Conservation
Leader: Sam Shafia

Dates: October 10th to October 14th
Location: Grand Isle, Louisiana

- Volunteer with environmental research projects with the Elmer’s Island Wildlife Refuge and the Nature Conservancy
- Explore the Elmer’s Island Lagoon by canoe
- Camp in the Grand Isle State Park
- Hike through beautiful marshes
- Learn more about the gulf coast
Hurricane Relief Assistance
Leader: Julie Zalar

Dates: October 11 to October 14
Location: Houston, TX

- Builds with SBP
- Explore Houston
- Talk to the mayor
- Tour the Houston Office of Emergency Management
- Kayak and canoe at Bayou Boat Tours
- Visit free art and history museums
Costs to Participate

- Local TAB: No cost!
- Fall Break Trips: $85 or less
  - 2018 Fall Break cost: $60
- Spring Break Trips: $250 or less
  - 2018 Spring Break cost: $150

Our trips are subsidized through USG travel money, fundraising, and grants. Scholarships are also available if interested! We do not want money to be an obstacle in joining TAB.
Questions?

- Email TAB President Catherine Grayson at Cgrayson1@tulane.edu if you have any questions
- Check out our WaveSync page
- Follow us on Instagram (@tulanealternativebreaks)
Thanks for reading through this presentation. We hope to see you get involved!