

# Immersion Trip Descriptions

Spring Immersion | March 10-16, 2019

## Health and Wellness: Impacting Asheville through Community Development

Asheville, NC

Communities where people live, learn and work significantly influence health. When given the right tools and circumstances, individuals can lead successful lives. A large number in Asheville are living below poverty and facing barriers to a healthy lifestyle. These barriers include homelessness, food insecurity, and HIV/AIDS. Consequently, these barriers do not allow individuals to reach their fullest potential. The goal of the trip will be to recognize barriers impacting citizens and their health in the Asheville area. We will be working with community-based partners to enhance health initiative programs and the impact they have on the community. Knowledge gained through this immersive experience can be applied toward enhancing the Springfield community through local community health initiatives.

**Spring Courses:** BMS 300 (1), BIO 300 (1), SOC 300 (1), COM 305 (1), SWK 300 (1)

## Illuminating Atlanta: Shining a Light on Opportunity for Self-Sufficiency

Atlanta, GA

Atlanta, Georgia is home to a wide variety of cultures and socioeconomic situations. Within the city of Atlanta, homelessness is an ever-present livelihood that is possessed by many. While participating on this trip, students will be working with the Atlanta Center for Self-Sufficiency to explore poverty as a whole and help prepare those affected by this tragic circumstance. Students will aid those struck with poverty by providing them with tips and tricks for interviews as well as helping others find opportunities for employment readiness. Students will also get to explore the city of Atlanta in our spare time by attending historical sites around the city.

**Spring Courses:** MGT 300 (1), SOC 300 (1), COM 305 (1), SWK 300 (1)

## Scrubs and Smiles: Using Therapeutic Play to Engage Children in Hospitals

Aurora, CO

Children's Hospital Colorado is using therapeutic play to connect with the children they serve. Therapeutic play engages these children by bringing a sense of normalcy and helps them cope with being in a hospital. In Aurora, participants will serve at the hospital to witness firsthand how therapeutic play improves the morale of the children who are facing the challenges of illness. Each day of the trip, participants will reflect on their experiences and will be able to take what they have learned and become active citizens in the local community.

**Spring Courses:** CFD 300 (1), SWK 300 (1), PSY 311 (1), SPE 300 (1)

## Expanding Boundaries in Chicago: Homelessness from a New Perspective

Chicago, IL

Throughout this trip, participants will expand their boundaries by serving people experiencing homelessness and poverty, as well as interacting with them on a daily basis. Participants will see the importance of every individual in the community and the great effect they have on others by working with food pantries, and cleaning and organizing spaces with community partners. After each day, we will take time to reflect on our service and experiences engaging with the Chicago community. We will also get the chance to meet new people and build connections with other participants.

"Help others and give something back. I guarantee you will discover that while public service improves the lives and the world around you, its greatest reward is the enrichment and new meaning it will bring your own life." -Arnold Schwarzenegger

**Spring Courses:** SOC 300 (1), COM 305 (1), SWK 300 (1)

## Empowering the Youth of the Future: The Journey of Social and Educational Justice

Dallas, TX

"One of the greatest things you can do to help others is not just to share and give what you have, but to help them discover what they have within themselves to help themselves." -Rita Zahara

This trip to Dallas will take you on a journey to finding yourself, while simultaneously losing yourself in a week packed with service and fellowship. The motivation behind this trip is to inspire the youth of today to rise above their circumstances and educate themselves in order to prepare for a brighter future. On this journey, you will have chances to connect with nonprofit organizations in the city of Dallas, Texas and foster bonds with the children that you serve and interact with. You will have several opportunities to expand your knowledge of the physical, emotional, and systemic barriers to youth receiving a proper education and a fair start. This is your chance to show your support of issues surrounding the education of youth today and the factors that diminish the quality of it such as low income and poverty. Invest into the youth now to secure a better world tomorrow.

**Spring Courses:** ANT 300 (1), SOC 300 (1), COM 305 (1), PSY 311 (1), SWK 300 (1), CFD 300 (1)

## Can You Hear the Echo? Reducing Our Carbon Footprint through Sustainability

Indianapolis, IN

Throwing away a plastic cup in the nearest trashcan might be easy, but how can we think twice before it's out of sight? Sustainability efforts are trending as individuals ask themselves, "How can I live a more sustainable lifestyle?" During this Spring Break, we are going to be transforming the concept of "I," as individuals, into "we," as a community. This creates the question of: How can we live and practice sustainability as a community? Although Indiana is one of the largest contributors of carbon dioxide emissions, Indianapolis has recently pledged to

act on having greener, more sustainable alternatives. During this Spring Break, we are going to be serving alongside organizations that have pledged to reduce their carbon footprint in Indianapolis and surrounding communities. Throughout this trip, we will reflect on our experiences and discuss how we can implement greener practices into our everyday actions and educate others on the importance of a sustainable lifestyle.

**Spring Courses:** SOC 300 (1), BIO 300 (1), COM 305 (1), SWK 300 (1)

### **Building Opportunity: Find Your New Place in New Orleans**

#### **New Orleans, LA**

The bears are headed back to the Bayou! New Orleans, Louisiana is a city full of unique culture and good people. About 13 years ago, Hurricane Katrina had a devastating impact on New Orleans and the surrounding area. As tourists in the French Quarter we may not be able to tell the damage done, but as we drive through the heart of the communities and talk with locals, we will learn that there is still a long road ahead to full revitalization. We will be serving alongside service organizations to do our part to assure their goal will be achieved. Once we gain knowledge from the unique community, we will be able to create our own service experience here in Missouri. We will truly pass on the kindness. Even if you have been to New Orleans before or have no interest in the city, this is still the trip for you. Through this program, you won't just be another tourist in the crowd. You will get to truly immerse yourself in the community and culture. It is an experience like no other!

**Spring Courses:** ANT 309 (1), SOC 300 (1), COM 305 (1), SWK 300 (1)