

No More Deaths Spring Break 2011

No More Deaths invites volunteers to the borderlands to work against death and suffering on our border and in our cities. We welcome both groups and individuals to join us in responding to the human tragedy occurring in the Southern Arizona desert.

The Spring Break Project specifically targets college groups to come for one of the following weeks (all projects begin at 5pm on Saturday and end the following Friday at 10pm):

March 5-11
March 12-18
March 19-25

The Spring Break Toolkit was created to help you organize a group from your school in March and April. This resource includes:

Desert Expectations

The mission of No More Deaths is stated clearly in our name: to end migrant deaths in our region of the US/Mexico border. We invite volunteers to work with us toward this end. We believe that spring break provides a first hand opportunity to learn about, bear witness to, and eventually spread awareness about this tragedy in the desert. We offer a two-day training/educational component to build a foundation for your experience as volunteers. The training provides a border history, introduction to current policies, and explanation of volunteer protocols. The educational component offers perspectives from different members of the border community and trips to sites including the border wall, migrant shelters, and soup kitchens.

At the same time, spring break is primarily a service learning or experiential education experience rather than a border fieldtrip. Although it is impossible not to learn while volunteering with us, we want to be clear that our main priority is to work towards ending the deaths in the desert and suffering in our cities. As long as all volunteers understand the priorities and protocols of No More Deaths, we can work together to accomplish these goals.

You can expect No More Deaths to:

- Provide training for your group. This includes an introduction to border history, current policies, the principle of civil initiative, and privilege, along with legal briefing, basic medical and non-violence training.
- Provide an educational component.
- A No More Deaths leadership for your group or the camp where you are staying. These people will work with the leaders of your trip to plan patrols, work at camp, and debrief experiences.
- Food for your group and resources to aid migrants.
- Provide a place to stay Saturday night when you arrive and Friday night before you depart. (Sunday- Thursday nights will be spent camping in the desert). Showers will be available when you return from the desert.

No More Deaths expects you to:

- Commit to first, and above all, service.
- Provide your own transportation for around Tucson and to and from camp. We have some 4-wheel drive vehicles for back roads.
- Provide your own outdoor gear (see group checklist).
- Have a contact person or group organizer who can be in touch with the volunteer coordinator and your group. This person may also serve as a liaison between your group and the leadership team.

Recruiting

Publicize your trip

No More Deaths Spring Break is a wonderful way for students to soak up the Vitamin D of sunny Arizona while doing life-saving work and learning about border issues first hand.

- Find an advisor that can help you work with your school
- Send all-campus emails
- Find an on-campus organization or department to sponsor you (not necessarily financially)
- Put flyers up about the trip
- Use resources available from No More Deaths, including a brochure and DVD (available soon).

Have an informational meeting

This allows you to give prospective participants accurate information about the trip and No More Deaths. If you have not volunteered with No More Deaths, you can show a slideshow, speak about the organization to the best of your ability, or invite one of our volunteers to your campus. Your meeting should include:

- What No More Deaths is: Give a brief history, and mission of the organization
- What their role during Spring Break would be
- Logistical information: dates of the trip, how much it will cost total, potential for fundraising
- Be sure to keep good records of who is interested in coming and their contact information
- Provide a handout of information about your trip with links to the website so people can think about it
- Schedule a future meeting so people who are serious about coming can come help plan the trip

Follow-Up meeting

No More Deaths is organized horizontally, meaning that we are an all-volunteer organization with no officers. If you organize your trip like this, it allows participants to take ownership of the experience and relieves you from doing all the work. It will also help prepare people for the organizational style of the No More Deaths. If you have enough people you can divide into working groups (1-3 people) to accomplish the different tasks associated with making the trip happen. Individuals in these groups can spearhead the process, but some of them will require the full group's participation in the long run. Suggested working groups include:

- | | |
|------------------|-------------------------------|
| Fundraising | • Important Documents |
| Proposal writing | • Transportation coordinators |

It is helpful to set deadlines and have people report back to either you as the organizer or to the group as a whole so everyone could be on the same page.

Meet often so everyone stays updated and invested.

Fundraising

Although participating in No More Deaths is relatively inexpensive, costs can grow depending on where you come from. However, there should be several resources at your school to help you.

To determine how much this trip will cost:

- No More Deaths cost per person (food and desert resources)
- + Travel expenses (airline costs and rental vehicles)
- + Money for gas
- + Emergency money (just in case vehicle malfunction, forgotten gear, etc)

Total expense (divide this by number of participants for actual cost per person)

Financial aid and need gets sticky and your group should decide how to address this. You could raise as much funds as you can and then divide it equally. You could give some people more or less depending on financial need. You could have people with greater need apply for personal grants from the institution. This option is easiest but might be challenging if the school is unwilling to fund both the group and individual participants. In addition, the No More Deaths scholarship application is available on our website.

Fundraising

Some funds can always be raised through your group by having on campus events and drives.

- Bake sales
- Benefit dinners
- Sponsors— Individuals could get friends and relatives to sponsor them. This is positive because it raises awareness as well as funds

Proposals

There should be several sources at your institution that you can apply to for funding although they differ at every school. Options include, but are not limited to:

- Dean of Students Office
- Student Assembly
- Sponsoring Student Organizations
- Community Service Center
- Service Learning Center
- Departments
- Endowments

Proposals should include

- Need (what you are asking for)
- Information about No More Deaths
- Goals (why is it important that you come to the desert for both that community and your school's)
- Basic itinerary (so potential funders can have an idea of what you are doing with the funds)
- Evaluations and conclusions (how will you determine whether or not you have met your goals, how will you bring it back to your school's community)
- Budget (breakdown of expenses and clearly indicated need)

It is important to cater different proposals to the source. Some require more information about certain things. Think about how your trip fits within the mission statement of that funding source. Some require sections about educational value, others require some outreach upon return to campus, etc.

Email Corinne at corinnebancroft@gmail.com for ideas on how to write a proposal.

Documents You May Submit to Your School

Medical Form: As organizer of this trip it may be smart to delegate someone with medical skills as the medical person and they should keep track of these forms and people's medical needs in case of emergency. Your school may also require it.

Liability Release Form: This form also will probably be required for yours to become an official trip. No More Deaths will have our own release form. The form online has been used for colleges in the past but you should show it to your school's insurance person to make sure it works for you too.

YOUR COLLEGE
NO MORE DEATHS TRIP
MEDICAL INFORMATION AND RELEASE FORM

Last Name _____ First name _____

Date of Birth: ____ / ____ / ____ Social Security Number: ____ - ____ - _____

Emergency Contact:

Name _____

Street _____

City _____ State _____ Zip _____

Home phone _____ Home phone _____

Personal Physician:

Name _____

Street _____

City _____ State _____ Zip _____

Home phone _____ Home phone _____

Medical Insurance Coverage

I have medical/hospital insurance with the _____ Company.
Policy number _____

Medical Information Please respond carefully to the following items:

1. Do you have any disabilities or conditions that you think might limit your participation? Yes _____ No _____
If yes, please explain:

2. Do you regularly take (or need to carry) any medications? _Yes ___ No
If yes, please explain their nature and status.

3. Have you had any operations, fractures, or major illnesses during the past 12 months? ___ Yes
___ No

If yes, please explain their nature and status.

4. Do you have any chronic or recurring illnesses or injuries?

Yes ___ No ___

If yes, please explain.

5. Do you have any allergies (bees, wasps, penicillin, foods, medications, etc.)? ___

Yes ___ No ___

If yes, please identify them and explain the nature of your reaction.

6. Do you have diabetes? ___ Yes ___ No

7. Do you sleep walk? ___ Yes ___ No

8. Do you have any special dietary needs? Yes ___ No

Date of last tetanus shot: ___ / ___ / ___

Please have a tetanus shot or booster if you have not had one within the last ten years.

I certify that the information given here is complete and accurate to the best of my knowledge. I consent to the release of medical records and to the medical treatment of (name) _____ by the staff of the (Your College) Health Center, consulting or covering physicians, and EMTs and No More Deaths coordinators or trained volunteers (WFRs).

Participant's printed name _____

Participant's signature _____

NO MORE DEATHS VOLUNTEER ACTIVITY

ASSUMPTION OF RISK AND WAIVER/RELEASE OF LIABILITY

I understand and acknowledge that I will be participating in the volunteer activity outlined in this document. I will be volunteering with the organization, No More Deaths (www.nomoredeaths.org), in Arizona. This volunteer activity involves camping in a remote area of Tucson, Arizona, daily hiking in desert areas and other rigorous physical activities. I recognize the inherent risk of injury, disability or death that could result from my participation in these activities. I acknowledge that I have viewed the information contained on the No More Deaths website and fully understand the volunteer activities in which I will participate.

I understand and acknowledge that this activity has not been organized by or coordinated by (Your College). No (Your College) employee will accompany students during this volunteer activity. The (Your College) funding source(s) has supplied modest funding for the trip because it meets the (Your College) guidelines. A (Your College) faculty advisor has provided recommendations for academic materials to be viewed prior to the volunteer activity. This activity is not part of any (Your College) program, and no (Your College) credit is being issued to students participating in this volunteer activity.

I acknowledge that I have made all my own travel arrangements for this activity. I acknowledge that I am solely responsible for bringing the appropriate clothing and camping gear needed for this activity. Transportation is being provided by (Company or Individuals) in vehicles driven by a designated and approved driver.

I understand that my participation in this activity is voluntary and that I voluntarily assume all risks of injury to myself or damage to my property and agree to hold harmless (Your College), its officers, directors, employees, students and authorized agents, and the No More Deaths organization from any and all liability, claims, or causes of action arising out of my participation in this volunteer activity or transportation to and from. This hold harmless, however, shall not apply to injuries or damages arising out of the sole negligence of any of the entities named above.

I understand that I am responsible for my personal property and will not hold (Your College) responsible should damage occur.

To the best of my knowledge, I am in good health and suffer no disability or condition that would render my participation medically inadvisable. I understand that I am required to carry health and/or accident insurance that will cover me while participating in this volunteer activity and that I will be responsible for any expenses associated with injuries or illnesses that may occur. I understand and acknowledge that in the case of illness, accident or injury, I will be evaluated by and received medical treatment from emergency response personnel.

In addition, I will not use any non-prescribed drugs, alcohol or tobacco products while participating in this program. I will not swim or canoe at night or unsupervised. I agree to comply with the instructions and directions of No More Deaths volunteers during the program.

NO MORE DEATHS VOLUNTEER ACTIVITY

**ASSUMPTION OF RISK
AND
WAIVER/RELEASE OF LIABILITY**

I acknowledge my responsibilities as stated above and will accept dismissal from the program, at any time, if found to be in violation of any of the aforementioned responsibilities. The dismissed participant will be responsible for transportation costs incurred as a result of dismissal. I agree to forfeit any refund if dismissed from the program.

Signature of Participant

Date

Name (Please print)

Signature of parent or guardian
(If participant is under 18 years of age)

Date

Group Needs

Groups should be responsible for their own group gear (tents etc) and transportation.

Tents: It is relatively easy to rent or borrow group gear from your schools outdoors club. You can borrow tents and other individual things (like sleeping bags) that participants may not have.

Also your outing club should allow you to borrow first aid kits. This is essential for your group, but also important for the work that we do.

Transportation is the major challenge. Because we have many groups coming in the spring groups are responsible for providing their own transportation. Some schools have rental vehicles. High clearance and four-wheel drive are preferred, but not required. You should have enough space for each member of your group to have a seatbelt and an extra seat for your coordinator.

Possible vehicle providers include:

- Your school
- Personal vehicle
- Commercial rental services
- Rent-A-Wreck
- Southwest Trekking Company

If you fly to Arizona rather than driving (renting vehicles in Tucson), some airlines offer special rates for groups. Although it may not appear so, these rates may actually be better than those you find online. Airlines usually sell those vendors a certain number of tickets and those sellers increase prices as each ticket sells. So the first person in your group to buy one will get a great deal, but the last person will probably pay significantly more. Similarly, if anything happens (like a delay) if you purchase directly from the airline you will get rescheduled as a group, rather than individuals.

Participant Information and Documents

No More Deaths Packing Checklist

General Gear

- 2 1-quart water bottles
- Sunscreen
- Sunhat
- Lip balm
- Flashlight or headlamp plus extra set of batteries
- Toiletries (Travel size toothbrush, toothpaste, biodegradable hand soaps— nothing that smells)
- Personal medications as needed
- Sleeping bag (We suggest synthetic rated to cold weather)
- Sleeping bag stuff sack
- Sleeping pad (ground pad)
- Daypack
- Bandana
- Pair of sunglasses
- Changes of underwear
- 3-4 waterproof bag liners (trash bags)
- Notebook and pencil

Upper body

- 1-2 t-shirts
- 1 (polypro/capilene) long underwear top
- 1 mid-weight warm pullover (fleece or wool sweater)
- 1 fleece jacket
- 1 rain jacket
- 1 warm hat wool or pile
- 1 pair of gloves or mittens

Lower Body

- 1 pair of nylon shorts
- 1 pair of long underwear pants (polypro/capilene)
- 1 pair of warm pants (fleece)
- 1 breathable nylon wind or rain pants

Footgear

- hiking boots (check fit with socks)
- 1 pair of camp shoes (old light weight sneakers)
- 3 pairs of synthetic or wool socks
- 1 pair of liner socks

Optional

- Notebook and pencil
- Lash straps to tie equipment to pack
- Small stuff sacks to organize gear

Tucson Clothing

- comfortable clothing to wear in town

In the winter the Sonoran Desert can get up to 80° during the day and down to 15° at night. Many volunteers freeze at night so pack warmly even though it is the desert!

Group-Self Education Ideas

Journal

Please buy a journal that you can take notes when we meet with people, write, and reflect and record your experiences while we are in Tucson and in the desert.

I think it would be good if you had an initial entry that addresses what your thoughts in ‘border issues’ are now. This would be really helpful to measure the effectiveness of this trip. It would also be really cool to explore what your current thoughts are and to figure out what your questions are and what we want to learn about. For example, how does migration affect women?

Outside Readings

You can put together a packet of relevant readings to help provide context and preparation for your group, or No More Deaths can provide you with a selection of articles we have found to be helpful. Such resources are available through the No More Deaths website.

Here’s a good list of sources to learn more!

http://www.crossingaz.com/web_pages/connect.html

Other suggestions for preparing your group for the trip will be posted on the No More Deaths website throughout the winter.

Outreach

One of the most important parts of your group's experience with No More Deaths is what happens afterwards. You should speak to your group before, during and after the actual trip about how you can spread the work to your community. This is an opportunity to let your groups' creative juices flow. Here are just some ideas, but please think outside the box!

- Symposium— have a conference about border issues and your experience at your school
- Join together to recruit summer volunteers
- Fundraise for No More Deaths
- Publish an article or letters to the editor in your school or community paper

- Find migrant centers in your area! The journey does not end when migrants get to Tucson
- Research potential forms of advocacy for undocumented peoples
- Begin dialogue at your campus and in your communities about immigration policies
Talk about ways you all can influence that change.

