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Book Your Trip!



*“The real voyage of discovery lies not in seeking new lands but in seeing with new eyes.”*  
– Marcel Proust, French Author

### **Mission**

The mission of the Cincinnati Urban Experience (CUE) is to provide participants with a combined experience of meaningful service and social justice education to motivate them to become active citizens in the fight to end poverty and homelessness.

### **Overview**

The Greater Cincinnati Homeless Coalition coordinates service opportunities while educating and immersing groups in an urban environment. The Homeless Coalition arranges for service opportunities at many of its 65+ member agencies. Days during CUE are spent engaged in community-based activities and volunteering at local homeless shelters, soup kitchens, and other agencies that provide services to people experiencing homelessness and living in poverty. The Homeless Coalition also provides educational activities so participants can learn about the root causes of homelessness and poverty.

All participants will have the opportunity to hear from speakers, participate in team-building activities, and reflect on how they can get involved in dispelling myths and creating empathy rather than apathy. Daily meaningful experiences help participants understand advocacy to promote systemic change.



## Programs

Staff at the coalition can tailor the program to fit the needs of each group. Generally, experiences fall into three categories:

- **Week-long Urban Service Trips:** These trips typically last between five and seven days and are most popular during spring, summer, and winter breaks. These trips are often referred to as "Alternative Spring Breaks" and include housing, coordination of multiple service sites, planning and facilitating educational activities and reflection. We can accommodate groups at any time of the year, but please be aware that spring is our busiest time and space is limited.
- **Urban Plunges:** Urban plunges are very similar to the week long trips except they only last 1-3 days and focus more on education than service. Plunges are particularly well-suited for groups close to or located in Cincinnati.
- **Service Retreats:** Service retreats are designed for groups that have their own housing accommodations and prefer minimal education and facilitation from the Homeless Coalition staff. These include the coordination of service sites and the option of adding some educational

## Service sites

*"Everybody can be great, because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and verb agree to serve. You only need a heart full of grace. A soul generated by love."* – Martin Luther King Jr.

Groups perform service at agencies and organizations in urban Cincinnati that deal with poverty and homeless issues directly and indirectly. Through service work, participants have personal experiences with issues and gain knowledge. Each agency has something different in store. Not all groups will work with each agency. Each agency provides an explanation of the services they offer and the population they serve as well as a brief orientation and training on the service work.

Service opportunities include:

- Preparing Meals
- Serving Meals
- Youth Mentoring
- Shelter Service
- Food Pantry
- Clothing Pantry
- Urban Daycare
- Cleaning
- Organizing
- Urban Garden
- And more!

### Examples of organizations:

Over-the-Rhine Community Housing  
Our Daily Bread  
Contact Center  
Catholic Worker House  
Shelterhouse  
Caracole  
Intercommunity Justice and Peace Center  
Interfaith Worker's Center  
Peaslee Neighborhood Center  
St. Anthony Center  
Mary Magdalen House  
Tender Mercies



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## ***Education***

***“Follow effective action with quiet reflection. From the quiet reflection will come even more effective action.”***

***– by James Levin, author***

Participants will take part in activities with partner organizations and staff members that teach them about focus issues. In addition, each group will participate in reflection exercises and discuss service, education, experiences, and observations among peers. The focus will be on drawing connections and learning. Below is an overview of some of the activities your group will be participating in. **Most activities will be within walking distance.**

### ***Orientation***

Orientation provides a background of Over-the-Rhine to help the group get situated in Cincinnati. It also sets up the rest of the experience and provides safety guidelines.

### ***Speaker’s Bureau***

The Speaker’s Bureau is made up of people who are, or have, experienced homelessness in the past. They share their experiences to help others understand the realities of homelessness. With all of the stereotypes and myths that perpetuate our society, the speaker’s story helps to personalize the issue and the facts and statistics presented help to create compassion and understanding.

### ***Streetvibes Shadow Activity***

Participants work with a Street Paper distributor who will share their own experience and train the participants on panhandling laws and paper guidelines

### ***Walking Tours***

Several walking tours will give participants background about the area as it focuses on issues that relate to homelessness and poverty. **Participants will be expected to walk and stand for long periods of time.**

### ***Urban Hike***

This experience gives participants an opportunity to visit the University of Cincinnati and see Over-the-Rhine from a different perspective.

### ***Media Checklist***

By using newspaper articles and movies we will explore how our culture views homelessness, panhandling, gentrification, and other social issues. We will use the Homeless Coalition's Media Checklist to evaluate and discuss popular media.

### ***Neighborhood Photographic Assessment***

Using the Tactics of Gentrification, developed by the Homeless Coalition, participants seek out evidence of gentrification in Over-the-Rhine and document and discuss their findings.

### ***Member Organization Opportunities***

Possibilities are endless! Let us know what specific interests your group wants to cover in the Pre-Registration Form on our website, and we will work with the Homeless Coalition's members to tailor the experience for you.





### ***Pricing:***

The normal price for a service trip and urban plunge is \$50 per person per day with housing or \$25 per day without housing. This price includes planning the service opportunities, providing speakers and educational activities, and making sure the trip runs effectively.

- To determine the cost of your experience multiply the number of people x number of days x cost per person = total
- Groups must pay a 25% deposit to complete their registration. The 25% deposit is applied to the final invoice and is non-refundable.
- If the original number of people attending decreases, a 25% deposit per non-attending participant is retained by the Homeless Coalition. Refunds will be made following the completion of the trip.

### ***Booking Your Trip:***

1. Fill out the Pre-Registration Form on our website:  
<https://cincihomeless.org/about/education/cincinnati-urban-experience-cue/>
2. Once you've received confirmation of the availability, return the invoice by mail or pay online the 25% deposit, which will be applied towards the total.
3. Prepare the group for the trip. Some suggestions: materials from Break Away; a virtual Homeless 101 training with the Homeless Coalition [cincihomeless.org](https://cincihomeless.org); read from Steal the Street (2022).
4. Have each participant fill out the Participant Registration Form and the Release Form and return them by mail or fax or bring them on the date of your arrival.
5. **One week prior to arrival, indicate the number of vehicles you will have, cell phone # for leaders, and confirm arrival time.**



### ***Cancellations:***

25% of the original total is nonrefundable. Refunds will only be made after the end of the scheduled trip.

### ***Suggested Packing List:***

- Emergency rain poncho
- Comfortable gym shoes / clothing / masks
- Work shoes / boots / gloves (if doing physical labor - confirm with Homeless Coalition)
- Jacket / coat (dress in layers, as weather may change quickly)
- Journal / pens
- Wide-brimmed hat and sunscreen
- Pillow and sleeping bag / blanket

## **FOOD and ACCOMODATIONS**

**Note:** Food is not currently provided for CUE. During the week-long and urban plunge service experiences students are responsible for their own meals with the exception of one community dinner and one lunch activity that will cover your lunch for that day. There is a grocery store nearby. For housing, we provide the basics: a refrigerator, a sink, an oven and a stove. Additionally, the kitchen has pots, pans, cooking utensils, re-usable plates, silverware and cups. Access to showers will be available, but limited. Participants will be sleeping on cots or mats.



## Cincinnati Urban Experience Participant Registration Information

Full Name:		Date of Birth:	
<i>Last</i>	<i>First</i>	<i>M.I.</i>	
Mailing Address:	City	State	ZIP Code
Phone: (     )		E-mail Address:	
<b>Emergency Contact (s)</b>			
Name		Address	
Relationship	Home Phone	Work Phone	
Name		Address	
Relationship	Home Phone	Work Phone	
Personal Physician's Name			
Address Phone			
<b>Medical Information</b>			
I am presently taking the following medication(s)			
I am allergic to the following medication(s)			
Presently wear contact lenses? _____ Presently wear glasses? _____			
Please state any medical conditions that emergency care providers need to be aware of:			
Do you have health insurance? _____ Policy # _____			
Name of Insured (if different from self) _____ Relationship _____			

Name of Insurance Company _____	Phone _____
Address of Insurance Company _____	
If I need medical treatment arising out of my participation in this activity, I give my consent for the Greater Cincinnati Homeless Coalition to release the information on this form to any medical professional.	
Signed _____ Date _____ (Signature of participant, or parent or legal guardian, if participant is a minor.)	
<b>RELEASE, WAIVER AND ASSUMPTION OF THE RISK FOR PARTICIPATION IN CINCINNATI URBAN EXPERIENCE</b>	
Name of Event: Cincinnati Urban Experience (hereinafter "CUE") Date(s) of Event: _____	
This is a legally binding release, waiver and assumption of risk made by me _____ (hereinafter "I" or "Participant"), to Greater Cincinnati Homeless Coalition (hereinafter "Homeless Coalition"). I wish to participate in CUE, and I hereby agree as follows:	
1. I acknowledge and understand that as part of my participation in CUE there are dangers, hazards and inherent risks to which I may be exposed, including the risk of serious physical injury, temporary or permanent disability, and death, as well as economic and property loss. The dangers, hazards and risks may arise from my own actions, inactions, or negligence as well as from the actions, inactions or negligence of others, or the condition of the premises. I also acknowledge and understand that there may be other dangers, hazards or risks not presently known or reasonably foreseeable. Participation in CUE may include travel to and from CUE.	
2. To the extent that I engage in activities that are not a part of CUE and from which I may sustain personal injury or other damage to myself or property, or cause others to be injured or sustain other damage, including damage to their property, I understand that the Homeless Coalition and its employees, agents, volunteers and/or assigns will not be held responsible.	
3. In consideration of the right to participate in CUE, I agree to assume all dangers, hazards and risks arising from my participation in CUE.	
4. I agree, in connection with my participation in CUE, to adhere to all of the policies and procedures of the Homeless Coalition, jurisdictional laws and ordinances, laws of the State of Ohio and of the United States government. If I fail to adhere to the above-stated policies, procedures, and/or ordinances and laws, I will be responsible for any injuries and/or damages that may result. Further, if I fail to adhere to the above-stated policies, procedures, and/or ordinances and laws, this failure may result in my dismissal from CUE.	
5. In the event of an accident or serious illness, I hereby authorize the Homeless Coalition to obtain medical treatment for me and on my behalf. I hereby hold harmless and agree to indemnify the Homeless Coalition from any claims, causes of action, damages and/or liabilities, arising out of or resulting from said medical treatment.	

6. I hereby release, indemnify and hold harmless the Homeless Coalition, and their officers, trustees, employees, volunteers, assigns, successors, member organizations, and/or agents, from and against any and all liability, actions, debts, claims and demands of every kind whatsoever, specifically including, but not limited to, any claim for negligence or negligent acts or omissions and any present or future claim, loss or liability for injury to person or property that I may suffer, for which I may be liable to any other person, that may or does arise out of my participation in CUE.

7. I hereby indemnify the Homeless Coalition and agree to take full responsibility for any damages I may cause to the property of Over the Rhine Community Housing, Prince of Peace, or any other location, during my participation in CUE.

8. I hereby give the Greater Cincinnati Homeless Coalition, Coalition member organizations, and community partners, the absolute and irrevocable rights to use my name, quotes and/photos and images on the Internet, in print publications, video and multimedia presentations, and/or for any purpose which may include, but not limited to display, public relations, marketing, or designs. I hereby waive the right to inspect or approve the images prior to any form of usage. I understand that the images may be modified to be used as design elements. I am releasing all rights to any images/quotes.

9. I acknowledge that, prior to signing this release, waiver and assumption of risk, I have had an adequate opportunity to read it and any questions I had were directed to the Homeless Coalition and have been answered to my satisfaction.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Printed Name of Participant \_\_\_\_\_

**If Participant is under 18 years of age:**

I am the parent or legal guardian of the Participant. I have read and understand the foregoing release, waiver and assumption of risk (including such parts as may subject me to personal financial responsibility); I hereby consent to Participant's participation in CUE; I am and will be legally responsible for the obligations and acts of Participant as described in this release, waiver and assumption of risk; and I agree to be bound by the terms of this release, waiver and assumption of risk.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Minor Participant's Name \_\_\_\_\_

**Please note:** To ensure participant safety, and to maintain our partnerships, there is no smoking, no alcohol, and no open flames. All participants are expected to adhere to all site values and responsibilities at all times.



To ensure trips run smoothly, please consider assigning pairs of participants to leadership roles, such as:

- ☐ Planning and packing
- ☐ Grocery list responsibility
- ☐ Meal preparation
- ☐ Site responsibilities
- ☐ Social / moral support
- ☐ Reflection and journaling