

2018



TeenLife®

GUIDE TO

GAP YEAR

PROGRAMS

HOW A
GAP YEAR
CAN
CHANGE
YOUR
LIFE

PLUS:

19 Programs
to Jump-Start
Your Gap Year!

A TEENLIFE MEDIA
PUBLICATION
www.teenlife.com



Presenting the 2018 Guide to **GAP YEAR PROGRAMS**



**GOT QUESTIONS
OR SUGGESTIONS?**



*Email me at
mschwartz@teenlife.com*

High school can seem like a high-pressured race to get into college, and by graduation, some students just need a break or want to get out and explore the world beyond academics. Others aren't quite ready for the responsibility and independence that college requires. And some don't know what they want to study in college – or aren't sure they want to go at all.

The answer for all of these students might be a gap year or gap semester.

A gap year – a break from traditional academics – is a chance to push the reset button before plunging back into academia. Students can use the time to cultivate the maturity, balance and independence that life after high school requires. No matter the focus, research by Sydney University shows gap years boost motivation and help students focus once they get to college and even in their career paths.

The programs represented in TeenLife Media's 2018 Guide to Gap Year Programs span all kinds of gap year possibilities, schedules and budgets. You could spend a year interning in Washington, D.C., or two weeks polishing your Spanish in Spain. You could volunteer in Rwanda, rock climb in the American West or sail into Cuba. You could hone your musical skills or help save the environment. And you could work with a gap advisor to figure out just the right mix for your gap year.

Gap programs don't have to be expensive. Many of these programs offer financial aid or can help you figure out other funding strategies. And colleges are starting to be more flexible about financial aid for students who take a gap year. So don't think of a gap as a year "off" but as a year "on" for travel, community service, interning, field experience, academics, language immersion, working – or whatever you can imagine that might shape the next stage of life. Our guide can help you figure out exactly what your own gap year might look like.

And if you want to discover more exciting experience-based programs, whether it's for a year, a semester, a summer or a week, visit TeenLife.com and join our community. We'd love to hear about you! Email me at mschwartz@teenlife.com to tell me what you discover during your gap year.

Marie Schwartz
CEO & Founder
TeenLife Media, LLC

WHY A GAP YEAR WILL MAKE COLLEGE — AND LIFE — EVEN BETTER



**BY ETHAN KNIGHT
AND DIANNA HAHN**



Today, with more research than ever about gap years, it's clear there are benefits to students spending a year outside a traditional academic setting. A gap year is an opportunity to revive, explore, clarify and prepare for a future that is meaningful, successful and well-informed.

The popularity of gap years has grown steadily every year over the last decade, with the number of students enrolled in gap year programs increasing 4 percent to 40 percent each year, according to the American Gap Association (AGA). Even colleges like the University of North Carolina at Chapel Hill, Princeton and Harvard are embracing gap year education, leading to increases in financial aid for gap year students.

One of the most common benefits of gap years is an improvement in academics, but students should not stop there when considering the advantages of a gap year experience. There's new compelling research about gap year benefits, such as:

PERSONAL BENEFITS

During a gap year, students not only explore a new experience, they see themselves through a new lens. In the 2015 Alumni Survey of gap year participants administered for the AGA by Temple University and the Institute for Survey Research, 98 percent of respondents reported that their gap year helped them develop as people and allowed them time for personal reflection. This leads to a clearer direction for future life and career goals.

Harvard University research reports that "many (gap year students) speak of their year away as a 'life-altering' experience or a 'turning point,' and most feel that its full value can never be measured and will pay dividends the rest of their lives," according to an article posted by Harvard's admissions department.

Students who embark on gap years, especially those who travel, widen their global perspective.

In the 2015 Alumni Survey, 93 percent of respondents said they had increased their interest in

knowing people and places around the world, and 82 percent said they now see themselves as global citizens. In this increasingly divided world, it is these direct experiences with other people that will build real understanding and bring down walls.

ACADEMIC BENEFITS

Research is underway showing that taking a gap year clearly benefits academics. Bob Clagett, who has worked in admissions at both Harvard and Middlebury College, created methodology to track the GPAs of gap year students. Through the data collected from Middlebury and UNC Chapel Hill, it is clear that gap year students have consistently higher GPAs than their non-gap year peers through all four years of college.

According to the alumni survey, 54 percent of gap year students felt their gap experience influenced their decision to take a foreign language, and 27 percent were able to place out of the foreign language requirement at their college or university.

CAREER BENEFITS

A gap year can lead students in a clear direction toward a successful and positive career experience. Karl Haigler and Rae Nelson, who did an independent study of more than 300 gap year students, found that 60 percent of these students said their experiences either “set me on my current career path/academic major” or “confirmed my choice of career/academic major,” according to their book, “The Gap Year Advantage.” The alumni survey reported 84 percent of gap year students felt their gap year helped them acquire skills to be successful in their careers.

PLANNING THE SUCCESSFUL GAP YEAR

Students typically plan a semester-long or yearlong gap that could include several structured experiences abroad or staying in their own communities.

For optimal benefit, the AGA suggests planning at least a two-month-long gap timeline, combining up to four of the following components: service/

volunteering; career exploration/internship; paid work; and at least one “free radical” – exploring a previously undiscovered passion. These experiences could be independent, part of a program, or a combination of several distinct components that include both independent and organized group experiences.

Gap year students seek out different opportunities: Some build their gap years around one goal (for example, Spanish fluency, assisting an ailing family member or learning a trade); others spend the year exploring possible future interests, testing new waters through a combination of part-time work, an internship or an intentional travel program. The benefits of a well-designed gap year can include gaining hard and soft skills, clarifying career goals, expanding an understanding of one’s self and the world and improving academics.

Many colleges have deferral policies that are inclusive and even encourage a gap year. There are myriad resources to help students through this process. Students should consider involving a college counselor, a gap year counselor, family and their communities. Having a clear framework for a gap year that is supported by the community will only increase the benefits. If they have a well-planned and balanced experience, students will join their peers at college ready to succeed.

MAXIMIZING YOUR MONEY

Financing a gap year may feel daunting, but a gap year does not have to add to the already high cost of college. There are a growing number of opportunities for financing. In 2016, gap year programs supported students from all financial backgrounds with a combined \$4 million in financial aid. There are paid and independent opportunities available. There are low-cost tuition-based programs and general gap year scholarships available.

And, there is no harm in asking a college for a financial aid review after a gap year. After all, what college would not want a more worldly, motivated and prepared student who has made the most of a gap year experience?



THE TOP 10 THINGS TO CONSIDER ABOUT A GAP YEAR

BY SUSAN MOELLER

Taking a gap year is a big decision. You've worked hard to get good grades for college, and now you're going to put that aside and take a year to do something else? Crazy, right? At first, it might seem so. But think about how good it would feel to try something new; to use your brain in a different way; to take life at a different pace; to explore the world outside pure academics; to test out a job or a career interest.

Of course you'll want to think hard about this and do your research and talk to lots of people – parents, mentors, friends, teachers, coaches, guidance counselors, spiritual leaders. They will all have different insights on why this might or might not be a good decision for you. But in the end, it's your decision to make and your responsibility to figure out how to make it work. That, after all, is part of what a gap year is all about: learning to look after yourself outside of school.

As you ask yourself, "Should I take a gap year," here are 10 important things to think about:

1. **CONSIDER APPLYING TO COLLEGE ANYWAY.** Applying to college might seem counterintuitive if you are thinking of taking a gap year. In most cases, however, you will be better off applying while you have the support of high school college counselors, peers and parents and mentors. If you think college applications are complicated, try managing them from, say, Tanzania. Many colleges and universities will let you defer admission for a semester or a year, although some restrictions may apply. There also may be restrictions on financial aid or merit scholarships. And, some colleges do not consider post-graduate years at a high school or boarding school to be gap years and may not allow deferments for them.

2. CONSIDER A COLLEGE THAT OFFERS ITS OWN BRIDGE OR GAP YEAR PROGRAM. If you feel more secure knowing you've got a college commitment, consider a college or university that has its own bridge or gap program. For example, Princeton's Bridge Year offers programs in places such as Bolivia, Brazil, China, India and Senegal. Other schools, such as Florida State University, also offer financial assistance for gap years, especially if they include a community service component.

3. CONSIDER WHAT YOU WANT TO DO. Volunteer? De-stress? Intern? Earn money? Travel? Learn a language? Discover your faith? Several of the above? Are you likely to gain experience or a skill – a language, for example – that makes the investment of time and money in a gap year worthwhile?

4. CONSIDER WHETHER YOU WANT TO EARN ACADEMIC CREDITS DURING YOUR GAP YEAR. Some gap programs do offer credit, which might or might not be accepted by the college you want to attend. Ask the gap program if they have given college credit and what schools accepted it. Some colleges, however, bar you from getting college credits from other institutions if you defer. And ask if gap programs qualify for money from a 529 College Savings Fund or other college financial aid.

5. CONSIDER HOW MUCH STRUCTURE YOU NEED. Are you independent enough to travel on your own or create your own gap plan, or do you need help? Gap year programs have varying amounts of structure. Be honest with yourself about how much risk or decision-making you're willing to handle on your own. You can also combine programs: a structured community service program, for example, with a less-structured travel experience.

6. CONSIDER ATTENDING A GAP YEAR FAIR OR MAKING A PRELIMINARY APPOINTMENT WITH A GAP YEAR ADVISOR. USA Gap Year Fairs are held throughout the country each winter. It's a chance to talk

with program representatives and get a reality check on costs. Gap year advisors charge for their services, but might be a worthwhile investment to help evaluate programs or plan a gap year that's a mix of activities and/or programs.

7. CONSIDER WHAT YOU CAN AFFORD. Gap years and semesters come in all price ranges. You could actually earn money during your gap year, or you could enroll in a program costing as much as a semester of college. There are all kinds of ways to afford it. You can work part of the year to earn the money for a program. You can crowd fund or ask family for help. You can apply for a gap grant or fellowship. The earlier you start planning for a gap year, the sooner you can start figuring out how to swing it financially.

8. CONSIDER THE OPINION OF INSIDERS. Write to gap organizations and ask to speak with alumni or to get access to a program's blog. Reputable organizations should be happy to connect you. Make a list of questions to ask each program about financial aid, payment plans and other nitty-gritty issues such as insurance, emergency procedures and travel expenses.

9. CONSIDER THAT YOU ARE GOING AGAINST THE TIDE. The majority of your peers will be heading off to college in September; are you OK with being the lone wolf who doesn't? You'll have your own adventures to talk about over holidays, of course. But make sure that you feel comfortable enough to take the road less chosen. And you might want to practice a couple of verbal comebacks for that relative who's going to ask, "You're doing what???"

10. CONSIDER TAKING THE LEAP INTO A GAP YEAR. Over 90 percent of the 600 gap students who responded to a 2015 American Gap Association survey said their time off from school increased confidence, maturity, communication skills or the ability to get along with people with backgrounds different from their own. Go for it!



AMERICAN UNIVERSITY GAP PROGRAM

 www.american.edu/spexs/augap/



American University's Gap Program offers an academic and internship experience in Washington, D.C., providing the perfect springboard to develop a foundation for future academic and career success. Our semester programs include a seminar of your choosing, including American Politics, International Affairs, or Global Business, plus an internship that comprise a 7-credit semester. Enroll in a single semester (fall or spring) or a full-academic year in the program.

ADMISSIONS CONTACT: Sarah Basilion and Lana Knox
augap@american.edu

LOCATION: Washington D.C., United States

SESSION LENGTH: Semester or Year

SESSION START: Late August or January

INTERESTS: Academic, Leadership, Career Exploration, Internship

HOUSING: Dorms

FINANCIAL AID: No

APPLICATION: Rolling admissions. Final deadlines are November for spring program; May for year-long program. You can submit your application any time during the application cycle, up to the deadline. In addition to the online application, applicants must submit: official copy of high school transcript and two letters of recommendation (one from a high school teacher or academic counselor and one from extracurricular or community contact).

COOL FACT: The AU Gap Program is based on American University's hallmark Washington Semester Program - a leader in providing internships for more than 70 years.

FAST FACTS



STUDENTS/PROGRAM
12 TO 16



TUITION
\$10,682
(2017-18)



COLLEGE CREDIT
YES

STUDENT PROFILE: SAMUEL MALKIN



Receiving an offer to start college in the January term forced a tough decision on me: What to do with my gap semester? Luckily, I found the AU Gap program. Here, I'm able to hone my academic skills and pursue my interests in entrepreneurship. I have been working as an intern at Venga, a small software start-up company. Being able to have varied roles within my internship has given me many new skills and equipped me with a deeper understanding of how a startup works. Also, worth noting are the interactive seminars included within the program. These classes have taken me behind the scenes of some of the nation's most vital institutions like Congress and the Supreme Court. Highlights have included walking onto the House floor and touring the Capitol dome. The AU Gap Program has been an unforgettable experience and will ultimately jump-start my professional career.

Request More Info: www.teenlife.com/request-gap



THE ACADEMY AT WATKINSON SCHOOL

 www.watkinson.org/page/academics/the-academy-a-pg-year



Productive independence. That's the whole point of college. But what if, for whatever reason, your high school years didn't adequately prepare you? What if your transcript isn't quite what you'd like it to be, or you don't feel prepared for the social, scheduling or academic pressure of college life? Some parents consider a year at community college a viable option for students who feel any of these stressors. Research shows, however, that students who aren't ready for the full academic load of college life often get frustrated and quit. Other students who are gifted but struggle with one tricky content area, derail their own progress. And still others struggle through, but end up taking the five- or six-year route through college. All of these are costly options. Enter The Academy at Watkinson. An extension of Watkinson's unique educational philosophy, The Academy is a pre-college year designed by you. Shape your own balance of studying the world and learning more about yourself.

- ADMISSIONS CONTACT:** John Crosson
john_crosson@watkinson.org
- LOCATION:** Hartford, CT
- SESSION LENGTH:** 9 Months
- SESSION START:** Late August
- INTERESTS:** Academic, Art, Community Service, Leadership, College Credit
- HOUSING:** Dorms
- FINANCIAL AID:** Need-based financial aid available.
- APPLICATION:** Rolling admissions. For more information on the program and to apply please contact theacademy@watkinson.org
- COOL FACT:** Academy students may strengthen their transcripts by taking classes at Watkinson while also taking college classes and earning college credit at the University of Hartford (adjacent to our campus) in their strongest subjects.

FAST FACTS



STUDENTS/PROGRAM
8 TO 10



TUITION
\$39,900



COLLEGE CREDIT
YES

STUDENT PROFILE: ROB BARRY



A year at the Academy isn't a miracle year; you have to work for it. You cannot just skate by and expect to get what you want. But what makes it miraculous is that the Academy program teaches you to grow up, to be responsible, to prepare for college and to learn how to be a scholar. I took classes at the University of Hartford and I worked with middle school kids on their athletics and academics. And Watkinson offers so much more. You can travel the world to help countries that are less fortunate than we are, and even help your own community. I made great friends both with students and with members of Watkinson's faculty. I feel fully prepared to head to college.

Request More Info: www.teenlife.com/request-gap



A BROADER VIEW VOLUNTEERS CORP

 www.abroaderview.org/



A Broader View offers volunteer opportunities abroad in 25 countries through more than 245 social and conservation programs, available year-round with commitments from one week up to 12 weeks in many locations. Because we are a U.S. nonprofit organization, all fees are tax deductible and you can raise funds through our website.

ADMISSIONS CONTACT: Sarah Comitale
volunteers@abroaderview.org

DESTINATIONS: Chile, Peru, Ecuador, Colombia, Belize, Guatemala, Honduras, Costa Rica, Ghana, Uganda, Tanzania, Rwanda, Zambia, Kenya, Nepal, India, Vietnam, Philippines, China

SESSION LENGTH: 1 to 12 Weeks

SESSION START: Year-round

INTERESTS: Art, Community Service, Environment/Conservation, Health & Wellness, Leadership, Travel/Culture

HOUSING: Homestay, Dorms, Cabins

FINANCIAL AID: Fundraise through our website.

APPLICATION: All paper work and final payment must be in our office 60 days before travel dates.

COOL FACT: Cultural Immersion and weekend free-time touring.

FAST FACTS



STUDENTS/PROGRAM
5 TO 25



TUITION
\$890 TO \$2,250



COLLEGE CREDIT
YES

STUDENT PROFILE: MADISON CAMPBELL



I really enjoyed my time volunteering in Peru. Cusco is a beautiful city with many activities. The girls and workers in the orphanage are very friendly. The most important things they need from volunteers are donations and helping hands. The donations can range from clothing to school supplies to personal hygiene items for teenagers. I really enjoyed communicating with the girls. I remember my first successful conversation with them in Spanish. It felt very rewarding.

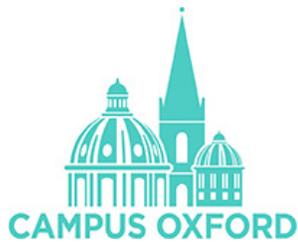
I really enjoyed traveling on the weekends and would highly recommend this. Travel was surprisingly inexpensive. Visit the Rainbow Mountains, Machu Picchu and the Sacred Valley. Once-in-a-lifetime experience. Hopefully more!

Request More Info: www.teenlife.com/request-gap



CAMPUS OXFORD

 <https://campusoxford.com>



The Oxford Gap Year is a vibrant program which takes place at Oxford Tutorial College in the heart of the city. Tutors are experts in their fields and teach in a way that engages students and encourages participation. A strong cultural and social program complements academic study and includes membership to The Oxford Union. A selection of accommodation options is available close to the college. Students are supported by a team of welfare experts.

ADMISSIONS CONTACT: Ruth Cooper
ruth@campusoxford.com

LOCATION: England

SESSION LENGTH: 3 Months to 12 Months

SESSION START: January, April and September

INTERESTS: Academic, Adventure/Trips, Art, Career Exploration, Special Interest, Travel/Culture, International

HOUSING: Homestay, Dorms, Apartments

FINANCIAL AID: Contact us for information.

APPLICATION: Year-round.

COOL FACT: Life as an Oxford student and membership to The Oxford Union.

FAST FACTS



STUDENTS/PROGRAM
10 TO 20



TUITION
\$3,000 TO \$4,300
PER TERM
(ONE SUBJECT)



COLLEGE CREDIT
NO

STUDENT PROFILE: ISABELLA MCKELVEY



I wanted to experience going to school and living abroad. I've always had a fascination with England's culture and society, so I thought Oxford would be the perfect place to study. I have always been interested in literature, history, reading and writing. It seemed the perfect opportunity to develop these interests further. The classes are very small so you get a lot of individual attention, the teacher is able to focus specifically on your interests and work with your strengths and weaknesses.

Request More Info: www.teenlife.com/request-gap



CESA LANGUAGES ABROAD

 <https://cesalanguages.com>



We offer language courses abroad and have arranged courses for thousands of students from the United States, United Kingdom and Europe and have greatly enjoyed helping them improve their current skills or learn a language from scratch. We have plenty of advice to offer on language courses and would be delighted to share them. Combining modern teaching methods, professional teachers and sharing the experience with other students from around the world makes the experience fun but, more importantly, effective!

ADMISSIONS CONTACT: Katherine Brand
katherine@cesalanguages.com

DESTINATIONS: France, Spain, Portugal, Italy, Germany, Austria, Russia, Japan, China, Argentina, Peru, Chile, Ecuador, Mexico, Morocco

SESSION LENGTH: One week to one year

SESSION START: Every month of the year

INTERESTS: Academic, Travel/Culture, Languages

HOUSING: Homestays, dorms

FINANCIAL AID: No

APPLICATION: There are no set deadlines, but it's best to book as early as possible to be sure of getting a place (especially in the summer/ high season periods) as courses do become fully booked.

COOL FACT: There are over 700 courses teaching nine different languages – that's a lot of options – so we know we can find one that's perfect for every student!

FAST FACTS



STUDENTS/PROGRAM
8 TO 12



TUITION
FROM \$450
FOR TWO WEEKS



COLLEGE CREDIT
SELECTED
PROGRAMS

STUDENT PROFILE: BECCA HUGHES



My time in Munich was always busy, but never boring. On my second day, our teacher told us to not bother getting any books out because we were going for a walk. So we spent a couple hours in the Viktualienmarkt, discussing the fruit and vegetables, then seeing famous landmarks, while our teacher explained everything, in German! They taught us relevant topics you can use in everyday life – not about fossil fuels like the school syllabus back home! You quickly make friends so can explore the bars at night together, where you meet real Bavarians, not tourists, so there's yet another opportunity to practice your German! Many thanks to everyone at CESA Languages who helped me plan such a brilliant course and answered all my questions before I went. When you leave Munich, you're just waiting to book your plane ticket back again!

Request More Info: www.teenlife.com/request-gap



CROSS-CULTURAL SOLUTIONS

 www.crossculturalsolutions.org



As a leader in the field of international volunteering for 20 years, we know that the best approach to international volunteering – the only approach – is one designed by the community. We believe that the local people are the experts. In every community in which we work, we have long-standing relationships with local organizations that communicate real-time needs and objectives to the CCS team. Our in-country team is made up entirely of local nationals, and volunteers work alongside local people to generate a sustainable impact.

- ADMISSIONS CONTACT:** Program Specialist
info@ccs.ngo
- DESTINATIONS:** Costa Rica, Guatemala, Peru, Morocco, Ghana, Tanzania, Greece, India and Thailand
- SESSION LENGTH:** Semester or 9 Months
- SESSION START:** Year-round
- INTERESTS:** Community Service, Health & Wellness, Special Interest, Travel/Culture
- HOUSING:** Dorms, Hotel
- FINANCIAL AID:** No
- APPLICATION:** Open enrollment year-round.
- COOL FACT:** Our original founder, Steve Rosenthal, worked directly with Mother Teresa prior to opening up our first location in India.

FAST FACTS



STUDENTS/PROGRAM
1 TO 60+



TUITION
STARTS AT \$2,250



COLLEGE CREDIT
YES, SELECTED PROGRAMS

STUDENT PROFILE: CECILY CRAIGHEAD



I recently spent four weeks on the Lima, Peru, program and one week on the Rabat, Morocco, program with my family. I had an amazing time spending a full month in Lima and got to complete almost all of the cultural learning activities. I volunteered in a government-run preschool and was able to assist with teaching English, feeding children, playing at lunch and assisting the teacher. In Morocco, I volunteered with my family for one week and got to do some traveling before the beginning of the program. The structure of the program was the same in both locations and I enjoyed all of the activities and work assignment. I volunteered at the children's hospital. The CCS staff are very kind and support you every step of the way! I highly recommend Cross-Cultural Solutions if you want an incredible international volunteer experience!

Request More Info: www.teenlife.com/request-gap



EASTMAN IMMERSION

 www.esm.rochester.edu/immersion/



In this gap year program for students 17 years old and up, you will spend a full academic year practicing, performing, listening and sharing your art as part of a rich cultural and intellectual community. At the Eastman School of Music, we always strive not only to provide an intensive, professional musical experience, but also to nurture inquiring minds so that they can become effective leaders in the future.

- ADMISSIONS CONTACT:** Petar Kodzas
pkodzas@esm.rochester.edu
- DESTINATIONS:** Rochester, N.Y.
- SESSION LENGTH:** Full academic year (fall and spring)
- SESSION START:** September
- INTERESTS:** Academic, Art, Career Exploration, Special Interest, Music
- HOUSING:** Dorms (additional cost)
- FINANCIAL AID:** No
- APPLICATION:** Due April 1
- COOL FACT:** Eastman Immersion is the only gap year program entirely dedicated to music.

FAST FACTS



STUDENTS/PROGRAM
4+



TUITION
\$38,000



COLLEGE CREDIT
SELECTED PROGRAMS

STUDENT PROFILE: OWEN COLLIER



I looked at a bunch of gap year programs for musicians, and this was the only one that fit what I needed personally – conservatory-level rigor and access to tons of inspirational music and people who can push me in the right direction. ... So far, the most memorable moments have come from concerts. They used to be a special event, and now live music is a staple in my daily life.

Request More Info: www.teenlife.com/request-gap



Gap Year

Only EF Gap Year offers students the ability to explore several countries in depth, learn a language, volunteer for a good cause, engage in meaningful cultural exchange, gain international work experience, and develop leadership skills. Our programs are fully accredited so that our students can place out of classes and earn advanced credit toward graduation. From EF Gap Semester (12 weeks) to an EF Gap Year (26 weeks), we have the right program for you.

ADMISSIONS CONTACT: info@efgapyear.com

DESTINATIONS: England, Ireland, Scotland, France, Netherlands, Germany, Spain, Italy, France, Japan, Hong Kong, China, South Korea, Costa Rica, Peru, Dominican Republic, Thailand, India, Nepal, Tanzania, Australia, New Zealand, USA

SESSION LENGTH: 12 Weeks or 26 Weeks

SESSION START: September and January

INTERESTS: Academic, Adventure/Trips, Community Service, Environment/Conservation, Leadership, Career Exploration, Special Interest, Travel/Culture, Languages

HOUSING: Homestays, Dorms, Hotels, Apartments

FINANCIAL AID: Yes, through third parties. Flexible payment plans and scholarships available.

APPLICATION: All applications must be received no later than May 30, but our programs usually sell out prior to this date. A refundable deposit of \$500 is required with applications and 10 percent of program fee is due by Jan. 31. All program fees are due prior to departure.

COOL FACT: Our program is part of a global family of education companies operating in 53 countries.

FAST FACTS



STUDENTS/PROGRAM

50



TUITION

**\$15,000 TO
\$35,000**



COLLEGE CREDIT

YES

STUDENT PROFILE: EITAL ELMALEH



I am from Montclair, N.J. and spent my gap year in Israel. I was a dedicated student in high school and got into Brown University through early decision. I decided to defer my acceptance and take a year away from the classroom to reconnect with my passions and pursue experiential learning. I ended up starting college more grounded, confident and rejuvenated after my gap year.

Request More Info: www.teenlife.com/request-gap



EF INTERNATIONAL LANGUAGE CAMPUSES

 www.livethelanguage.com



International
Language Campuses

Join EF on the ultimate study-abroad adventure! Invest in your dreams. Achieve fluency, see the world, expand your international network – and launch your global future. Study for six, nine or 11 months and start in April, June, September or January. Looking for something shorter? Join our short-term courses, starting every Monday for two weeks and up. College credit, university preparation abroad, and internships are available.

- ADMISSIONS CONTACT:** Alexis Jungdahl
ILS@ef.com
- DESTINATIONS:** France, Spain, Germany, Italy, Japan, China, Korea, Costa Rica
- SESSION LENGTH:** 2+ Weeks Semester, Full Year
- SESSION START:** Year-round
- INTERESTS:** Academic, Career Exploration, Travel/Culture
- HOUSING:** Homestays, Dorms
- FINANCIAL AID:** Scholarships available
- APPLICATION:** Rolling admissions
- COOL FACT:** EF is the Official Education Services Sponsor of the Olympics. The PyeongChang 2018 Games represent EF's fifth Olympic appointment following Seoul (1988), Beijing (2008), Sochi (2014) and Rio (2016).

FAST FACTS



STUDENTS/PROGRAM
15+



TUITION
\$650 AND UP



COLLEGE CREDIT
YES

STUDENT PROFILE: ANDY WALTER



Preparing for my global future and working towards fluency were top priorities for me. I also knew I wanted to live with a local family and have the ability to earn transferrable college credit for my studies. In my opinion, to succeed in language learning, one needs three things: an environment that encourages learning, instructors that interact well with students, and instruction material that is comprehensible. EF Shanghai has all of this and combines all three in a way that fosters effective language learning and application both in the classroom and in students' day-to-day lives in the city itself. It is an incredible academic, and, at the same time, cultural experience that everyone should at least try, if only for a few weeks.

Request More Info: www.teenlife.com/request-gap



EXPEDITION EDUCATION INSTITUTE

 www.getonthebus.org



**Expedition
Education
Institute**

The Expedition at Marlboro is a gap year program like no other. You will connect more deeply with yourself, with others, and with nature. Participants and faculty live and learn together out of a custom-retro-fitted school bus. You camp, eat, sleep and learn entirely outdoors, while exploring regional ecology, culture, environmental challenges and solutions, and meeting with leaders and change-makers who inspire us all to become the change we wish to see in the world. You leave with clarified passions and direction, increased self-confidence and leadership skills for life.

- ADMISSIONS CONTACT:** Larkspur Morton
bus@marlboro.edu
- DESTINATIONS:** Pacific Northwest, Desert Southwest, California and Arizona, in United States.
- SESSION LENGTH:** Semester or Full Year
- SESSION START:** August/September and late January.
- INTERESTS:** Adventure/Trips, Environment/Conservation, Leadership, Self-Exploration; Learning Community
- HOUSING:** Tents, Under the Stars
- FINANCIAL AID:** Need-based Tipping Point Scholarships and Gear Grants available.
- APPLICATION:** Priority Deadline is April 15 for full year or fall semester only. If space is still available, applications for the fall/year are accepted through June 1. For spring semester only, the final application deadline is October 15. Rolling applications accepted prior to all deadlines.
- COOL FACT:** Our learning community model, a richly woven academic container, creates an engaging and empowering way to learn about oneself and the world while becoming more self-directed, without ever stepping foot inside a classroom.

FAST FACTS



STUDENTS/PROGRAM
6 TO 15



TUITION
\$12,500



COLLEGE CREDIT
**SELECTED
PROGRAMS**

STUDENT PROFILE: HELEN DILLMAN



If you're considering whether to "get on the bus," I'd say make the leap of faith. I did and it has probably been the best decision I've ever made in my life! It has been insanely impactful. It really allowed me to take a step back and look at the things that are really important to me and what I want in order to move forward with in my life. It's also taken me to some of the most beautiful places I've been in my life. You get to live outside, in these beautiful places. It's such an amazing program to do! You get to connect to your passions and learn how to use your gifts to change the world.

Request More Info: www.teenlife.com/request-gap



GAP YEAR AT SOAR

<https://soarnc.org/gap-year/>



The GAP Year at SOAR is specially designed to empower young adults ages 18 to 24 who have learning and attention challenges through adventure, travel and independent living.

- ADMISSIONS CONTACT:** Lynne Neaves
lynne@soarnc.org
- DESTINATIONS:** United States, South America
- SESSION LENGTH:** 8 Months
- SESSION START:** September
- INTERESTS:** Adventure/Trips, Community Service, Leadership, Learning Differences
- HOUSING:** Cabins, Tents
- FINANCIAL AID:** No
- APPLICATION:** Apply online at soarnc.org/gap-year
- COOL FACT:** Gappers choose and plan their own expeditions!

FAST FACTS



STUDENTS/PROGRAM
8 TO 10



TUITION
\$49,500



COLLEGE CREDIT
NO

STUDENT PROFILE: EMILY BETTIS



Each moment had its own beauty, but one I really remember was my last major hike, which was the Lost Coast. We hiked around 10 miles the first day, seven miles the second day, and another 10 miles on the last day from our campsite to where the van was parked. On the last day, we had to get through the high-tide zone before it reached high tide, or we would have to wait hours before being able to cross. We did it, and I was one of the people at the very front, leading the pack. My advice for those looking at possible gap year options: It's OK to ask for help, but remember that it's YOUR decision that ultimately matters the most.

Request More Info: www.teenlife.com/request-gap



GLOBAL CITIZEN YEAR

 www.globalcitizenyear.org



Join the premier gap year program for bold students who are hungry to see the world, make a real impact and make college count. Live with a host family, apprentice at a local community project, learn a new language, explore a new culture, and make life-long friends. Through intensive training and immersion in communities across Africa, Latin America and Asia, our Fellows contribute to local efforts in education, environmental conservation, public health and social enterprise.

ADMISSIONS CONTACT: Aparna Kothary
Admissions@globalcitizenyear.org

DESTINATIONS: Ecuador, Senegal, Brazil and India

SESSION LENGTH: 8 Months

SESSION START: Late August

INTERESTS: Community Service, Environment/Conservation, Health/Wellness, Leadership, Travel/Culture

HOUSING: Homestay

FINANCIAL AID: We offer both merit and need-based scholarships, and are committed to making our program accessible. The full cost of tuition is \$32,500. To date, 80 percent of our Fellows have received a partial scholarship, and 30 percent of those have received a full ride. We will work closely with you and your family to understand your financial need before determining your financial aid package.

APPLICATION: We offer rolling admissions, so you can turn in your application at any time and we'll start reviewing it immediately. The deadlines to apply for the 2018-2019 program are: Dec 1, 2017; March 1, 2018; and May 10, 2018. Visit globalcitizenyear.org/apply-now/ to start your application!

COOL FACT: At our program launch at Stanford University, Fellows meet with leading changemakers from Airbnb, Kiva, Google and Change.org!

FAST FACTS



STUDENTS/PROGRAM
Each year we select over 100 Global Citizen Year Fellows.



TUITION
\$500 TO \$32,500



COLLEGE CREDIT
NO

STUDENT PROFILE: JORDAN LEE



My Global Citizen Year was a turning point in my life and a foundational point for everything since. Up to that point, I'd been in the classroom my whole life, and I was so school focused. My Global Citizen Year was my first time outside of the academic environment and learning the things you don't and can't learn in school. This was a very important realization for me, particularly before going to Yale. My Global Citizen Year also made me comfortable traveling by myself and actively being outside my comfort zone. My experience with Global Citizen Year in Ecuador gave me the confidence to discern where my passions lie, and the courage to pursue those passions. These qualities have led to dramatic changes in my academic career and professional aspirations, and I could not be more satisfied with the result.

Request More Info: www.teenlife.com/request-gap



HIGH MOUNTAIN INSTITUTE

 www.hminet.org/gap



HMI Gap semesters offer empowering experiences in inspiring places, an uninterrupted journey of adventure, self-discovery and growth. On rock climbing and wilderness programs in Patagonia and the American West, students spend three months exploring some of the world's wildest places, gain independence as outdoor adventurers, and give back by getting their hands dirty helping with real-world conservation projects. We emphasize building a strong, intentional community, where students are encouraged to be the best versions of their selves and reach their true potential.

- ADMISSIONS CONTACT:** Becca Schild
rschild@hminet.org
- DESTINATIONS:** Colorado, Utah, Chilean and Argentine Patagonia
- SESSION LENGTH:** 3 Months
- SESSION START:** September and January
- INTERESTS:** Academic, Adventure/Trips, Environment/Conservation, Leadership, Travel/Culture
- HOUSING:** Hotel, Tents
- FINANCIAL AID:** Need-based financial aid and merit scholarships
- APPLICATION:** Rolling admissions
- COOL FACT:** We limit the use of technology, as HMI's mission is to connect students to the natural world.

FAST FACTS



STUDENTS/PROGRAM
8 TO 12



TUITION
\$14,900



COLLEGE CREDIT
YES

STUDENT PROFILE: OLIVIA TRIM



As the popularity of gap programs continues to grow, the qualities that each program offers seem to become more similar. HMI's gap programs, however, enable experiences for growth that you will not find in any other program. The group is small enough that you really get to know each other and yourself. It's inevitable. But it also prepares you for school or any other adventure that you're about to embark on. It's challenging and exciting. You learn so much and have a lot of fun doing it. It truly changed who I am and what I want out of my life. I feel more confident and feel ready to take more chances. By participating in this program, you agree to be vulnerable and scared, but also agree to create great friendships, and have an enormous amount of fun.

Request More Info: www.teenlife.com/request-gap



INNERPATHWORKS

 www.innerpathworks.com



A Mentor-Guided Journey to Self-Discovery

ADMISSIONS CONTACT: Randy Russell
randy@innerpathworks.com

LOCATION: USA

SESSION LENGTH: Suggested 6 Months

SESSION START: Rolling admissions

INTERESTS: Deep Self-Discovery, Life as an Adventure, Leadership, Special Interest, Career Exploration, Deep Nature Connection, Jedi-Type Awareness

HOUSING: Apartments

FINANCIAL AID: No

APPLICATION: Request application, phone interview required

COOL FACT: Once you internally commit to discovering a life of meaning, a sage-like guide appears.

FAST FACTS



STUDENTS/PROGRAM
2 TO 6



TUITION
\$4,000
PER MONTH



COLLEGE CREDIT
NO

STUDENT PROFILE: RYAN HOLSAPPLE



Randy offered a unique self-discovery program that was full of mystery and inspiration. I did not see that in other programs out there. I saw a unique opportunity that would allow me to fully be myself and explore my potential and my inherent gifts.

Request More Info: www.teenlife.com/request-gap



INTERNATIONAL STUDIES ABROAD

 <https://studiesabroad.com/gap>



International Studies Abroad (ISA) offers students a variety of gap opportunities, including service-learning, academic study and internships abroad. With a range of dates, options and interests to choose from, students are sure to embark on a unique, transformative experience.

ADMISSIONS CONTACT: Lauren Dungan
gap@studiesabroad.com

DESTINATIONS: Argentina, Peru, Costa Rica, Chile, Dominican Republic, Italy, Spain, England, France, Czech Republic, Ireland, Morocco, Australia, South Korea, China

SESSION LENGTH: Month, Summer, Semester, Academic Year

SESSION START: Year-round

INTERESTS: Academic, Community Service, Career Exploration, Travel/Culture

HOUSING: Homestay, Dorms

FINANCIAL AID: Scholarships and Grants

APPLICATION: Rolling

COOL FACT: You could swim with sea lions while volunteering with an NGO dedicated to rehabilitating marine wildlife.

FAST FACTS



STUDENTS/PROGRAM
10 TO 70



TUITION
\$2,000 TO \$15,000



COLLEGE CREDIT
YES

STUDENT PROFILE: PATRICK BRADEY



I absolutely believe that my time with ISA helped me immensely. Being able to pretty much manage yourself without anyone really supervising your every move, while still having robust resources to turn to (and a wonderful host mom to cook for you!) all allow you to move smoothly into a greater sense of personal independence. And knowing that you can operate successfully in a foreign country in a foreign language for a whole month really makes college not seem so daunting at all.

Request More Info: www.teenlife.com/request-gap



OCEAN PASSAGES

 www.ocean-passages.org/



Navigate the waters of change from Canada to Cuba aboard our 131-foot sailing schooner! No sailing experience is needed, but team spirit is essential to keeping the ship on course. Aboard the *Harvey Gamage*, you'll navigate by the stars, snorkel on remote reefs, explore mangroves – and engage directly in the dialogue about a post-embargo Cuba. At a moment of historic transformation in Cuba, this is your chance as a citizen diplomat to *be the change*.

ADMISSIONS CONTACT: Sydney Hebert
admissions@ocean-passages.org

DESTINATIONS: Canada, Cuba, United States

SESSION LENGTH: Semester

SESSION START: March, September

INTERESTS: Travel/Culture

HOUSING: Boat

FINANCIAL AID: Grants/Scholarships, Payment Terms

APPLICATION: Sydney Hebert at admissions@ocean-passages.org

COOL FACT: As our voyage gets underway, there will be a moment when you no longer see any land – and instead witness the most spectacular sunset or sunrise of your life.

FAST FACTS



STUDENTS/PROGRAM
20



TUITION
\$13,500 TO \$19,500



COLLEGE CREDIT
NO

STUDENT PROFILE: COLMAN WELLES



Sailing to Cuba and back with Ocean Passages was incredible and I will never forget it. Those six months aboard *Harvey Gamage* changed my life! Cuba was so amazingly unique and experiencing it aboard a traditional wood schooner added a special dimension. Being part of a ship's crew – anchoring in a cove and snorkeling on reefs, diving into crystal clear turquoise water, taking an entire day to buy 550 eggs for the galley, waking up at 4 a.m. to put a reef in the main and fore while it's blowing 30 knots – all of it made me closer to my shipmates than anyone I've known in my life. On a boat there is no room to shrug your duties – you learn to depend on each other – that lesson and all the memories of Cuba and its people and the sea will stick with me for the rest of my life.

Request More Info: www.teenlife.com/request-gap



RALEIGH INTERNATIONAL

 <https://raleighinternational.org/>



Raleigh International is a sustainable development organization with 30 years of expertise in working through, for and with young people to create lasting change. Working hand-in-hand with project partners, local communities, funders, and over 42,000 previous local and international volunteers, we have formed a global community passionate about working together to build a sustainable future.

- ADMISSIONS CONTACT:** Ellen Rowland
e.rowland@raleighinternational.org
- DESTINATIONS:** Nicaragua and Costa Rica, Tanzania, Malaysian Borneo, Nepal
- SESSION LENGTH:** 5, 7 or 10 Weeks
- SESSION START:** Year-round; sessions start three times annually.
- INTERESTS:** Adventure/Trips, Community Service, Environment/Conservation, Leadership, Career Exploration, Travel/Culture
- HOUSING:** Homestay, Cabins, Tents
- FINANCIAL AID:** No
- APPLICATION:** Accepted year-round. Please check application website for program-specific application deadlines.
- COOL FACT:** Expeditions aren't like other volunteer programs. They combine working in an international team on remote community and environmental projects and an unforgettable adventure trek in some of the most incredible areas of the world. Why volunteer on one project overseas when you can do three?

FAST FACTS



STUDENTS/PROGRAM
12 TO 14



TUITION
\$3,600 TO \$5,000



COLLEGE CREDIT
SELECTED PROGRAMS

STUDENT PROFILE: HANNAH SEABURY



"I have always had a passion for traveling and volunteering and Raleigh gave me the perfect opportunity to do both. Raleigh's focus on youth leadership and development and the amazing experiences it offers were perfect for what I wanted to accomplish in my time out."

Request More Info: www.teenlife.com/request-gap

TAYLOR THE GAP

 www.taylorthegap.com/site/



Taylor The Gap is a customized service for students interested in expanding their horizons outside the traditional educational track. Consulting services include an initial assessment of students' passions and interests, vetting of and matching with gap programs, connecting with former alumni, application assistance, and evaluation. International and domestic opportunities include volunteer service; work/internships; travel; language immersion; academic programs; environmental/conservation; outdoor wilderness and adventure; and specialty activities.

ADMISSIONS CONTACT: Marion Taylor
info@taylorthegap.com

DESTINATIONS: Worldwide

SESSION LENGTH: 4 Weeks to 1 Year

SESSION START: Year-round

INTERESTS: Academic, Adventure/Trips, Community Service, Environment/Conservation, Leadership, Special Interest, Travel/Culture

HOUSING: Homestay, Dorms, Boat, Apartments

FINANCIAL AID: Selected programs

APPLICATION: N/A

COOL FACT: The founder spent two months in Tanzania and Rwanda working with women's co-ops during one of her more recent gap experiences.

FAST FACTS



STUDENTS/PROGRAM
1:1 ADVISOR



CONSULTING FEE
\$1,000 TO \$1,200



COLLEGE CREDIT
SELECTED PROGRAMS

STUDENT PROFILE: MEG STOLBERG



There isn't a day that goes by when I don't use the experience I gained from my gap year. In South America, I was challenged daily by living with a host family, learning a new language and developing greater independence. During my D.C. internship, I also had to navigate new situations and push my abilities and myself. For the last part of my gap year, I traveled throughout New Zealand and completed community service for a month in the outback of Australia. My gap year consultant, Marion Taylor, guided me through the challenge of starting and designing my gap year while helping me set and prioritize my many goals. She helped me choose a three-month program in Bolivia, Peru and Ecuador that combined my desire to travel with my need to continue my academics. I interned in Washington, D.C. for a nonprofit, where I learned how organizations in the U.S. create positive change nation- and worldwide. A goal of my gap year was to travel and learn more about different parts of the world and about myself.

Request More Info: www.teenlife.com/request-gap



YEAR ON

 www.yearon.com



The Year On Experience combines service learning abroad, skill-building in San Francisco, and project-based learning with a coach who supports students in finding a path before they enter college.

Year On is for high school graduates who are looking for more clarity and direction before going to college.

ADMISSIONS CONTACT:	Duane Rohrbacher admissions@yearon.com
DESTINATIONS:	Tanzania, Mexico, Peru, India, Indonesia, United States
SESSION LENGTH:	9 Months
SESSION START:	October
INTERESTS:	Academic, Adventure/Trips, Art, Community Service, Environment/Conservation, Health & Wellness, Leadership, Career Exploration, Special Interest, Travel/Culture
HOUSING:	Dorms
FINANCIAL AID:	Scholarships
APPLICATION:	Early action: Dec. 15, 2017; priority admissions: Jan. 15, 2018; regular admissions, April 16, 2018. More info at www.yearon.com /application.
COOL FACT:	We've graduated 200 students from over 22 different countries!

FAST FACTS



STUDENTS/PROGRAM
25 TO 75



TUITION
\$24,000



COLLEGE CREDIT
SELECTED
PROGRAMS

STUDENT PROFILE: LIZZIE Y.



I have never been with a part of a group that supports me unconditionally, pushing me to pursue my goals even when I feel like I have nothing left in me. We come from different backgrounds and celebrate various traditions, but our differences allow us to grow together. We celebrate each other's successes and we look out for one another during difficult times. I know that I can call any staff member or fellow at any time, even if it's been weeks or years since we've last spoken, I know that it'll always feel the same. They are my family and I feel so blessed to have had this experience with all of them.

Request More Info: www.teenlife.com/request-gap

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