

2019



TeenLife®

GAP YEAR

PROGRAMS



HOW A
GAP YEAR
CAN CHANGE
YOUR LIFE

— PLUS:

14 great programs
and gap advisors

A TEENLIFE MEDIA PUBLICATION
www.teenlife.com



Presenting the 2019 Guide to **GAP YEAR PROGRAMS**



**GOT QUESTIONS
OR SUGGESTIONS?**



*Email me at
mschwartz@teenlife.com*

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 and advisors represented in TeenLife Media's **2019 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 rock climb in the American West or mountain climb in Nepal. You could sharpen your music skills or make an impact in a community. 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, experienced-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



WHAT'S A GAP YEAR AND WHY WOULD I DO THAT?

BY MARIE SCHWARTZ

Do you yearn to be in the real world and discover life beyond a classroom? Consider a gap year or semester before college.

Whether you spend it volunteering, traveling, interning, or working, a gap year is the kind of experiential learning that gives you the grit, resilience, and focus you'll need to be successful once you get to college – and later in life.

WHAT IS A GAP YEAR?

Some people call a gap year “off” because it’s usually spent outside a traditional classroom. But it’s really a year “on” for travel, community service, interning, research or field experience, language immersion, or working – or a combination of any of those.

Sometimes it does include academics or even sports training. That’s the best part of a gap year – it can be whatever you like based on your goals, budget and time constraints.

Most students who take gap years do it between high school graduation and freshman year in college. It’s long been popular in the United Kingdom, Australia and parts of Europe and is becoming increasingly popular in the United States.

Some colleges, such as Harvard, actively encourage admitted freshmen to take gap years. Others, such as Princeton University, offer structured gap or “bridge” programs of their own or partner with gap year organizations to

help students take gap years. The University of North Carolina invites incoming freshmen to apply for a design-your-own gap fellowship program.

THE BENEFITS OF A GAP YEAR

For many students, high school is a high-pressured race to get into college, and by the end, they are just too burned out to do well once they get there. A gap year is a chance to push the reset button with life experience before plunging back into academia.

Some students want a year or semester to cultivate the maturity, balance and independence that college requires. Some want to become fluent in a language or sharpen a skill or shadow an expert. Some are committed to community service and helping others. And some are just curious about the world and want a chance to explore. Most gap students probably fall into several of those categories.

THERE ARE A LOT OF GAP YEAR MYTHS. SUCH AS:

Myth 1: If you take a gap year, you'll never go to college. Actually gap year data shows that if you accept an offer to college before taking a gap year, you are just as likely to go as students who go directly to college after being accepted.

Myth 2: Gap students are behind when they get to college. A survey of gap year alumni by the American Gap Year Association showed that gap year students were likely to finish college in four years and have GPAs of 3.0 or higher.

Myth 3: Gap year programs are only for rich kids. There are gap year options that allow you to have a full- or part-time job during a gap year. Some gap programs offer scholarships or you could try crowdfunding.

Myth 4: Gap years are exotic and dangerous. Should you get out of your comfort zone, meet new people and try new things? Yes. Does that mean you have to spend your gap year in the jungle or on top of a mountain? No. Your gap year should meet your own goals, not someone else's. And you can take steps to make sure your gap year is safe.

PLANNING FOR A GAP YEAR

It may sound counter-intuitive, but the best thing to do if you're thinking about a gap year is to apply to college. It will be far easier to go through the college admissions process while your friends are doing it and you have support at home and school than if you are out in the world. If a gap year is on your radar, however, you need to ask college admissions officers some specific questions, such as:

- What does the college think of gap years, and what are the requirements for asking for an admissions deferment?
- How will deferring college affect my financial aid, and what can I do about it?
- Can I get college credit for an internship, research, or community service I do on a gap year?
- Does the college itself offer any gap year fellowships or programs?



And FYI, this is a good time to make sure you and your parents are on the same page about a gap year. Be realistic. For example, if you're in a program overseas with little structure, do you have the focus and maturity to stay on track?

SOME THINGS TO THINK ABOUT:

- **Have a gap year goal.** You might want to become fluent in Spanish or learn to make the perfect puff pastry. Perhaps you want to intern in a research lab or see if medicine is really the career for you. You don't have to pick one thing to do during a gap year. You could, for example, work for a few months to earn the money for a community service trip that lets you practice your Spanish.
- **Decide if you want to plan your own gap year or enroll in a structured program.** It all depends on your budget, time and level of independence. And don't immediately discount expensive gap programs. Some have scholarships, and there may be other ways to raise the money.
- **Be creative.** Can't afford to spend a year gaining Spanish fluency in Peru? Perhaps an immigrant center near you could use interpreters or ESL tutors. But if you do a gap close to home, make sure you make time for exploration and fun. A gap is not a year to be on the couch.
- **Do your research.** Ask to speak with gap year alumni, look at online reviews and forums, and talk to people knowledgeable about what you want to do. Attend a gap year fair to talk to representatives of different programs. This is a year or semester of your life and an investment. You want to get it right.
- **Consider hiring a gap year advisor.** These people can help you plan a gap year and figure out how to pay for it. It may be worth the investment to know you are joining a tested program. They may even know about experiences where you can get paid or at least get room and board!

PAYING FOR A GAP YEAR

Consider this: A gap year might actually save you money in the long run since you will be more focused once you get to college and more likely to finish within four years. You can even spend much

of your gap year working, but plan short adventures or experiences that let you explore the wider world, whether it's up the street or overseas. There's no "right" way to do a gap. You just have to plan what's best for you and your budget.

And before you dismiss a structured gap program as too expensive, explore how much it would cost to plan something on your own. You might be surprised.

Here are some ideas for funding a gap year:

- **Plan ahead.** If you are thinking about a gap year, start early to put away savings from your job or birthday checks. Ask family to make a contribution to your gap fund instead of giving you holiday gifts.
- **Make a deal.** Is your family willing to contribute? Make a contract with them and offer to match their contributions.
- **Fundraise or crowdfund.** Could you sell your amazing cupcakes during exams or offer tech help through a posting at the library? You can also try crowdsourcing sites like Kickstarter and Indiegogo. Crowdsourcing is more likely to be successful if you are doing community service during your gap year.
- **Scholarships.** Some gap programs do offer financial aid, but apply early!
- **College-based programs.** If you are still considering where to apply to college, look for schools that offer gap programs or fellowships.
- **Ask if a gap program qualifies for 529 Savings Plan funds.** It might if the program qualifies as college credit.

WHAT ELSE DO I NEED TO KNOW ABOUT GAP YEARS?

A gap year is not an obvious choice, at least not in the United States. You'll be swimming against the stream. While your friends are buying textbooks, you'll be rolling your sleeping bag or packing your lunch. But a gap year is going to open up a view of the world that is very different from the one you'll see from a college dorm window. Just the fact that you are thinking about it means you are curious, adventurous and independent – all qualities that will stand you well when you get to college. Nurture that with a gap year!



10 THINGS I LEARNED ON MY KIDS' GAP YEARS

BY SUSAN MOELLER

There are lots of reasons for your child to take a gap year.

He's worn out just from getting *into* college and needs a break before buckling down again. She needs more maturity to handle independence. He's struggling with academics and needs to learn to manage time. She wants to find out if she *really* wants to be a veterinarian.

As a parent, I'm a big fan of gap years or semesters before college. Two of my three children took a gap year, for reasons that were both similar and quite different. One wanted adventure and went abroad; the other was ready to be home and working. For both of them, there were things that worked out great and some that, well, were complicated. And knowing what I know now might have made a difference.

So what should you think about if your child comes home and starts talking gap year? Here's my list.

- 1. GO THROUGH THE COLLEGE ADMISSIONS PROCESS ANYWAY.** No matter how your child decides to spend the first year after high school, it's a lot easier to do applications, get recommendations, take tests and moan about college application essays when you have the support of teachers, guidance counselors and peers. That said, it's never too early to ask about a school's deferment policies and to find out how the school feels about gap kids. Gaps are becoming much more popular, so colleges and universities have become more flexible and are even encouraging kids to take gap years.
- 2. BE CLEAR IF OR HOW A GAP YEAR COULD AFFECT COLLEGE FINANCIAL AID OR SCHOLARSHIPS.** Some schools will hold scholarships for a year, and some are even offering grants for gap years. You will, however, have to refile financial aid forms such as the FAFSA if your child defers.

3. SET SOME GAP YEAR GOALS TOGETHER WITH YOUR CHILD – REALLY, TRY TO BE ALL ON THE SAME PAGE.

And here is where, as parents, we need a big dose of realism. While you are imagining museums, language classes and ecological adventures your child may be thinking about other cultural adventures, such as nearby ski mountains, tropical beaches, and lower drinking ages. So if your child is taking a gap year, what's the goal? Learn a language? Volunteer for a cause? Earn money? Do a gap year internship in a field such as medicine or art? What are everyone's expectations, and what are the consequences of, say, going skiing three days a week rather than attending French class?

4. AND SPEAKING OF REALISM, HOW MUCH STRUCTURE DOES YOUR CHILD NEED?

Take a close look at gap year programs. Some have more structure than a typical freshman year and some far less. If your child isn't ready for dorm life, is she ready to be in an apartment in a strange city getting herself to class on the tram? Will he just be frustrated in a total language immersion program? How much mentoring or supervision is available? Resiliency and independence are fine, but make sure there is enough support to guarantee that your child realizes some success. And do some role-playing. What's the plan when your child loses her ATM card in a strange city late at night or, in the case of one of my daughters, has landlord problems in Florence? How will your big-hearted volunteer cope with compassion fatigue or avoid adopting all those homeless pets?

5. LET'S TALK MONEY. Even if you can afford a gap year of your student's dreams, don't make this a free ride. We all do better at anything in which we have a vested interest. Whether you're going to spend large or small on a gap program, ask your child to make some kind of contribution. If an 18-year-old really understands how long it takes to earn the money, it will mean a heck of a lot more. And don't think of a gap as having to be an entire year traveling to exotic ports. There are plenty of less expensive ideas and programs. You can spend a gap year in South America or in south Jersey. Your child can work part of the time and help pay for any program or adventure.

6. IMAGINE BEYOND THE EXOTIC. One of my daughters wanted to buy a horse, so she got a retail job and lived at home with me – which, by the time your

child gets to the end of senior year, might be one of your worst nightmares. But we negotiated how to live as (mostly) roommates. I certainly still had a few sleepless nights. But it worked, and we both learned a lot about trust, sharing space and each other. Her gap year job gave her a realistic view of life and what it takes to get the things you want. (P.S. It took two more years for her to get a horse.)

7. EVEN IF YOUR CHILD'S GAP YEAR IS CLOSE TO HOME, ENCOURAGE SOME KIND OF ADVENTURE. It could be a language class, volunteering in a lab, an offbeat community college class, or biking across the state. You want this year to be an experience that fosters maturity but also has some adventure, independence and fun (you know, like college). Besides, you and your child are both going to need something awesome to talk about when everyone else is home from college over Thanksgiving.

8. PRACTICE YOUR OWN VERBAL COMEBACKS.

Because no matter how popular gap years have become, someone is going to say, "A gap year? Are you nuts? He'll never go back to school." You will have to stick to your guns when everyone else's senior is heading off to Harvard or State U. and yours is buying a plane ticket. There are also times when your child might have second thoughts and need extra emotional support, like when she's homesick or his best friend is bragging about the parties he attended.

9. DON'T PANIC. This is likely to turn out to be terrific. Most kids who take gap years return to college motivated and directed. There's no question my kids learned things. It helped one get ready to hit the ground running freshman year and the other to know what she didn't want (saving what might have been misspent tuition.) And yes, you should be ready for surprises. Perhaps your veterinary student will discover she faints at the sight of blood and just wants to be a musician. Think of a gap year as preventive medicine before you've paid freshman year tuition.

10. REMEMBER THAT OUR KIDS ARE WHO THEY ARE, THEY JUST NEED TO FIND OUT WHO THAT IS ON THEIR OWN.

A gap year can help them do that before the pressures of freshman year by encouraging them to be curious, confident, responsible, and a citizen of the wider world. It's likely to be a good investment for both of you.

GAP PROGRAMS and ADVISORS

IF YOU COULD DO ANYTHING YOU WANTED FOR A YEAR OR SEMESTER, WHAT WOULD IT BE?



HELPING
in a community?



DISCOVERING a new adventure
in the outdoors?



SEEING places you've only
dreamed about?

A gap year or semester can be that and more. Taking a year off from traditional academics lets you chase a dream, discover more about yourself and be the change in the world. When you do go to college, you'll be focused and ready to learn. It's life-changing.

The gap programs on the following pages come in all lengths, price ranges and levels of adventure. They offer offer structure or freedom, depending on what you think is best for you. Some are focused on language, others on community service or travel or internships or mentoring. Some incorporate all those goals. And gap advisors can guide you to the best-fit program or combination of programs, and help you figure out the logistics of things like travel, finances and college deferments.

So go ahead and dream about the gap adventure that awaits, and how it might change your life.



GAP YEAR SOLUTIONS



www.gapyearsolutions.com



Gap Year Solutions

Gap Year Solutions is a gap advising service that consults with students to help them become more engaged and self-reliant prior to college. We “meet students where they are,” and listen carefully to their interests and goals. We are their coach throughout this process, and customize a combination of internships, work, service and travel into a structured gap plan. We encourage students to embrace this unique opportunity to push the pause button, dream big, be authentic and believe in themselves!

CONTACT:

Katherine Stievater
katherine@gapyearsolutions.com

DESTINATIONS:

U.S. and Worldwide

SESSION LENGTH:

Students typically arrange gap years into segments lasting from four weeks up to a full year.

SESSION START:

Year-round

INTERESTS:

Academic, Adventure/Trips, Art, Community Service, Environment/Conservation, Health & Wellness, Leadership, Career Exploration, Travel/Culture, Internships and Work Experience

FINANCIAL AID:

Yes

COOL FACT:

Gap Year Solutions believes in immersive, real-world learning. Our founder’s oldest son spent a year of high school in Spain, and her second oldest recently completed a gap year before college. She understands today’s teens and the complex demands they face. The strong connections she creates with her students lead to honest conversations, and ultimately, transformative experiences.

FAST FACTS



STUDENTS/ADVISOR

1:1



CONSULTING FEE

\$150-\$950



COLLEGE CREDIT

SELECTED PROGRAMS

STUDENT PROFILE: MIRANDA MILUNSKY



Katherine Stievater took the time to get to know me, making me feel comfortable and confident about taking this year for myself. She helped me set goals and take ownership of my gap year. This included earning money to put toward my travel, finding an internship to learn about future careers, and the importance of journaling. ... My year would not have been the same without her guidance.

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



AMERICAN UNIVERSITY GAP PROGRAM

 www.american.edu/spex/augap/

AMERICAN UNIVERSITY GAP PROGRAM

AU GAP offers a unique internship and academic experience in Washington, DC. We offer internships in the arts, tech, sports management, health, finance, environmental science or politics and a college seminar in American Politics, International Affairs or Global Business with guest speakers and site visits. Earn 7 college credits, work in DC, live on campus, and experience the semester of a lifetime!

- ADMISSIONS CONTACT:** Terrell Austin
taustin@american.edu
- LOCATION:** Washington, DC
- SESSION LENGTH:** One or two semesters
- SESSION START:** August and January
- INTERESTS:** Academic, Art, Environment/Conservation, Health & Wellness, Leadership, Career Exploration, Special Interest, Travel/Culture
- HOUSING:** Dorms
- FINANCIAL AID:** No
- APPLICATION:** May 15, 2019, for Fall 2019 and Nov. 2, 2019, for Spring 2020
- COOL FACT:** We offer a DC internship experience like no other. Explore our database of over 3,000 organizations, all committed to offering gap students a substantive and enriching experience as a member of the team.

FAST FACTS



STUDENTS/PROGRAM

10 TO 25



TUITION

\$11,000-\$19,000



COLLEGE CREDIT

YES

STUDENT PROFILE: HANNAH GEORGE



My time in the AU Gap program was incredibly formative on both a professional and personal level. I learned so much about myself and my personal goals, and became far more cognizant of my own strengths and weaknesses. It provided clarity on how I hope to direct my academic and professional career, and prepared me for life at college. It was a growing experience that has left a profound impact on me, and for that, I am deeply grateful. I consider my semester in DC to be one of the best, most important experiences of my life.

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



EASTMAN IMMERSION

 <https://www.esm.rochester.edu/immersion/>

EASTMAN IMMERSION PROGRAM

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 provide an intensive, professional musical experience. We nurture inquiring minds so you can become an effective leader in the future.

ADMISSIONS CONTACT: Irina Lupines
EastmanImmersion@esm.rochester.edu

DESTINATIONS: Rochester, N.Y.

SESSION LENGTH: Full academic year (fall and spring)

SESSION START: Late August

INTERESTS: Music, Academic, Career Exploration, Special Interest

HOUSING: Dorms (additional cost)

FINANCIAL AID: No

APPLICATION: April 1

COOL FACT: The program includes one-on-one private lessons with Eastman-affiliated instructors; opportunities to attend and perform in concerts at Eastman's renowned venues such as Kilbourn Hall and Kodak Hall at Eastman Theatre; and participation in a music-based community service project. With a personalized program of study for each student, Eastman Immersion focuses on the individual's specific goals and aspirations makes it unlike other gap year programs.

FAST FACTS



STUDENTS/PROGRAM
4+



TUITION
\$41,210
(HOUSING ADDITIONAL)



COLLEGE CREDIT
SELECTED PROGRAMS

STUDENT PROFILE: MACINTYRE TABACK



While a lot of specific moments stand out from my year at Eastman, what I particularly remember is the community of supportive friends, teachers and advisors, which eventually made Eastman a place that I would transfer back to for the remainder of my bachelor's. . . I missed the community of focused musicians and good friends that I first met during my gap year at Eastman.

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



YEAR ON

 www.yearon.com



Year On offers gap year and gap semester programs to help young adults develop the confidence, clarity and direction necessary to make the leap from high school to college. Fellows volunteer abroad and gain real-world skills in San Francisco, working with coaches throughout to build a foundation for life. If you are feeling burned out, a little lost, or unclear about what you want to do or who you want to be, you don't need a year off — you need a Year On.

- ADMISSIONS CONTACT:** admissions@yearon.com
- DESTINATIONS:** India, Indonesia, Mexico, Peru, Tanzania, United States
- SESSION LENGTH:** Gap Year - 32 weeks; Gap Semester - 15 weeks
- SESSION START:** Gap Year - October; Gap Semester - January and September
- INTERESTS:** Academic, Community Service, Career Exploration, Travel/Culture
- HOUSING:** Dorms
- FINANCIAL AID:** Yes
- APPLICATION:** The Early Action application deadline for our 2019 Year Experience is Jan. 4, 2019. We make it easy for you to apply for a Year On. Simply fill out the online application. Those selected for an interview will have a 30-minute call with a Year On coach so we can get to know you better!

COOL FACT: Year On's gap year program is divided into three successive phases: Explore, Focus and Launch. Each phase builds upon the other as fellows learn new concepts and skills and put them into practice. This also means you get to do a little bit of everything: travel, volunteer, learn skills, and get practical experience – all with the help of a coach who guides you through it.

FAST FACTS



STUDENTS/PROGRAM
20 TO 50



TUITION
GAP YEAR - \$24,000;
GAP SEMESTER - \$19,000



COLLEGE CREDIT
YES

STUDENT PROFILE: ALLISON SAWYER



Teens, visualize what you want to gain from your year. For me, that visualization meant journaling. Whether you draw or meditate, ask yourself critical questions when envisioning your future gap year self: "What do I want to learn more about? Where do I see myself? In what ways do I want to grow?" Be mindful about your goals and expectations. It can be a stressful decision, but whatever path you choose, you cannot go wrong.

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



RALEIGH EXPEDITION

 <https://raleighinternational.org/volunteer/>

Raleigh
EXPEDITION
CHANGE STARTS HERE

Raleigh Expedition brings young people together from all over the world to create change in communities, the environment and themselves. You'll build memories and develop leadership and teamwork skills to apply to your future career and personal life. You'll meet new people, become part of the local community and learn first-hand about local culture. And, we ensure that communities have the skills and knowledge to continue working together after you leave.

- ADMISSIONS CONTACT:** Christin Pruestel
info@raleighinternational.org
- DESTINATIONS:** Costa Rica, Tanzania, Nepal
- SESSION LENGTH:** 4, 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:** Yes
- APPLICATION:** Accepted year-round. Please check application website for program-specific application deadlines.
- COOL FACT:** Expeditions are different than other volunteer programs in that they combine three different projects: community, environment and adventure, with people at the heart. You'll live and work with local communities, improving facilities to support communities in the future.

FAST FACTS



STUDENTS/PROGRAM
12 TO 14

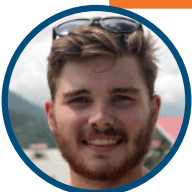


TUITION
\$3,100 TO \$5,000



COLLEGE CREDIT
SELECTED PROGRAMS

STUDENT PROFILE: BEN ROBINSON



What you do on your gap year can change the direction of your life. It can really help you stand out from the crowd. I'd encourage young people thinking about taking a gap year to go on an adventure but to do something that matters. International volunteering through an organization like Raleigh benefits everyone. You can gain valuable career and life skills on your gap year while also making a real difference to disadvantaged communities.

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



GLOBAL CITIZEN YEAR

 www.globalcitizenyear.org



Global Citizen Year is a gap year fellowship for the world's future leaders and trailblazers. Through a school-year-long immersion in communities in Ecuador, Brazil, Senegal and India, we equip our Fellows with the skills, insight and empathy to move the world ahead. Our Fellows become part of a local family and community and work alongside that community as apprentices in local projects in education, environment, social enterprise, health and more.

ADMISSIONS CONTACT: Emmy Highsmith
admissions@globalcitizenyear.org

DESTINATIONS: Brazil, Ecuador, Senegal, India

SESSION LENGTH: 8.5 Months

SESSION START: August

INTERESTS: Adventure/Trips, Community Service, Environment/Conservation, Leadership, Career Exploration, Travel/Culture

HOUSING: Homestay

FINANCIAL AID: Yes

APPLICATION: September, December, March and May

Global Citizen Year also offers rolling admissions, so you can turn in your application at any time and we'll start reviewing it immediately.

COOL FACT: We've had Fellows from 46 of the 50 states, and from over 40 different countries. Our Fellows graduate college one year faster than the national average. Here are some fun things our Fellows have learned on their gap years: how to pluck a chicken, how to teach English to a class of more than 40 students, how to sew and tailor clothes, how to build a waste management system!

FAST FACTS



STUDENTS/PROGRAM
150 students
in a cohort, 30 to
50 in a country,
10 in a region



TUITION
\$500 TO \$32,500



COLLEGE CREDIT
NO

STUDENT PROFILE: DIVYA SAMPATH



Every day I'd wake up to my 5-year-old host/nephew asking where I was. After breakfast, I'd head to neighboring towns to work with different mentors or stay home to run the family fruit stand. Evenings were soccer games and telenovelas and, when word spread that I liked math, my tutoring office hours. Weekends brought all-day family lunches and laundry in the river, my most cherished memories of a year singularly defined by my host family's kindness.

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

EF INTERNATIONAL LANGUAGE CAMPUSES

 www.ef.edu/language



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 2019 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: TRINITY CALDWELL



My most memorable moment here at EF would have to be when I first arrived to Costa Rica and everything was so nice and exciting. My host family greeted me with open arms and I just knew this would be the experience of a lifetime. Take the chance. Get the once in a lifetime experience! Yes, it's going to be hard and you're going to struggle at times, but it's all part of the process. It will get easier and you will learn so much and make so many friends along the way.

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

CROSS-CULTURAL SOLUTIONS

 www.crossculturalsolutions.org



Make an impact in communities around the world in child health or child education for your gap year. Join us for a semester in three countries, or travel across five destinations for a full academic year. Join your gap year cohort and get to know the world.

ADMISSIONS CONTACT:	Nick Ruiz info@crossculturalsolutions.org
DESTINATIONS:	Costa Rica, Guatemala, Peru, Ghana, Thailand, Morocco, Greece
SESSION LENGTH:	3 - 9 months
SESSION START:	September, February
INTERESTS:	Community Service, Leadership, Travel/Culture
HOUSING:	Dorms
FINANCIAL AID:	No
APPLICATION:	Rolling applications
COOL FACT:	Cross-Cultural Solutions gap year students are serious about service and making a difference in the world. Join motivated students to get hands-on and make your impact with a team of global impact professionals.

FAST FACTS



STUDENTS/PROGRAM
5 TO 15

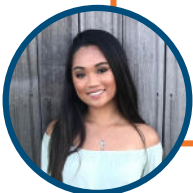


TUITION
\$12,500 - \$24,500



COLLEGE CREDIT
NO

STUDENT PROFILE: ALLIE WOLEYKO



My advice is to really embrace the experience and everything the country has to offer. There is a lot to see, and with some planning, it is absolutely possible to see and explore everything you'd like. Also, put in all your efforts with the worksites because effort really shows and makes it that much more rewarding of an outcome for, not only you, but the people you will be helping.

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



A BROADER VIEW VOLUNTEERS CORP

 www.abroaderview.org/



A Broader View Volunteers is a USA non-profit charity which arranges culturally immersive volunteer opportunities/gap year programs abroad in 25 countries worldwide. Programs are available year-round, with flexible start dates. Placements are from one week to up to 12 weeks in many locations. Online fundraising assistance is provided with all programs.

ADMISSIONS CONTACT:	Sarah Ehlers volunteers@abroaderview.org
DESTINATIONS:	Belize, Costa Rica, Guatemala, Honduras, Chile, Perú, Colombia, Ecuador, India, Nepal, Mongolia, Ghana, Kenya, Rwanda, Tanzania, Uganda and Zambia
SESSION LENGTH:	1 to 12 Weeks
SESSION START:	Year-round, volunteers select their own start dates.
INTERESTS:	Academic, Community Service, Environment/Conservation, Health & Wellness, Career Exploration, Special Interest, Travel/Culture
HOUSING:	Homestay, Dorms, Cabins, Apartments
FINANCIAL AID:	Online fundraising platform through our website.
APPLICATION:	Paperwork and payment must be finalized 45 days before travel dates. Application is completed online and it is free to apply with us.
COOL FACT:	A Broader View is a trusted, highly rated U.S.-based nonprofit charity organization with a decade of experience organizing authentic, memorable volunteer/gap year experiences abroad. Travel with ABV and gain a broader view of the world.

FAST FACTS



STUDENTS/PROGRAM
2 TO 25



TUITION
\$820 TO \$2,250



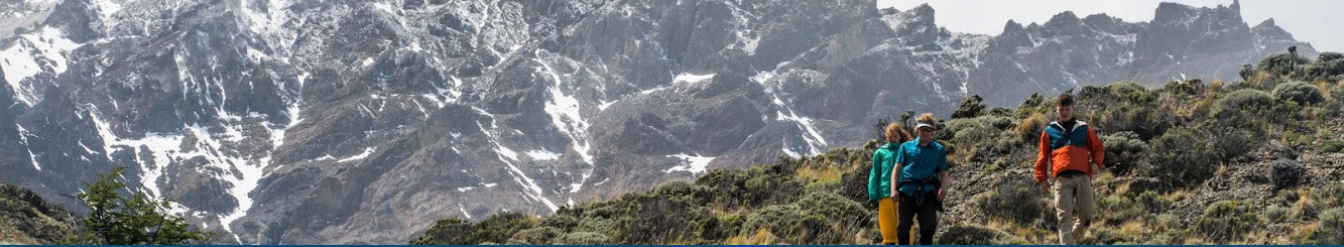
COLLEGE CREDIT
YES, SELECTED PROGRAMS

STUDENT PROFILE: EMILY SILVERMAN



I absolutely loved my month in Cusco, Peru. My experience with ABV surpassed all my expectations. Outside of volunteering in a kindergarten and a girls orphanage, I was lucky enough to travel a lot while I was in Peru. I am so grateful for the unforgettable volunteer experience and my wonderful host family. We spent hours laughing, talking about everything, and enjoying delicious food. Overall, volunteering was more amazing than I could have ever imagined.

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



HIGH MOUNTAIN INSTITUTE

 www.hminet.org/gap



HMI Gap Semesters are an adventure with purpose – an uninterrupted journey of self-discovery and growth in some of the most inspiring landscapes in the world. With courses in the American West and South America, students gain competence as outdoor adventurers while contributing to real-world conservation initiatives. They become part of a strong, intentional community, making lasting connections with people who encourage them to be the best versions of themselves and reach their full potential.

- ADMISSIONS CONTACT:** Rebecca Schild
gap@hminet.org
- DESTINATIONS:** American West, Patagonia, Peru
- SESSION LENGTH:** 12 Weeks
- SESSION START:** September, January, February
- INTERESTS:** Adventure/Trips, Environment/Conservation, Leadership, Wilderness, Outdoor Education
- HOUSING:** Hotel, Tents
- FINANCIAL AID:** Yes
- APPLICATION:** Rolling admissions
- COOL FACT:** HMI is a 501 (c)(3) nonprofit organization that welcomes students of diverse racial, ethnic, social-economic and geographic backgrounds. Between 30 percent and 40 percent of HMI students receive financial aid, including many who receive full scholarships thanks to our generous community of philanthropic supporters.

FAST FACTS



STUDENTS/PROGRAM
12



TUITION
\$15,300



COLLEGE CREDIT
YES

STUDENT PROFILE: NORA FRIED



There were many memorable experiences over the course of the semester: laughing together during break-out dance parties, trudging through deep Colorado snows, arriving in Chile after many plane, boat and bus rides. But the most significant experience for me was one of the final days of the semester, in Piedra Parada, Argentina. Students had been working on climbing skills for almost three months and it was here that I could see all of the work had paid off. It was amazing to watch my friends push themselves on the walls and rock climb like pros. I will never forget the thrill of leading my first few climbs with my best friends doing the same all around me.

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



GAP YEAR AT THE SCHOOL OF THE NEW YORK TIMES

 <https://www.nytedu.com/gapyear/>

The School of The New York Times

Gap Year at The School of The New York Times is a program for ambitious high school graduates seeking a transformative intellectual adventure in New York City. Students are mentored by Times experts – some of the world’s greatest thinkers on topics such as politics, culture, business and technology. This semester-long program gives students the opportunity to explore their passions and grapple with complex subjects while sharpening important life skills.

- ADMISSIONS CONTACT:** Farrah Barash
fbarash@nytedu.com
- DESTINATIONS:** New York City
- SESSION LENGTH:** Semester program
- SESSION START:** Fall 2019 and Spring 2020
- INTERESTS:** Academic, Community Service, Leadership, Career Exploration, Special Interest, Travel/Culture
- HOUSING:** Housing is not included but we provide a list of resources to support your search.
- FINANCIAL AID:** Yes
- APPLICATION:** Fall 2019 Semester – Early Decision: Feb. 3, 2019
Spring 2020 Semester – Early Decision: June 1, 2019
- COOL FACT:** The school’s faculty is comprised of New York Times journalists and industry experts who are thought leaders in their respective fields. Students benefit from The New York Times network, which offers access to people, places and ideas that will inspire and challenge your perspective.

FAST FACTS



STUDENTS/PROGRAM
25



TUITION
\$20,500



COLLEGE CREDIT
NO

STUDENT PROFILE: JEMIMA C.



New York City is the perfect place for so many things. I had been thinking of perhaps living there when I'll be older but now I know that I would love to! It can be scary and big but that's also part of why it was an amazing place to study in because there's always something to do or explore. Thirteen days wasn't enough and my friends and I filled all our free time with every activity we could think of. Everything is there. We went to Chinatown and came out of Little Italy!

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



CESA LANGUAGES ABROAD

 <https://cesalanguages.com>



CESA has been offering language programs abroad for students from the USA, United Kingdom, Europe and beyond for over 38 years. We know all our language colleges and can draw on years of first-hand experience. All courses are held in accredited, quality language schools, for beginner to advanced-level students. Learn a foreign language and experience the culture with other students, in the country where the language is spoken.

ADMISSIONS CONTACT: Katherine Hughes
info@cesalanguages.com

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

SESSION LENGTH: One week to an academic year

SESSION START: Every month of the year

INTERESTS: Academic, Special Interest, Travel/Culture, Language Courses

HOUSING: Homestay, Dorms, Apartments

FINANCIAL AID: No

APPLICATION: No set deadlines to apply

COOL FACT: CESA staff believe that the most important element of our courses is the core interaction between the knowledgeable teacher and the open-minded student. By concentrating on providing high-quality, face-to-face instruction with trained native-speaking teachers, we can offer far better assimilation of the language, longer-term language skills retention, and ensure you have a great time. Even core grammar skills can be made interesting and memorable – we promise!

FAST FACTS



STUDENTS/PROGRAM
7 TO 15,
DEPENDING ON
COURSE



TUITION
\$500 TO \$8,750



COLLEGE CREDIT
SELECTED
PROGRAMS

STUDENT PROFILE: VASHUDA SINGH



I honestly did not expect the Spanish lessons to be that interesting. Having a basic knowledge of Portuguese, it was easy to pick up, but my Spanish-speaking ability improved. The accommodations were very comfortable and cozy. I got to meet a lot of people from around the world and I'm still in touch with them. The city itself is incredible and I got to experience everything that Barcelona has to offer. I even got spare time to travel around to places like Andorra, Sitges, Girona and more.

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



EF GAP YEAR



www.efgapyear.com



Gap Year

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 fully accredited programs are offered for either a semester (12 weeks) or full gap year (26 weeks).

ADMISSIONS CONTACT: info@efgapyear.com

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

SESSION LENGTH: 12-Week Semester or 26-Week Year

SESSION START: September and January

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

HOUSING: Homestays, Dorms, Hotels, Apartments

FINANCIAL AID: Flexible payment plans and scholarships available.

APPLICATION: We offer rolling admissions, so you can apply at any time and we'll start reviewing your application immediately. Applicants are accepted on a first-come, first-served basis. The deadline to apply for the 2019-2020 program is June 30, 2019, but programs usually fill prior to this date.

COOL FACT: With EF Gap Year you don't have to choose one focus, you get to combine language learning, volunteering and interning. This program is for someone who wants to travel all over the world. You'll visit more than 10 countries!

FAST FACTS



STUDENTS/PROGRAM
30 TO 45



TUITION
\$17,500 TO
\$35,000



COLLEGE CREDIT
YES

STUDENT PROFILE: CASSANDRA LEVESQUE



The highlight of my gap semester was winning the 'Most Transformed' award at the EF Gap Year graduation. I went into my experience not sure of who I was or what I wanted out of life. I studied French in Paris and volunteered in Thailand and it significantly changed me for the better. I'm grateful for the memories and the experiences that allowed me to grow in a way I never would have imagined.

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
\$50,500



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

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