

2017



GUIDE TO

GAP YEAR

PROGRAMS

HOW TO
PLAN AND
AFFORD THE
PERFECT
GAP

— PLUS:

Great advice
from gap year
students

A TEENLIFE MEDIA
PUBLICATION
www.teenlife.com

ONE PART INTERNSHIP + ONE PART COLLEGE = ONE UNMATCHED GAP PROGRAM



Washington, DC as Your Classroom
Internships | University Living | College Credit

SEMESTER OR YEAR OPTIONS

Fall or Spring Semester or Full Academic Year Programs

SUMMER PROGRAM

Non-Credit / 2 Week Institutes

APPLICATION DEADLINES

Summer 2017 Institute - May 15, 2017

Fall 2017 Semester - May 15, 2017

Spring 2018 Semester - November 3, 2017



Accredited by the
American Gap Association



AMERICAN UNIVERSITY
WASHINGTON, DC



@AU_Gap
AUGapProgram

american.edu/spexs/augap | 202-895-4859 | augap@american.edu



Who do you
want to be in
the world?



What does it mean
to be a global
citizen?



How do you
want to create
change?



Our overland journeys combine authentic immersion, meaningful service, and wilderness adventure - you gain a deepened sense of identity, passion, and purpose.



pacific discovery.org
inspiring educational adventures



A global leader in experiential education, offering transformative programs abroad since 2001



On the hunt for a different kind of Gap Year?

Raleigh International's renowned overseas expeditions offer young people a safe yet adventurous international experience, with a real impact.

Apply now for our 2017 programmes

You'll gain valuable leadership skills, the motivation to harness your full potential, and the chance to create sustainable change where it's needed most.

raleighinternational.org/usa

Contact details:

info@raleighinternational.org

+1 347 708 1866

Raleigh
International

Contents

2017 GUIDE TO GAP YEAR PROGRAMS



- | | |
|--|---|
| <p>6 GAP YEAR SMARTS:
9 things to consider before you go.</p> <p>9 USA GAP YEAR FAIRS: Find one near you!</p> <p>11 'BRIDGE YEARS':
How one gap student found "clarity."</p> <p>13 MONEY MANAGEMENT:
Afford the gap year that you want.</p> <p>15 GAP INTERNSHIPS:
The 6 super skills of great interns.</p> | <p>17 LOOKING FOR A GAP PROGRAM?
Find one in our listings!</p> <p>22 SAFETY FIRST: How to combine adventure with self-preservation.</p> <p>24 INSIDE SCOOP: How a gap advisor can support your decision.</p> <p>27 ADVICE FROM GAP STUDENTS:
Take the leap!</p> |
|--|---|



2017 GUIDE TO GAP YEAR PROGRAMS

PUBLISHER AND CEO

Marie Schwartz, mschwartz@teenlife.com

ADVERTISING SALES

Andrew Laine, drew@teenlife.com

EDITOR

Susan Moeller, susan@teenlife.com

ART DIRECTION AND DESIGN

Kathy Tilton, kbtilton@gmail.com

To order printed copies in bulk, go to <http://marketplace.teenlife.com>



ISA GAP PROGRAMS

Immerse yourself in a new culture
Gain fluency in another language
Earn college credit
Build your resume

ISA Gap programs are designed to offer high school graduates the opportunity to study abroad before entering their freshman year of college.

studiesabroad.com/gap



PRESENTING THE 2017 GUIDE TO GAP YEAR PROGRAMS



**GOT QUESTIONS
OR SUGGESTIONS?**



Email me at
mschwartz@teenlife.com.

At TeenLife, we believe that college-bound students benefit enormously from taking a gap year or semester – an intentional break after high school to learn the life skills necessary to make the most of your college experience (and investment!).

Research has found that taking time out from school helps students to be more motivated once they go to college. Gap years even outweigh other variables for college success, such as gender and socio-economic status.

Structured gap programs, like the ones in this guide, can help you see the world beyond your doorstep, meet people who are different from your family and usual friends, and learn to be responsible for yourself in a way that prepares you for life beyond high school.

Gap programs don't have to be exotic or expensive. We have advice on how to afford the gap program of your dreams, how to plan a gap year or semester and even how to look after yourself in a faraway country. Some even offer college credit. Feeling overwhelmed? Consult one of the many gap advisors listed on TeenLife.com who can help you plan the year that best fits your interests and budget.

If you want to learn more about exciting experienced-based programs, visit **TeenLife.com** and join our community. And 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 and Founder
TeenLife Media

OCEAN

PASSAGES

NAVIGATE THE WATERS OF CHANGE
canada to cuba * fall and spring
WWW.OCEAN-PASSAGES.ORG



THE 9 TOP THINGS

TO CONSIDER ABOUT A GAP YEAR

BY SUSAN MOELLER

Are you rethinking going straight from high school into college? Here are nine things to consider when you're planning a gap year or semester:

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, your peers and your parents or other mentors. 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. You might also want to look at colleges that offer their own gap or "bridge" programs. (Note: Some colleges do not look at post-graduate years at a high school or boarding school in the same vein as gap years. They may not allow deferments for a PG year.)

2. 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. Some qualify for money from your 529 College Savings Fund or other

college financial aid. Some colleges, however, bar you from getting college credits from other institutions if you defer.

3. Consider what you want to do.

Volunteer? De-stress? Intern? Earn money? Travel? Learn a language? Discover your faith? All 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 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.

5. Consider attending a gap year fair or making a preliminary appointment with a gap year advisor.

US Gap Year Fairs are held in almost 40 locations 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 it might be a worthwhile investment to get help evaluating programs or planning a gap year that's a mix of activities and/or programs.

6. 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 crowdfund 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.

7. 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.

8. Consider the opinion of your mentors.

Talk to your parents or guardian, college counselor, coach, pastor or any other adult you consider to be a mentor. This is an important decision. You don't have to make it on your own.

9. 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!



3- and 6-week sessions:
May 30 – August 18, 2017



Spend your summer in Chicago at SAIC

- Earn college credits while exploring your passion for art and design
- Learn from world renowned artists, designers and scholars
- Immerse yourself in a creative thinking and making community in the heart of one of the most exciting cities in the world: Chicago
- 3- and 6-week classes in Art History, Printmedia, Writing, Painting, Drawing, Screenwriting and more
- Registration begins March 27, 2017



School of the Art Institute
of Chicago

Visit: <http://sites.saic.edu/summeratsaic/summer-2017>
Email: cs@saic.edu
Call: 312.629.6170



In His Own Words

Macintyre Taback

Eastman Immersion

Why did you decide to participate in the Eastman Immersion gap year for musicians?

As a cellist, I had loved my work with Eastman teachers Steven Doane and Rosemary Elliott at the Bowdoin International Music Festival, and Eastman was the only place where I could continue with them. When I let them know that I'd chosen to go to Yale University, they suggested the Eastman Immersion Program. After making sure it was flexible enough for the work I wanted to do, I enrolled in the program.

What was your goal for a gap year experience in music?

My goal was to learn as much as I could about cello-playing and music-making from two people I really admire.

What was the most memorable part of being at Eastman as a gap year student?

I've learned as much or more from my peers at Eastman Immersion. So many people who are passionate about a single thing create a really productive atmosphere. If I'm reading chamber music with friends, or even stepping into their practice rooms during a break, our conversations and demonstrations have taught me how other people solve the same challenges I'm facing.

What would you recommend to students looking into Eastman Immersion?

Since the program is fairly flexible, it's important to figure out what you'd like to get from it before entering it. The faculty and directors of the program are definitely excited to help you organize and achieve those goals.

How will your gap year affect the rest of your life in college and after college?

Even with the work I've done in just a couple of months, I can feel "fluency" – as Mr. Doane says – developing in my practicing and playing, and I'm really grateful to know all of the people I've met here so far.

USA GAP YEAR FAIRS

USA Gap Year Fairs holds events throughout the US and Canada in January and February that connect interested students and parents with Gap Year organizations and experts. Here's the schedule for 2017 as of press time. To get updates and to register, go to <https://usagapyearfairs.org/fairs>.

JANUARY

Philadelphia, PA

1 to 4 p.m. Jan. 7

William Penn Charter School

Livingston, NJ

1 to 4 p.m. Jan. 8

Newark Academy

New York, NY

6 to 8:30 p.m. Jan. 9

United Nations International School

Scarsdale, NY

6 to 8:30 p.m. Jan. 10

Scarsdale High School

Fairfield, CT

6 to 8:30 p.m. Jan. 11

Fairfield Warde High School

West Hartford, CT

6 to 8:30 p.m. Jan. 12

Conard High School

Lebanon, NH

1 to 4 p.m. Jan. 14

Lebanon High School

Brookline, MA

6 to 9 p.m. Jan. 17

Brookline High School

Scarborough, ME

6 to 8:30 p.m. Jan. 18

Scarborough High School

South Burlington, VT

6 to 8:30 p.m. Jan. 19

South Burlington High School

Boston, MA

1 to 4 p.m. Jan. 21

Noble and Greenough School

Andover, MA

Noon to 3 p.m. Jan. 22

Phillips Academy Andover

Toronto, ON, Canada

6 to 9 p.m. Jan. 23

Oakville Trafalgar High School

Rochester, MI

6 to 8:30 p.m. Jan. 25

Rochester Community Schools –
Central Office

Minneapolis, MN

6 to 8:30 p.m. Jan. 26

Groves Academy

Chicago, IL

Noon to 3 p.m. Jan. 28

New Trier High School

Denver, CO

1 to 4 p.m. Jan. 29

Denver Academy

Boulder, CO

6 to 8:30 p.m. Jan. 31

Peak to Peak Charter School

FEBRUARY

Houston, TX

6 to 8:30 p.m. Feb. 1

St. John's School

Dallas, TX

6 to 8:30 p.m. Feb. 2

Dallas International School

Austin, TX

Noon to 3 p.m. Feb. 4

St. Stephen's Episcopal School

Virginia Beach, VA

6 to 9 p.m. Feb. 6

Princess Anne High School

Fairfax, VA

7 to 9 p.m. Feb. 7

George C. Marshall High School

Rockville, MD

6 to 8:30 p.m. Feb. 8

Richard Montgomery High School

Washington, DC

6 to 9 p.m. Feb. 9

Woodrow Wilson High School

Chapel Hill, NC

1 to 4 p.m. Feb. 11

Carrboro High School

Charlotte, NC

3 to 6 p.m. Feb. 12

Providence Day School

Atlanta, GA

6 to 8:30 p.m. Feb. 14

Pace Academy

Portland, OR

6 to 8:30 p.m. Feb. 15

Cleveland High School

Seattle, WA

6 to 8:30 p.m. Feb. 16

Roosevelt High School

Vancouver, BC, Canada

1 to 4 p.m. Feb. 18

Stratford Hall

El Segundo, CA

6 to 8:30 p.m. Feb. 21

Vistamar School

Santa Barbara, CA

11:15 a.m. to 12:45 p.m. Feb. 22

Santa Barbara High School

Los Angeles, CA

6 to 8:30 p.m. Feb. 22

Harvard-Westlake School

San Diego, CA

6 to 8:30 p.m. Feb. 23

La Jolla High School

Los Altos, CA

Noon to 3 p.m. Feb. 25

Mountain View High School

San Francisco, CA

1 to 3:30 p.m. Feb. 26

Jewish Community High School of the Bay

San Anselmo, CA

6 to 8:30 p.m. Feb. 27

Sir Francis Drake High School

Davis, CA

6 to 8:30 p.m. Feb. 28

Davis Veterans Memorial Center

GAP YEARS BY THE NUMBERS

Gap year fairs sponsored by the American Gap Association had an almost

300% INCREASE

in attendance from 2010 to 2014, according to the association.

More than **90% of 600** gap students responding 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.

Karl Haigler, co-author with Rae Nelson of "The Gap-Year Advantage," says that of 300 American gap students he polled,

90% went to college within a year.

A study of gap students in the United Kingdom, where it's also more common than in the States, showed that those who applied to college and deferred a year were as likely to go to college as those who applied and went to college straight from secondary school.

Of **480** gap students who responded to a recent American Gap Association survey, 75 spent their gap year in the United States. The other most popular countries were Ecuador, Israel and India.

Researchers from Sydney University in Australia found that taking time out from school helped with motivation once students got to college. Gap benefits outweighed other variables for college success, such as gender and socio-economic status. Researchers even argued that their 2007 survey of 338 gap-year students showed that **taking a break helped students focus on what they were going to do after college.**



NEED HELP NAVIGATING OPTIONS? DESIGN & CUSTOMIZE YOUR IDEAL GAP YEAR WITH US



OPPORTUNITIES FOR GROWTH INCLUDE:

- VOLUNTEER/COMMUNITY SERVICE
- ACADEMIC/POST-GRADUATE STUDY
- WORK/INTERNSHIPS
- TRAVEL/COMMUNITY IMMERSION
- ENVIRONMENTAL/
CONSERVATION PROGRAMS
- OUTDOOR/WILDERNESS/
ADVENTURE PROGRAMS



MARION TAYLOR, MSW GAP YEAR ADVISOR 303-588-2630 TAYLORTHEGAP.COM

HOW MY GAP YEAR WAS A ‘BRIDGE’ TO CLARITY



BY CLAIRE ASHMEAD



Claire Ashmead, right,
with friends in China.

I began my gap year by making a map of myself. I was sitting outside a noodle house in the small village of Shaxi in Yunnan Province. It was late September, and I had finally realized that I was taking a gap year not just to practice my Chinese but also because I felt profoundly lost.

This was reflected in the archipelago I drew to represent my mind: a Land of Curiosity, an Isle of Ambivalence and a Whirlpool of Self-Doubt. I wanted to find the Spire of Clarity, located at the center of the map, ensconced in clouds. Beneath it I had annotated, “Does it exist?”

A gap year often becomes a stress test of the self. Leaving home means leaving your comfort zone. For me, it meant finding out whether I

lived up to my own values and whether those were values I wanted to have.

Struggling through conversations in Mandarin with my host family taught me patience. Tolerance and listening were encouraged by long debates over mahjong about why Americans can carry guns. Staring down pickpockets on the bus meant that, for the first time, I developed incredible eye contact. None of this was easy. I had the vocabulary of a 5-year-old, no sense of Chinese social decorum, and my resume meant less than a hill of beans to the people with whom I lived and worked. I came to China thinking that my vocabulary and my ability to socialize well and achievements were what I was. But I left realizing that they have almost nothing to do with who I am.>>



Claire Ashmead is a senior at Princeton University studying history and pursuing certificates in East Asian Studies, Humanistic Studies, and Creative Writing. Prior to her freshman year, Claire participated in Princeton University's Bridge Year Program in China, volunteering with Yunnan Environmental Development Institute (YEDI), an organization that monitors and researches water management in Yunnan. Bridge Year is a tuition-free program open to incoming Princeton students, with placement opportunities in Bolivia, Brazil, China, India, and Senegal. While abroad, participants study the local language, live with carefully selected families, and engage in a variety of cultural enrichment activities, while volunteering in organizations that serve the needs of the local community.

Knowing a little more about yourself before you get to college makes the experience much easier. You are more enthusiastic about school, having spent a year away. You have a renewed sense of what subjects actually matter to your own intellectual growth. You don't mind speaking up in class and sharing your story because there is so much on your mind. You have an easier time finding friends because you have a better sense of your own values. More practically, social engagements like Greek life or dinner discussions with trustees or auditions for that improv group become much less frightening when you have gone through the experience of living abroad on your own.

Of course, taking a gap year doesn't give you a monopoly on wisdom. You will still make mistakes and still get disappointing grades and still occasionally lock yourself out of your dorm. But considering how fast life goes by at college, you will be glad you have had a year to reflect. Soon you will be a senior applying for jobs or grad school or fellowships. Then you

will be somewhere else continuing your studies or working eight to 14 hours a day, and then you will maybe meet a person you like, and then you might have kids, and then, if you have not answered these basic questions, you will have what our society calls a mid-life crisis. Build in time for reflection now, and it may change the direction of your entire life.

A gap year allows you to slow down, check up on yourself and ask what it is that really matters to you. You will not always find answers.

I began my year by making a map of myself. None of that mental geography has changed. What has changed is my ability to navigate that terrain. I do not know what my future holds. Often I am not sure what I want. But I know that when situations are tough, I can survive, take charge and remain true to my values. Time coupled with discomfort gives perspective and, ultimately, clarity. Turns out, the Spire of Clarity does exist.



REAL SKILLS FOR THE REAL WORLD

Winterline Global Education | Gap Year, Semester and Summer Programs | winterline.com



TAKE A GAP YEAR WITHOUT BREAKING THE BANK

BY JOANELL SERRA



Once she was accepted at the University of Puget Sound, Savannah Joy decided to take a gap year before college.

"I was really burned out on academics, and I wanted to gain real-life experiences."

Savannah hoped doing service work could direct her in choosing a major she could pursue with passion. She was excited to travel on her own and to interact with a different culture.

But she not only needed to plan things to do during a gap year but how to afford to afford it in the first place.

For the first six months of her gap year, Savannah worked as a nanny in her hometown of Santa Barbara, Calif.

"I absolutely loved being a nanny," she said. "The baby was 10 months when I started watching her, and I cared for her at least three days a week."

Meanwhile, Savannah prepared for a trip to Ghana, in West Africa. She planned her adventure through a volunteer organization called International Volunteer Headquarters (IVHQ).

"They were fantastic. I worked with volunteers who were ages 18 to 70, and it was incredible – people were from all over the world. I always wanted to help at an orphanage, so that is what I did, with some teaching as well at the local school."

AFFORD YOUR GAP YEAR

- Check the list of fellowships, scholarships and grants at www.americangap.org.
- Try crowdfunding.
- Choose an experience that is self-supporting, such as WWOOF, or Worldwide Opportunities on Organic Farms, a consortium that lets you volunteer on a farm in exchange for room and board. Or, work as an au pair, or nanny, overseas.
- Consider gap "bridge" programs or fellowships offered by colleges.
- Consider a gap program eligible for 529 College Savings Plan funds.



Savannah worked at an orphanage in a small fishing village called Senya-Beraku on the coast of Ghana, one of the poorest parts of the country. The orphanage had 40 children, ages 2 to 17. Savannah got up at 5 a.m. every day to wake, bathe, dress and feed the children before they went to school. During the day, she helped teach in the school.

On weekends, Savannah traveled to other parts of Ghana. She hit the beaches, went surfing, hiked in the forests and learned about the country's history, including the slave trade.>>

The cost of the program was under \$1,500. The only other major expense was her plane ticket. She paid for the trip by working and saving. She also set up a GoFundMe page to help raise money for her expenses and to buy supplies for the orphanage. Savannah, now a junior at Puget Sound, is glad she chose to take a year between high school and college and is proud she found ways to fund the trip herself. "I have absolutely zero regrets about my gap year. I will never stop traveling if I can help it!"

Matthew Kline, from Northern California, also planned an exciting and educational gap year without a high price tag. As he finished up high school, Matthew had doubts about jumping full force into college, having never been away on his own for more than a week. He wanted to feel more confident about being independent, and he wanted to see more of the world.

He reached out to a middle school teacher, Sarita Pockell, who now works at an environment-themed


school in Bali. They agreed that Matthew would volunteer at the school for several months.

Having been very involved in theater in high school, Matthew enjoyed working with Pockell and her students on the creation of a musical.

"The play is doing really well. It was recently done in Paris. It's exciting."

Living in a residence hall at the school and eating lunches there made the experience more affordable. Matthew worked at Starbucks before and after his trip, saving up some money before leaving for Lewis & Clark College in the fall. He says he spent less than \$2,500 for about seven weeks, not counting airfare.

"I'm really glad I had this life-changing experience. Bali is an incredible place. Being in a country where I only knew a few people at first, traveling so far away, even learning to cook eggs and rice – it was all really good for me. The transition to college has been smooth."



*Give yourself a semester to
discover what you really want.*



Leading young adults in tailored journeys of self-exploration
a Gap Semester
Randy Russell, M.S.
Coyote Mentor

509.671.1598

www.innerpathworks.com

randy@innerpathworks.com



THE 6 SUPER SKILLS OF GREAT GAP INTERNS

BY SUSAN MOELLER

CONGRATULATIONS: You've landed a gap year internship, and you're ready to explore the real world.

But getting a gap-year or summer internship is just the beginning. You want to work hard and work smart so that you'll leave this position with great skills, great contacts and great recommendations. You want to demonstrate that you're ready and able to learn new skills and responsibilities – and we're not talking about the location of the nearest Starbucks so you can pick up the coffee order.

I have mentored dozens of interns over a 40-year career in journalism, and there are certain traits and habits that the best ones have in common that help them succeed and are applicable to any workplace. Here they are, based on my experience and the experience of other supervisors I worked with:

1. The best interns do their homework.

Your homework starts long before you walk into start an internship. You should have been researching this company before your first interview. By Day 1, you should have some understanding of company culture, accomplishments and priorities. How to find that out? Ask questions during the interview. Research on the web and through social media. Seek out people who may have worked or interned there. And once you start, keep asking questions about how things work, both in the specific company and in the industry. You are there to learn, not just to build your resume. And, make sure you ask enough questions in the interview to know that this particular internship is a good fit for you. There is nothing to be gained by finding out after you're hired that it's not what you need. You will be distracted and do a lackluster job.



2. The best interns avoid whining.

Here's the reality of being an intern: You are going to have to do some scut work – the mindless or repetitive tasks that no one wants to do. That's one reason companies hire interns. So put on your headphones, check your playlist and buckle down. That said, you're a fresh set of eyes on a task that might have been done the same way for years. Think you have a better way to do it? Make a respectful suggestion to your supervisor (remember, no whining). Who knows, maybe it will be the solution to a long-standing problem. If it's accepted, great. If not, be a good sport and finish the task. Remember that most of the people in any workplace started out doing the nitty-gritty tasks. That's one way you learn how things in a particular field work.

3. The best interns say “more please.”

One reason to finish that stuff you hate is so you can ask to do more stuff that you really want to do. So have some ideas in your back pocket that you can pitch to your supervisor. Oddly, one of the hardest things for intern supervisors to do is find the time to assign interns tasks. So, that's an opening for you to show some initiative with a suggestion.

4. The best interns want to be better.

As one editor told me, they should have a “take-no-prisoners attitude” about improving and expanding their skills. One way to do this: Ask for a 15-minute weekly sitdown with your supervisor or other mentors in the office to go over the work you've done. Throughout your internship, ask for all the coaching you can and make the >>

most out of a chance to work with professionals in your chosen field. Nobody expects you to know everything – that's why you're still an intern. So never be afraid to ask questions; a good supervisor will make the time to get you help. Try posing the same question to several different people.

5. The best interns keep their bosses informed.

Supervisors are busy. They are not always going to notice if you are struggling with something or if you have a problem that is preventing you from meeting a deadline. Don't wait until the last minute! The day the project is due is not the time to mention that you're running a bit behind. Learn to manage your manager and keep in mind an important fact in any workplace culture: Bosses hate surprises. Don't badger your bosses, but be assertive. Let them know when you've finished a project, need help or are anxious to work on a particular project.

6. The best interns respect the workplace culture.

Workplaces have informal rules, such as whether people eat at their desks, and formal rules, such as when you are eligible for overtime. You may be asked to answer the phone in a specific way or dress up when meeting customers. There will certainly be rules on how you can use company equipment and technology. (And, trust me on this, you are likely to get caught if you misuse it.) Consider yourself a guest in the work space – a guest who wants to be invited back. Treat everyone with respect. You never know who will save your bacon on a project. That said, there should also be respect for interns. If you think your time is being misspent or someone in the office is being inappropriate, talk to your supervisor or the human resources department.

EST. 2014
WORLDSTAMP
A GAP YEAR PROGRAM

**Nine Months
Three Incredible Countries
One Life-changing Experience**

Next Cohort Departs September 2015

India • **Guatemala** • **Costa Rica**

Intensive Language & Cultural Immersion
Impactful Volunteer Service Work
Amazing Adventure Trips

info@dreamvolunteers.org

WorldStampGapYear.org



2017 GAP YEAR PROGRAMS & ADVISORS

WHAT WOULD YOU DO with a year or semester of your life if you stepped away from the high-school-to-college groove? Do you dream of exploring a hidden corner of the world? Helping to save the environment? Exploring the medical field or politics? Working with children or animals? Learning to speak a new language? The gap programs in these pages can help you find all that and more so that by the time you get to college, you're ready to tackle everything higher education throws at you. Not sure how to start planning a gap year or semester? Explore program websites, ask to speak to alumni, attend a Gap Year Fair (see Page 9), or consult with a gap advisor. Discover what you can learn when you take the path less chosen.

Academic Programs

AMERICAN UNIVERSITY GAP PROGRAM

American University's Gap Program offers you an immersive academic experience in Washington, DC, both in the classroom and through an internship. By exploring academic coursework, combined with site visits and guest speakers, you will get a behind-the-scenes look at international organizations, nonprofits, media groups and global business entities, all while gaining real-world experience with an internship.

Location: United States

www.american.edu/spexs/augap/

CAMPUS OXFORD

Established in 1988, the prestigious Oxford Gap Year is a unique study and cultural immersion program set in the ancient university city of Oxford, UK. It is ideal for those students who recognize the advantage of a travel experience combined with refining academic skills before starting college.

Location: United Kingdom

<http://campusoxford.com/>

COLLEGE EXCEL

College Excel is the nation's leading comprehensive residential college support program, where students earn transferable credits. Founded in 2003 and located in Bend, OR, our certified Academic and Student Life Coaches provide young adults with the necessary structure to achieve academic and personal success.

Location: United States
www.collegeexcel.com

EF ACADEMIC YEAR ABROAD & GAP YEAR PROGRAMS

EF offers the ultimate study-abroad experience! 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.

Locations: Asia, Europe, Latin America, Caribbean
www.ef.edu/aya/

ISA GAP YEAR

International Studies Abroad (ISA) Gap programs are designed to offer high school graduates the opportunity to study abroad before entering their freshman year of college. A primary objective of all programs is to facilitate the learning and development of students. We rely on host universities to provide quality instruction in the classroom, but ISA is the main facilitator of learning outside of the classroom.

Locations: Asia, Australia, Europe, Latin America, Middle East, Caribbean
<http://studiesabroad.com/gap>

Adventure/ Trip Programs

BIGHORN ADVENTURES

Want a future marked by confident trust, Godly influence, and sacrificial service? Leave your comfort zone and take this journey of discipleship through adventure. Grow in character and find perspective through the challenges of the Montana wilderness, biblical study, leadership, and cross-cultural engagement.

Location: United States
www.campbighorn.com/journey/

WINTERLINE GLOBAL SKILLS GAP YEAR PROGRAM

9 Months. 10 Countries. 100 Skills Learned. Are you ready to see the world? Make lifelong friendships? Gain real life skills that you didn't get in high school and won't get in college? Join Winterline Global Skills Program for an exhilarating year of travel and life experiences like no other!

Locations: Asia, Europe, Latin America, United States, Caribbean
www.winterline.com

Arts Programs

DANCE GAP YEAR

Dance Gap Year, founded by Pizarts, provides an enriched and diverse learning environment for our participants. Established in 2014, the program located in New York City and Cordoba, Argentina, reflects the various backgrounds and cultures of the area.

Locations: Latin America, United States
www.dancegapyear.com

EASTMAN MUSIC IMMERSION GAP YEAR

Spend your gap year doing what you love in a personalized program on the campus of one of the world's great music schools, Eastman School of Music. Students 17 and older spend a full academic year practicing, performing, listening, and sharing their art as part of a rich cultural and intellectual community.

Location: United States
www.esm.rochester.edu/immersion/



SCHOOL OF THE ART INSTITUTE OF CHICAGO (SAIC) GAP YEAR CLASSES

Experience our interdisciplinary curriculum to develop as an artist, designer and scholar. SAIC's three- and six-week classes offered over four back-to-back sessions, allow visiting students to explore classes in painting, drawing, fashion, film, performances, writing, art history, art administration, and more.

Location: United States

www.saic.edu/admissions/ug/

Community Service Programs

AMIGOS DE LAS AMERICAS

The AMIGOS Gap Program in Nicaragua provides a hands-on, real-life experience for participants to unlock their potential as a catalyst for social change. Every participant will be placed in a volunteer internship with a local community development organization, creating a crucial opportunity to enrich their world view before deciding on a field of study or career path.

Location: Latin America

<http://amigosinternational.org/amigos-programs/gap/>

GLOBAL CITIZEN YEAR

Join the premier bridge year program for bold students like you 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 lifelong friends.

Locations: Africa, Asia, Latin America

<http://www.globalcitizenyear.org/>



Photo Courtesy of
School of the Art
Institute of Chicago
www.saic.edu

RALEIGH INTERNATIONAL

Raleigh International expeditions are a challenging journey, designed to inspire young people and rural communities to work together and achieve positive change. Our projects take place three times a year in five countries around the globe, and last either 5, 7 or 10 weeks – so you can choose one that fits in with your plans.

Locations: Africa, Asia, Latin America

<https://raleighinternational.org/>

WORLDSTAMP GAP YEAR PROGRAM BY DREAM VOLUNTEERS

WorldStamp is a gap-year service program with opportunities to engage meaningfully in three countries - India, Guatemala, and Costa Rica - over nine months. Designed specifically for students ages 18 to 23, it interweaves volunteer service work, cultural immersion, and travel.

Locations: Asia, Latin America
www.worldstampgapyear.org

Environmental Conservation Programs

AFRICAN CONSERVATION EXPERIENCE

ACE offers experiential placements on sustainable wildlife conservation projects in southern Africa. Projects vary from 2 to 12 weeks and student volunteers can participate in a variety of conservation tasks, from wildlife care and rehabilitation to veterinary work and wildlife research. African Conservation Experience has been organizing volunteer opportunities in Africa for fifteen years.

Location: Botswana, Namibia, South Africa, Zimbabwe
<https://www.conservationafrica.net/>

Special Interest Programs

RANDY RUSSELL'S INNERPATHWORKS

InnerPathWorks leads young adults in tailored journeys of self-exploration in beautiful Idaho. Would you like to work with an experienced mentor? Do you want to discover your life direction before investing time and money in formal education? Do you want an adult life of purpose, passion, and adventure?

Location: United States
www.innerpathworks.com

Special Needs Programs

GAP YEAR at SOAR

The GAP Year at SOAR is designed for young adults between the ages of 18 and 24 with ADHD and LD (learning disabilities) and specializes in a unique combination of independence, adventure, and life skills instruction. Participants will alternate between residential living in Dubois, WY and expeditions throughout the western United States

Location: United States
<https://soarnc.org/gap-year/>



GAP YEAR AT SOAR

offering a unique combination of independence, adventure,
and life skills for **young adults with learning & attention issues.**



LEARN MORE AT GAPYEARATSOAR.ORG



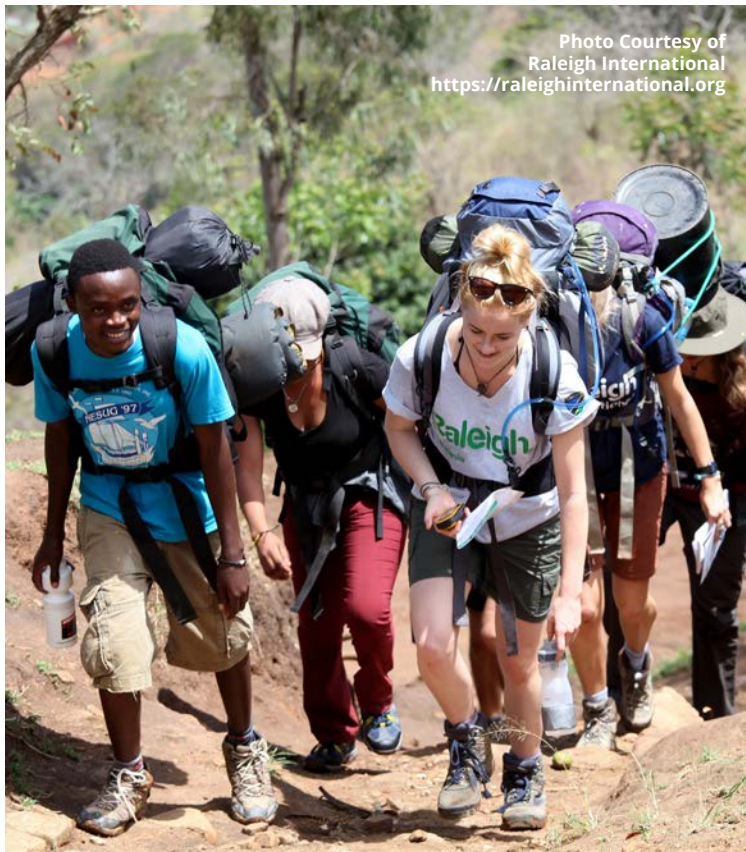


Photo Courtesy of
Raleigh International
<https://raleighinternational.org>

PACIFIC DISCOVERY - GAP YEAR PROGRAMS ABROAD

Pacific Discovery is a global leader in experiential education, offering transformative gap year and summer programs abroad since 2001. Programs are overland journeys combining authentic immersion, meaningful service and wilderness adventure. Students leave with a deepened sense of their identity, passion and purpose.

Locations: Asia, Australia, Latin America, Caribbean, New Zealand
www.pacificdiscovery.org

WHERE THERE BE DRAGONS - GAP YEAR

Founded in 1993, Where There Be Dragons is the leader in cross-cultural education. Dragons specializes in guiding summer and semester programs for high school and college students in 17 countries in the developing world.

Locations: Africa, Asia, Latin America, Middle East
www.wheretherebedragons.com

Gap Advisors

TAYLOR THE GAP

Taylor The Gap guides students in navigating gap year options. Personalized services are offered at low fees and include: preliminary consultation, student assessment, program vetting, alumni referrals, liaison with staff, and final plan and match with gap year program or set of activities.

www.taylorthegap.com/site/

Travel/Culture Programs

CROSS-CULTURAL SOLUTIONS GAP YEAR

Founded in 1995, Cross Cultural Solutions is a leader in international volunteering. A gap year with CCS is not your average gap year experience. Join us for an experiential semester or year to serve others, immerse yourself in another culture, and discover things about yourself and other parts of the world that you never knew before!

Locations: Africa, Asia, Latin America

www.crossculturalsolutions.org/gap-year-programs

OCEAN PASSAGES GAP YEAR SAILING

Ocean Passages, formed in 2015, offers world-class sailing education in Cuba's marine environment which is currently undergoing historic changes. After a million-dollar overhaul of the wooden schooner Harvey Gamage, we have now launched a full voyage program. Choose September or April for the start of an unforgettable semester!

Locations: Canada, Cuba, United States

www.ocean-passages.org



HOW TO HAVE ADVENTURE AND STAY SAFE

BY NICOLAUS JANNASCH



So, you've finally found an amazing international gap year program or made a plan to spend a gap semester as a volunteer overseas. You were looking for a way to do something different between college and high school, and now you're excited about the adventure before you. Only one challenge remains: convincing your parents that it's safe to let you spend your gap year abroad.

Your parents want you to explore your interests, but they're also worried about sending you so far away in uncertain times, especially if you've planned your own gap year. Even if your gap year is in the United States, you need to know how to look after yourself.

Here are a few ways you can have the adventure and independence of a gap year and make your parents feel confident that you can be responsible for your own safety.

1. Make friends with locals.

Accepting help from unknown strangers at the airport is a great way to get into trouble. But ... joining a gap year program in France and then avoiding eye contact with French people is clearly a waste of your plane ticket.

Making friends with locals is what traveling is all about. You'll learn the language, have lots of fun

and get to know all of the non-touristy parts of town.

Be open to friendships with local coworkers or fellow volunteers. They can be your best advisors on places that are safe and places that aren't. And if you're hanging out with locals, you're less likely to be the target of thieves and scammers.

If you're not making any connections within a few days, talk with someone in charge of your program. They'll help you break the ice and make friends.

2. Be smart with valuables.

You are your parents' primary concern, but they'd prefer that you come home with your expensive camera, smartphone and computer, as well.

You should prepare to keep yourself and your valuables safe from pickpockets, grab-n-go thieves and kidnappers who want to take advantage of naïve travelers.

Reputable gap year travel programs will give you good advice on where and how to store your valuables and travel documents. Leave your valuables in a secure place at all times unless they're in use. If you don't need to take your laptop into town, don't.

If you're traveling on your own and staying in hostels with strangers, there are only two good places for your valuables: on your person or in a locker that can only be unlocked by you. Travel with your own padlock, and make sure everything is locked down every day in the hostel before you go exploring. Keep photocopies of important documents like your passport and visas in a place that is separate from the documents themselves. That way, if you lose your passport, it will be easier to replace.

3. Stick with a group at night.

Your program leaders should have good advice on parts of town to avoid. But here's the best advice: Don't go out alone. And if you're in a group, trade phone numbers or social media contact information before you go out on the town. If you get split up, it will be easy to reconnect.

Make sure your cellphone is charged and/or take your charger and an international adapter with you when you go out. You want to make sure your phone has plenty of juice to make it through an evening of club-hopping.

If you get separated from your friends, try to get in contact as soon as possible. If they don't answer, call the gap year program leaders. (They should give you a number.) If you can't reach anyone and still feel unsafe, find an open, brightly lit store or the local police station.

Traveling overseas for the first time might also be your first opportunity to legally go to bars or clubs and drink.

So, remember:

Self-control is a safety factor. The more you drink, the more likely you are to make a stupid decision or take a dumb risk. And remember to be responsible for your friends as well as yourself.

Stay close to friends. You went to the club together, so keep an eye on each other. Most big cities are accepting of LGBT visitors, but some cultures still hold negative views. After a few beers, certain locals may feel the need to express these views. It's one more reason to stay with a group. Just be ready to calmly leave.

4. Do your research.

It may be your first day in a foreign country, but that doesn't mean you can't learn your way around quickly. Most of your general questions can be answered online with resources like TripAdvisor, Lonely Planet and even Wikipedia. These websites are great for finding fun things to do in a new city.

And you can learn about the relative risks of particular countries in advance by visiting the U.S. State Department website for travel alerts and the Centers for Disease Control website for medical notices.

Learn a few basic words in the local language before arriving. Phrases such as "Can you help me?" "Where is this hotel" and "Go away!" (or something stronger) will help you get out of stressful situations. Google Translate will help you to get started.

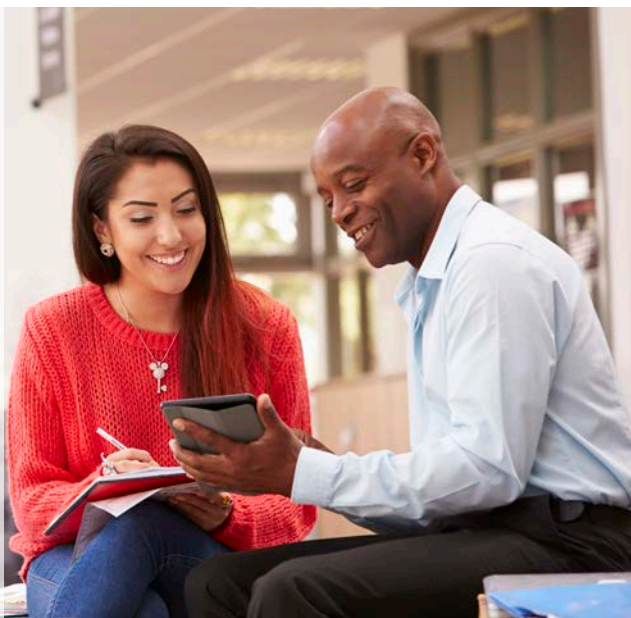
5. Demonstrate that you can be responsible.

Your parents will be concerned, so it's important to show them you're ready to travel abroad for your gap year.

A great way to do this is to show your maturity at home your senior year before you leave. Do your chores, get good grades and stay out of serious trouble. Show that you can take responsibility for yourself. If your parents think you're mature and confident enough to travel abroad, they'll most likely say "yes," and you'll be looking forward to a memorable, and safe, gap year.

GAP ADVISORS HAVE THE INSIDE SCOOP

BY BILL O'NEILL



If you're thinking of taking a gap year, you might feel like there are a lot of possible directions – and you'd be right.

"There are thousands and thousands of options out there," says Jason Sarouhan, vice president of The Center for Interim Programs. "Not all of them are created equally, and certainly not all of them are reputable or are going to provide you with a safe experience, let alone an experience that you're going to find valuable."

So how do you narrow things down? Maybe you need a gap year advisor.

Gap year advisors (also called counselors or consultants) specialize in helping students find reputable internships, volunteer experiences and other gap year programs between high school and college or sometimes during college (or beyond).

"We're much like an independent educational consultant that one would hire to advise you about which college you should go to, except we're advising students about the gap year," says Sarouhan.

Gap year advising is a growing industry, so how do you find a good advisor? Options include larger companies such as The Center for Interim Programs, the longest-running independent gap year counseling organization in the United States, which has offices in Massachusetts and New Jersey. Or, there are one-person operations like Taylor the Gap, a consulting service based in Colorado that helps students plan and implement gap programs.

Marion Taylor, owner and founder of Taylor the Gap, says it's important to find an advisor with whom you have good chemistry.

Start with the website.

Start by looking at the advisor or agency's website, which Taylor says should have testimonials from students and parents. The website also should have information about advisor fees, which typically range from \$500 to \$2,500 and up, depending on the depth and range of services offered.

Taylor thinks it's important that advisors have personal gap experience. She took a gap year between high school and college, spent three years in the Peace Corps and recently returned from a Spanish immersion program in Ecuador.

Ask the right questions.

There are some questions that parents and students should ask a potential advisor, Sarouhan says:

- What's their direct experience? Have they participated in a gap year program or lead one?
- Do they attend any of the relevant gap year or advising conferences?
- How many students have they worked with?
- How do they go about making a personalized recommendation of a program?

Have an interview.

Once you find a good gap advisor, your search for a program probably will start with a questionnaire and an interview, which can happen in person or via Skype. Many advisors offer a free initial consultation to help you decide whether a gap year is right for you.

"A good gap year counselor is going to not only make space and time to get to know that student,

but they're also going to have a very large catalog of experiences that they know about to be able to advise the student," says Sarouhan.

Talk to gap alumni and decide.

Taylor comes up with a list of five to 10 recommendations and then meets with the student to narrow it down to two or three. She connects the students with people who have gone through those internships or volunteer programs. "They'll really tell you the truth," she says.

She helps students with the application process and works with them through the point where they're headed off on their gap adventure. "A lot of them get nervous, and I'll get calls about that," she says.

Then she touches base with students when they get back, to evaluate their experiences and the program. "That way I can get the ins and outs of whether it's a good program to refer in the future," she says.



SUMMER · GAP YEAR · COLLEGE-ACCREDITED

Asia | Latin America | Africa | Middle East

WHERE THERE BE DRAGONS

WWW.WHERETHEREBEDRAGONS.COM



In Her Own Words

Pascale Gulick

EF International Language Centers

Why did you choose to participate in a gap-year program?

I choose to take a gap year to gain some new international perspectives before remaining pretty stagnant for a couple years. I had heard great things about EF International Language Centers and their programs from many of my friends, and it seemed like an opportunity that couldn't be missed! And I was right. My time in Paris was unmatched, and unique to all my other travel experiences. Previously, I'd lived in Germany, New Zealand and France, but the EF school and community fostered such a positive learning environment and international experience, it was hard to compare it to anything else. The thing about the classes I found most appealing was the structure of the courses. Each class had curriculum based on current events and easily applicable knowledge.

How did you decide which gap year program was right for you?

I decided on the gap year program in France mostly due to my love of the French language and culture and because of the school's central location. I also had a lot of help from EF Ambassadors on Facebook and my EF Admissions Advisors that helped with application and enrollment process. The website provided very detailed help and many opportunities for outreach and preparedness.

What was a typical day like in your gap year experience?

A typical day in Paris consisted of a splendid morning walk from the student residence to the school depending on whether classes were in the morning or the afternoon. Classes usually spanned four or five hours, so that would be time spent on or around campus. Because the school is so centrally located, we could easily walk towards the center of Paris at lunch time, or during breaks between classes. After classes ended, I would go to an evening activity with three or four friends. These activities included things like a trip to the opera or a soccer match. For dinner, we'd have our choice between eating in or going out to any of the many restaurants around our residence. We also were able to go to many discos, and concerts which were all amazing.

What was the most memorable moment of your gap year?

The most memorable moment was probably our trip to the Louvre. I am an art fanatic and was in absolute heaven. This trip was free because we were EF students, and we were allowed to spend as much time as we wanted! Coincidentally, the next day in class we had a quiz and presentation about Paris and its' history, resulting in prizes of cheese and wine. We were very prepared for this after our museum trip and were all rewarded quite well in the end.

What advice do you have for teens looking at gap year options?

My advice to people looking to take a gap year would be: Ask questions! Nowadays there are so many options for travel and growth, but there are also many outlets for help and advice to utilize! In addition to that, there is much research to be done! EF lists so many resources and information on how schools function, and other students' experiences. In short, talk to people! Information and advice received firsthand adds so much authenticity and confidence to a decision!



ADVICE FROM GAPPERS: TAKE THE LEAP!

BY KAY KEOUGH

Photo Courtesy of Amigos de las Americas
<http://amigosinternational.org/>

A gap year can be a bridge to college or to your first real job, but building that bridge requires tools, including advice from those who have done it. To help, here are 10 tips from recent veterans of gap years.

1. Just do it.

Taking a gap year may seem too “out there” to be attainable, says Oliver Sandreuter, who deferred his admittance at Vanderbilt University to travel to 11 countries in 10 months and learn a skill in each through Winterline Global Skills Program of Cambridge, Mass. But if you tell yourself you’re going to do it, that makes it real, he says.

2. Find your passion or reason for taking the gap year.

Sydney Pultman, who deferred going to Rollins College in Winter Park, Fla., and went on the same trip as Sandreuter, believes in narrowing down what will make your gap year a positive experience. (For her it was learning about herself and the world and making an impact.)

3. Give yourself time to plan and save.

As a high school junior in Michigan, Zerah Hernandez began looking at gap years while filling out college applications and eventually found LeapNow in Calistoga, Calif., which sent her to work with children in India and to work on a sustainable farm

in Nicaragua. She recommends exploring online as soon as possible. Sandreuter and Pultman started their research around winter break of senior year, nine to 10 months before their trip.

Affording a gap year “all starts with getting a job” and having a budget, says Sandreuter. He also used the Mint money manager app to help manage his savings. He recommends that those setting up crowdfunding pages emphasize the humanitarian aspect of their gap year.

Hernandez and Pultman applied for gap scholarships after being accepted for their programs and Pultman received one for blogging on her trip. Hernandez also asked that friends and family donate to her gap year fund instead of giving graduation gifts, and points to concerts and other community fundraisers as possible sources of financial help. Some programs that offer college credit may be eligible for federal financial aid, such as Pell grants.

4. Ask a lot of questions about gap programs.

If you pinpoint a gap program that interests you, contact the staff before you make any final decisions and test their willingness to answer questions, particularly if the company is new, Sandreuter and Pultman say. Also check into>>

any partnerships the company claims it has with organizations overseas, Sandreuter adds, and what those entail.

5. Determine how long you want your gap adventure to be.

You can choose short, medium or long-term gap programs. One-month backpacking trips or four-week volunteer-abroad trips may be appropriate for those with commitments at home, says Sandreuter. For longer programs, teens should take into account the possibility of homesickness and culture shock.

6. Consider your companions.

Do you want to be in a large group for an extended amount of time? Introverts may be wary, but encouragement from peers in a travel-centric program can help you step outside your comfort zone, says Pultman, particularly for someone shy like her. It's also important to

feel you're in a safe space with strong leadership, adds Hernandez.

7. Gather others' opinions and stay open, but be true to yourself.

Pultman spoke with older students and a family friend who had taken a gap year before taking the plunge herself. She initially decided on an Outward Bound program, but an online pop-up window led unexpectedly to Winterline.

"One thing lends itself to the next thing," says Sandreuter. "It makes you realize what you do want the more you look."

8. Be ready to be challenged.

"You'll see your worst self, you'll see your best self, but you'll have people around to support you. It's amazing to see where you end up," concludes Pultman.



EASTMAN Immersion

A Gap Year Program
for Musicians

SEPTEMBER to MAY



EASTMAN
SCHOOL OF MUSIC
UNIVERSITY of ROCHESTER

esm.rochester.edu/immersion



In His Own Words

Max Denari **Pacific Discovery**

Why did you choose to participate in a gap year program?

I always dreamed of traveling. I also dreamed of going to places I saw in documentaries or in pictures or on television. I had always been fascinated with geography and what goes on in the world. So during my senior year of high school, I knew what I wanted to do. I wanted to take a gap year and go to different places all across the world. I spent four weeks in Ecuador and the Galapagos Islands, nine weeks in Southeast Asia (Cambodia, Vietnam, Laos and Thailand) and nine weeks in New Zealand and Australia. It lit a fire in me, and that fire has stayed lit because of the relationships I formed and the experiences that I encountered on my endeavors.

How did you decide which gap year program was right for you?

My parents and I did a lot of research. We wanted the best program with the best experiences for me. Personally, I wanted a program to lay out exactly what their expectations of their participants were. I wanted a program with genuinely fantastic reviews from former participants and former employees. That is exactly what I found and experienced with Pacific Discovery, and it has


remained one of the best decisions in my life to date. I encourage everyone to research intently, because you want the best possible experience for yourself, and when you find that perfect program or opportunity you will know it. Pacific Discovery was the absolute best choice for my gap year experiences.

What was a typical day like in your gap year experience?

Waking up and ultimately reflecting on what I am doing on a day-to-day basis. When you are waking up to a sunrise in Vietnam it just blows your mind, and you realize how blessed you are to be in that situation and in that place. Typically, you will either have your day planned out or you will have nothing on your plate, and I found there was no in-between and that's an amazingly positive thing. You either just go with the flow or you stick to your itinerary/schedule and in both ways you are going to see yourself experiencing something new or reflecting on your journey. Both of those are an extremely productive experience.

What was the most memorable moment of your gap year?

I would have to say summiting Gordon's Pyramid in Kahurangi National Park in New Zealand was my most memorable moment of my whole gap year. Trekking through the park for three days and getting to the highest point of the trek was exhilarating and breathtaking to say the least. I can confidently say the views at the top of the mountain are ones that I will remember forever. The sense of accomplishment was off the charts high, and the adrenaline only made it better. It was an experience that makes you think, "I just want to take this all in. I need to take this all in." And that is exactly what I did. Whenever you find yourself in those types of situations in life you know you are in a good place.



They told him
one hit
wouldn't
hurt...

THEY LIED.

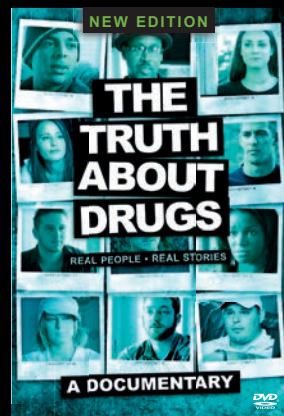
YOUR CHILD'S FUTURE is not a game of chance. Playgrounds and school yards have changed over the years: **60% of teens** report that drugs of some kind are kept, sold and used at their school.

50% of teens are less likely to abuse drugs when they learn of the risks from their parents.

Reach them before drugs do with **THE TRUTH ABOUT DRUGS** documentary:

- Real-life insight about each of the most abused drugs—what they are and how they are made
- Personal stories from former users who survived addiction—they tell it like it is from their own experiences
- 17 hip and street-savvy PSAs that talk to teens

Get your FREE DVD and play it with your kids



drugfreeworld.org/DVD

1-888-668-6378 • info@drugfreeworld.org



In Her Own Words

Beatrice Phillips

Raleigh International

Why did you choose to participate in a gap year program?

I chose to participate in a gap year program because I wanted an opportunity that would really challenge me to get out of my comfort zone. Before I pursued higher education, I wanted to explore a new culture and face challenges that would help me prepare for the next phase of my life.

How did you decide which gap year program was right for you?

I was offered the choice of multiple international programs but ultimately went with Raleigh International because they offered something that others did not: a chance to give back and create a lasting impression on someone's life. I chose to participate in the five-week program in Tanzania as I thought it presented a once-in-a-lifetime opportunity to explore a region of the world that I had never been exposed to. Because Raleigh International has such a global pool of volunteers, it offered me the opportunity to be exposed to people from various different cultures, not just the country where I was going to be volunteering. Another attribute that made me choose Raleigh International was that I knew it would challenge me to better my communication and teamwork skills, as well as improve my public speaking abilities.

What was a typical day like in your gap year experience?

After the first few days of training at base camp, I was assigned my group and found out that I would be spending three weeks teaching and helping to build sanitation facilities in a rural primary school in Tanzania. The weeks there sped by, with mornings teaching in classes through translators and the afternoons spent building sanitation facilities. Our role at the primary school was to teach about the WASH (water, sanitation and health) project, and we did so through fun games, information sessions and even a sports day. We even got involved in the local community, giving information sessions about health and sanitation to the adults in the area. Although we had to get up early each day, teaching the children was an experience of a lifetime. After our weeks at the primary school, we moved to a different location and did a week of trekking. Having never trekked before, I was initially daunted by the task of walking with a heavy backpack for the majority of the day, but I soon found out that it was the best way to experience the local culture, as well as showing me the beauty of Tanzania.

What was the most memorable moment of your gap year?

My most memorable moment of the trip was the survival 24 hours, which occurred at the end of our expedition. Following coordinates given to us through Morse code, we hurried to find our destination before dark, and quickly made camp with the limited supplies we had been allocated. This was followed the next morning by a series of challenge activities, all requiring team work, communication and enthusiasm.

What advice do you have for teens looking at gap year options?

Be as adventurous and take the biggest risks you can. Taking a leap of faith and trying something you never thought to do can truly change you for the better. My five weeks in Tanzania with Raleigh International did that for me!

INDEX

	Ad	Listing
African Conservation Experience		20
American University Gap Program	Inside front cover	17
Amigos de las Americas		19
Bighorn Adventures		18
Campus Oxford		17
College Excel		18
Cross-Cultural Solutions	Inside back cover	21
Eastman Immersion Program	28	18
EF International Language Centers	Back cover	18
Global Citizen Year		19
International Studies Abroad ISA High School	4	18
Ocean Passages, LLC	5	21
Pacific Discovery	1	21
Partnership for a Drug-Free America	30	
Pizarts Dance Gap Year	32	18
Raleigh International	2	19
Randy Russell's InnerPathWorks	14	20
School of the Art Institute of Chicago (SAIC)	7	19
SOAR Camps	20	20
Taylor the Gap	10	21
Where There Be Dragons	25	21
Winterline Global Skills Program	12	18
WorldStamp Gap Year	16	19



PIZARTS

Dance Gap Year

www.dancegapyear.com

info@pizarts.com



**4 WEEK
SUMMER PROGRAM**

NYC DANCE COLLEGE TOUR



**STUDY
TEACH
PERFORM**

**3-6-8
MONTH PROGRAMS**



NEW YORK ARGENTINA

DIG DEEP. DISCOVER MORE.





THE FUTURE IS YOURS TO MOLD.



**START YOUR
STORY WITH
CCS.**

**NOW OFFERING
HIGH SCHOOL
VOLUNTEER
ABROAD IN:
GHANA
MOROCCO
COSTA RICA
GUATEMALA
PERU
INDIA**

Since 1995, CCS has been a leading organization in the field of international volunteering. The CCS high school volunteer program is designed for curious, passionate, and adventurous high school students who want to serve others and connect to another culture while traveling abroad.

Choose between **two-week** and **four-week** sessions with a group of your peers **ages 14-18**. Volunteer during the weekdays in under-served elementary schools that will enthusiastically welcome your contributions! We offer two specialized volunteer tracks for you to choose from: **Youth Development** (choose to focus in *Literacy, Technology* or *Sports Leadership*) or **Public Health** Internships.

Stay as a group or by yourself in our **private, safe, and secure home-base lodging**. Our teams of professionally trained staff will make you feel at home while taking care of all of the logistics and offering cultural guidance.

And that healthy dose of adventure you're craving? Don't worry, we've got that covered. We know it's your summer and we guarantee you'll have amazing excursions to do in the free time. To colorful markets, national parks, and cultural exchange activities, there will be no shortage of photos and stories to share with your friends and family back home.

TO TALK TO A PROGRAM SPECIALIST, CALL **800-380-4777**
OR VISIT OUR WEBSITE **CROSSCULTURALSOLUTIONS.ORG**

THE WORLD IS WAITING

LEARN A LANGUAGE ABROAD

See the world, experience a new culture, make friends from 100 countries – and prepare for your global future. Start any Monday and study from two weeks to a whole year.

- **EF Summer Camp**
students 13-16
- **EF Language Courses Abroad**
students 16 to adult
- **EF Gap Year Programs**
students 16 to adult

www.ef.com/language

World Leader in International Education

