



Gap Year Programs



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What is a Gap Year?

Usually taken between high school graduation and freshman year in college, a Gap Year is an opportunity for self-exploration and personal growth leading to clearer direction and motivation for college studies. Gap year programs include travel, cultural immersion, directed study, community service, internship opportunities, and much more.

Gap Year Program Categories

Academic Gap Year Programs are designed for students pursuing academic study either at home or abroad in preparation for their college experience. Some programs offer college level courses for credit; others allow the students to live or travel abroad and study another place or culture. Through these programs, students benefit from experiential learning while also focusing on college-level academics.

Adventure/Trip Gap Year Programs afford students the opportunity for self-growth and confidence building by placing students in an exotic and/or unfamiliar location. Some programs help students develop self-esteem and leadership skills through challenging, goal-oriented activities, while others allow students to design their own adventures abroad.

Students who participate in **Community Service** Gap Year Programs often travel to underprivileged parts of the world to assist with a specific humanitarian project. Students build self-esteem while making tangible contributions to the communities they visit. Service work provides students with opportunities for learning, personal growth, leadership development, and greater cultural understanding.

Internship Gap Year Programs give students the chance to gain professional, hands-on experience before attending college. These real-world experiences allow students to get an early look at potential careers, as well as learn the ins and outs of a business or industry. Students who participate in a Gap Year Internship often find the experience helpful when choosing a major while in college, and also feel more prepared to enter the workforce after college.

Gap Year **Environmental** Programs offer students experiential opportunities that go far beyond an introductory environmental studies course. Both educational and experiential, many of these programs teach students about critical ecological and cultural problems and engage students in proactively finding sustainable solutions for these problems through hands-on projects.

Performing Arts Gap Year Programs allow students to use their performing arts skills and/or their interest to communicate with and inspire others beyond the classroom. These programs often give students the opportunity to perform throughout the United States and abroad. Some programs also provide students with opportunities to gain professional experience in a career in Arts Management.

Photography & Digital Media Gap Year Programs allow students who are interested in web design, digital media, and computer technology tools to further explore these mediums before committing to a college program. Students in these programs are often exposed to the most current technology while living away from home, traveling to new places, and experiencing the benefits of developing their craft within a supportive community of young artists and experts in the field.

Travel/Culture Gap Year Programs allow students to fully immerse themselves in a different culture that goes beyond the spring break vacation. Students in these programs may live with a host family or with other American teenagers in a foreign country and participate in structured cultural immersion/travel-related activities, designed to broaden the students' perspectives on other people and places.



Taking a Gap Year Offers Endless Possibilities and Adventures

As you can see, there is no limit to what a gap year can entail. To account for this, TeenLife Boston also offers the category of Other Gap Year Programs to encompass the endless array of gap year options available to students. What seems true of all students who decide to go off the beaten path and take a gap year is that they gain a better understanding of themselves and others by taking a year to simply discover the world beyond the classroom.

TeenLife Gap Year Resources

TeenLife Boston also features **Gap Year Advisors** who help students find alternative educational opportunities before college. Often working one-on-one with students, gap year advisors connect students with opportunities that match their interests, needs, and goals. They also guide students in identifying reputable programs, securing placements in those programs, and through adjusting to their gap year experience.

We, at TeenLife, hope that both this supplement of Gap Year Programs, and the Gap Year programs featured on our website will provide you with valuable information to help you make an informed decision about which Gap Year program is right for you. Be sure to check our Gap Year Programs page often as our Gap Year listings continue to grow.



ANDEO International Homestays

800-447-6007 | www.andeo.org



Andeo's Gap programs are very flexible and can be customized to fit each student's individual goals and interests, as well as their schedule and budget. Most programs start with a "landing pad" of small-group language classes and a homestay with a local family. From there, students can choose their own path. It may lead them to an art studio in Spain, an organic farm in Japan, a surfing course on the French coast, a community service project in Peru, or one of the many other opportunities to discover their passions and develop their talents. Programs can be as short as four weeks or as long as a full year and begin any Monday. Academic credit is available. Gap programs are designed for students 18+. Countries include Argentina, Costa Rica, Ecuador, France, Germany, Italy, Japan, Mexico, Peru, and Spain.

Brown Ledge Gap Year Program

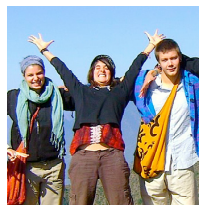
888-743-6287 | www.brownledgegapyear.org



The Brown Ledge Gap Year begins in Colchester, Vermont, where students are trained to make documentaries (using video, radio and digital photography). They then travel around the United States, stopping for residencies in two unique cities: Salt Lake City and New Orleans. In these cities, the students live together while doing community service work and making individual or small-group documentaries about local stories or issues. Through these activities, students engage deeply with diverse American communities, developing a greater awareness of the outside world while also gaining life experience. Applicants must be high-school graduates who are 21 or under. The program is a long fall semester, beginning in late August and ending before Christmas. Space is still available for fall 2009.

Carpe Diem Education

503-285-1800 | www.carpediemeducation.org



Carpe Diem's study abroad programs safely challenge students age 17+ through service, travel, community and cultural exchange. Our students receive a unique and personal insight into themselves and the cultures they live within while also giving back through service in every country we travel. In addition to the 12-week group semesters, we offer a year-long program called Latitudes for the more intrepid student combining one of our three-month semesters with a second semester solo internship of his or her choice. Every semester can earn each student up to 18 credits from Portland State University. We are proud to offer one of the most affordable study abroad/GAP Year programs in the field as well as the best medical protocols and most authentic cultural experience of any comparable organization. Group semester programs depart every fall and spring to Central America, South America, India, East Africa, Fiji/Australia/New Zealand, or Southeast Asia.

El Casal de Barcelona

34-93-217-90 | www.elcasalbarcelona.com



El Casal de Barcelona is an intensive program designed for students age 17+ that is offered in the fall and spring. The program combines travel, Spanish language study, cultural activities, homestay and involvement in the local community. Each session includes a little over three months of learning and living in Barcelona and also includes a trek through the Camino de Santiago, the ancient pilgrimage route across northern Spain from Navarra to Santiago de Compostela, in Galicia. Here, you'll learn more about another culture than you ever thought possible, and gain an understanding of your own culture and society that will serve you in college and beyond. As more than just a language program, your 14 weeks in Spain will constitute an experience that shapes the rest of your life! Applications are due July 30, 2009 for the fall session and December 30, 2009 for the spring.



The Center for Interim Programs

617-547-0980 | www.interimprograms.com



Founded in 1980, The Center for Interim Programs is the first and longest-running independent gap-year counseling organization in the United States. We work one-on-one with individuals to tailor a combination of program options that match their interests, needs, and goals. We guide people through the process of identifying reputable placements, securing those placements, and adjusting to the changes that inevitably take place as individuals take on new experiences. Interim mostly works with high school graduates who are 17 or older, but has also arranged gap experiences for younger students taking a break from high school and those on leave from college. We have designed creative gap-year opportunities for more than 5,700 people and built relationships with organizations worldwide. Our database encompasses over 5,600 program opportunities, both in the US and abroad. Interim has no application deadline and the programs we recommend range in length from a week or two to a year. Typically Interim students attend two or three semester-length programs during their gap year.

Internship Connection: Gap Year Program

617-796-92830 | www.internshipconnection.com



The Internship Connection’s program is individualized for students age 17+ according to career interests and desired work schedule. We use a comprehensive process to maximize the value of an internship. We start with an initial informal meeting, in person or by phone, where we learn about the student and discuss internship possibilities that would provide an optimal match. Next, we work with the student to develop or refine a resume. Then we conduct a search, contact potential workplace mentors and send out the resume. When a mentor is interested, we put the student in contact with the mentor to set up the workplace interview. Through role play, we prepare the student over the phone by posing frequently asked interview questions. Once the student is placed in an internship, we maintain contact with the student and mentor and provide advice to both concerning the Letter of Recommendation. We place students in a variety of fields at prestigious companies and organizations in Boston and New York City. Placements for internships occur during summer, fall or spring semesters. One placement per semester.

LEAPNOW

888-424-5327 | www.leapnow.org



LEAPNOW facilitates educational adventures for ages 17 and older - antidotes to sitting passively in classrooms for many years: LEAPYEAR combines the best aspects of a gap year with a year of college credit. Designed to facilitate a graceful transition into adulthood, LEAPYEAR includes three months of group travel with language and cultural immersion, service work and adventure in India or South America; an individualized three-month solo internship; and eight weeks of contemplative retreats focused on living in integrity, developing conscious community and emotional literacy. The five-month One Revolution program explores culture and service in Guatemala, India and Uganda. Students choose internships in each country, exploring their passions with support of a group and adult leaders. Three retreats give shape and direction to the semester, providing a safe environment to prepare for and digest the myriad experiences.

Map the Gap International

203-672-5950 | www.mapthegapinternational.com



Map the Gap International (MTGI) is for high school graduates (age 18+) who dare to look beyond the traditional path. Each MTGI program is 12 weeks long and is offered two times a year – one beginning in September (July 1 admission deadline) and the other in January or February (November 1 admission deadline). We also have shorter summer versions of each program. Included with each MTGI “gap year” Program: transportation to and from airport in host country, introductory orientation, transportation for all planned activities in host country, room and board (three meals per day) usually home stay, three-week intensive language course, followed by ongoing language support, 8-10 cultural excursions, community service placements, orientation, and materials, classes/presentations on historical, cultural, and social issues by experts in the field, 24-hour local support, International health insurance coverage. Program locations include Nicaragua, Mexico, and Italy.



Seamaster

941-924-6789 | www.seamaster.com



Seamaster offers students ages 17 and older the opportunity to live full-time aboard either S/Y Ocean Star or S/Y Argo while spending the entire semester sailing from island to island, country to country or continent to continent in any number of global locations. Our shipboard education programs are highly experiential, yet college-level academics are a strong component of each voyage. While sailing with us, students further their own knowledge and build their college transcripts. They learn about marine biology and oceanography as they conduct research diving on the reefs; geology as they trek through mountainous terrain; meteorology and navigation as they plot a course among the islands; leadership skills as they work within a close team. Our Global voyages also offer advanced level sail training, professional development and the opportunity for more advanced students to design and implement their own educational project. Programs are offered in the fall, spring, and summer.

Thinking Beyond Borders

203-993-0236 | www.thinkingbeyondborders.org



Thinking Beyond Borders is an eight-month intensive Gap Year program designed to educate youth about the economic, political, and cultural realities of our world while empowering them with the tools to create social change. Students study public education in China, sustainable agriculture in India, the AIDS epidemic in South Africa and clean water issues in Ecuador. In each core country, students work with local NGOs to gain a deep understanding of the problems facing developing communities and the efforts made to address them. Students live with host families to build personal relationships with the local people and culture. Each Core Country is followed by an enrichment week allowing students to engage in cultural and recreational activities. Orientation is in Costa Rica, and enrichment weeks include Peru, Cambodia, India and South Africa. Students return to the United States for five weeks that include meeting representatives from the UN, World Bank, and a variety of grass roots organizations. The program culminates with student presentations to educational and philanthropic organizations to share their learning and spur others to create change.