



TAKING A

GAP YEAR

VERMONT-STYLE





WHAT AM I GOING TO DO WITH MY LIFE?

Hello! I'm Julia.

(My Journey Thus Far)



WHAT IS A GAP YEAR?

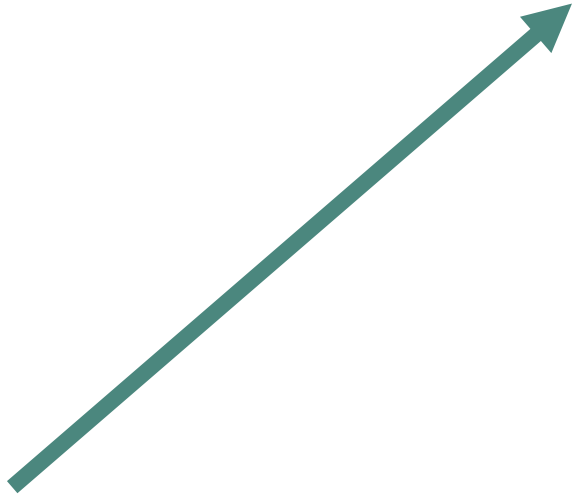
An intentional period of time devoted to personal growth and exploration through experiential learning opportunities.

A time to focus on:

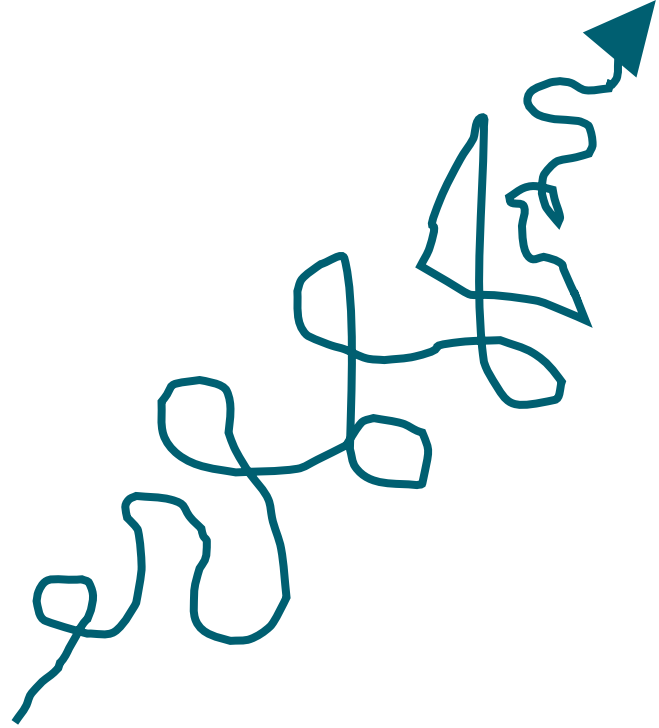
*Personal
Practical and
Professional
development.*



WHY YOU? WHY NOW? WHY A GAP YEAR?

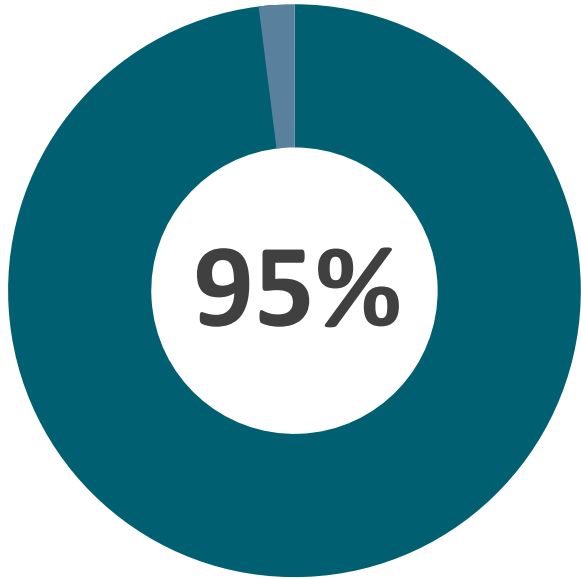


*What people think life
looks like.*

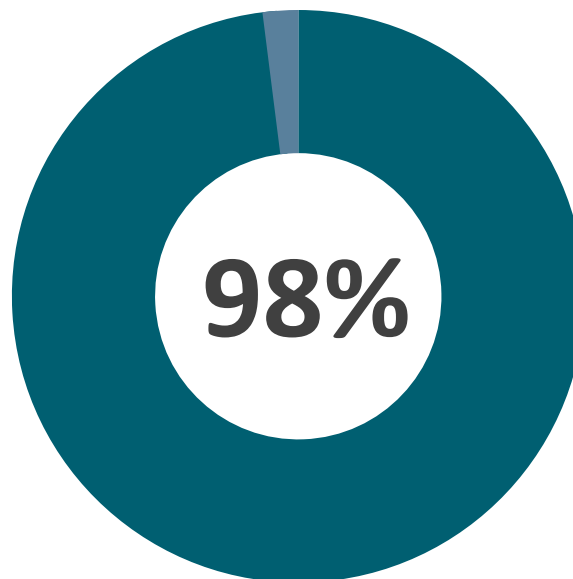


*What life actually
looks like.*

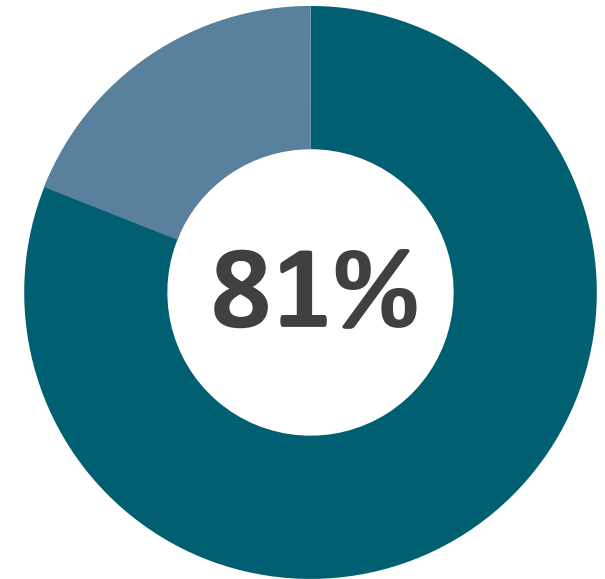
GAP YEAR BENEFITS



95% of Gap Year Association survey participants said their gap year prepared them somewhat or very well for their next step.
(college, workforce, career or technical education)



98% of respondents say their gap year helped improve their maturity and confidence.

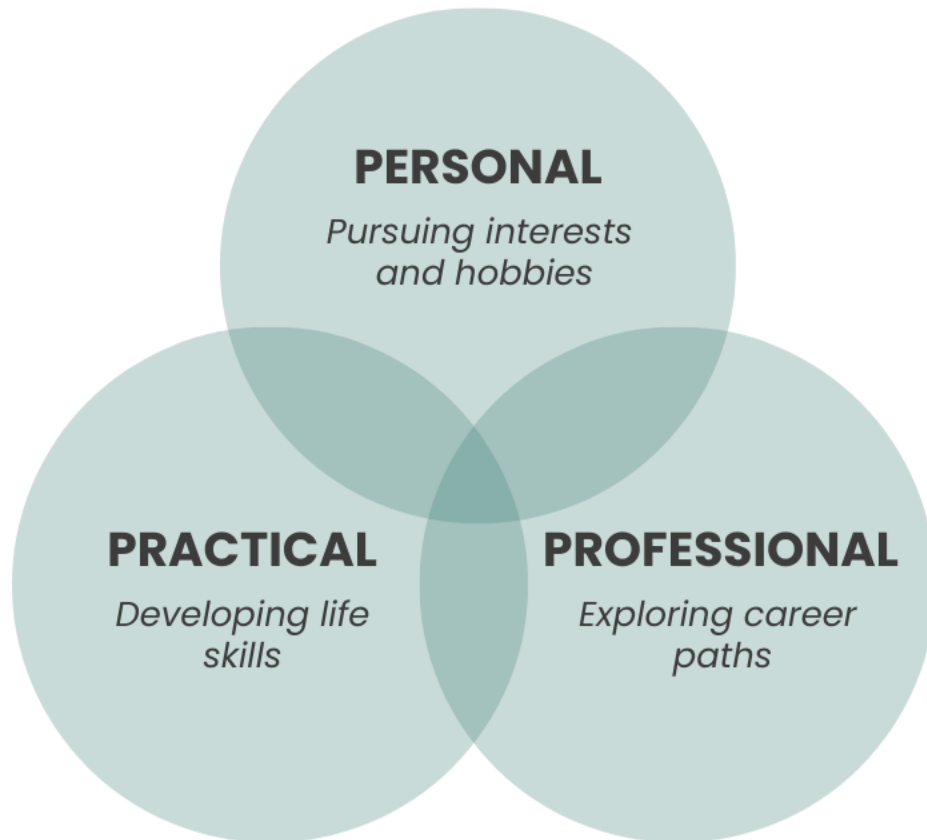


81% say their gap year influenced their choice of career

Source: Gap Year Association
2020 Gap Year Alumni Survey

DEFINING YOUR GAP YEAR

KEY ELEMENTS



INTENTION



PROGRESSION



TYPES OF GAP YEAR OPPORTUNITIES

PROGRAMS

EXPERIENTIAL SEMESTERS

Guided experiences full of mentorship, hand-on learning and opportunity for personal growth

VOLUNTEERING

Serving a community organization or ecosystem in the US or abroad

ENRICHMENT COURSES

Building a skill set for personal enjoyment or academic interest

NATIONAL SERVICE

Americorps opportunities offer structure & a stipend.

INTERNING

Experimenting with career paths in a real-world environment; in the US or abroad

SELF-DESIGNED

TRAVEL

Navigating new places or tackling an independent adventure

LOCAL OPPORTUNITIES

Volunteering, interning or working while living at or close to home.

WORKING

Earning money or receiving room/board while developing independence and financial literacy

PROJECTS

Setting a goal and taking the steps to work towards it.

WORK EXCHANGE

Experiencing a cool place and getting to live for free in exchange for labor (eg: wwoofing)

WHERE IN THE WORLD?



VIRTUAL & LOCAL

Opportunities closer to
home or trusted
friends/family



USA

Domestic Group Programs,
independent opportunities



INTERNATIONAL

International Programs,
Travel and More!

VERMONT EXPERIENCES



CONSERVATION

VYCC, WWOOFing,
Conservation Corps and
more.



WORK & INTERNING

VBSR Internships, Political
Campaigns etc



ADVENTURES

Close-to-home or further
afield journeys that build
independence

Hike the AT, Work at a ski
hill, Take a road trip



JEREMY

- Ben and Jerry's Tour Guide & Piano Singer at Restaurant
- Language School in Oaxaca, Mexico
- More work at B&J's
- Language Immersion Program in Spain

FAST FORWARD TO TODAY:

- GRADUATED FROM UVM WITH MAJOR IN SPANISH
- INTERNEED IN PUERTO RICO ON RAINFOREST PROJECT
- STUDIED ABROAD IN COLLEGE
- NOW A MIDDLE SCHOOL TEACHER - SPANISH!



ELSA

- Experiential semester in Nepal
- Worked at home over the holidays
- Outdoor expedition in Costa Rica
- Conservation volunteering & backpacking in Australia and New Zealand

ADVICE FOR HIGH SCHOOL STUDENTS:

"TAKING A GAP YEAR IS SUCH AN AMAZING AND LIFE CHANGING THING. YOU'RE NOT MISSING OUT ON ANYTHING; PEOPLE WHO DON'T TAKE THEM ARE MISSING OUT."



JULIAN

- Worked at gourmet cheese shop in hometown
- Art & Design internship course in London
- Traveled for 6 weeks in Europe

ADVICE FOR HIGH SCHOOL STUDENTS:

“A GAP YEAR IS NOT JUST FOR PEOPLE WHO DON’T KNOW WHAT THEY WANT TO DO FOR COLLEGE/UNIVERSITY. IT’S FOR PEOPLE WHO WANT TO EVOLVE BEFORE BEGINNING THAT ADVENTURE.”



MICHELLE

- 3 months of Spanish language school in Guatemala
- 5 months Women's microfinance internship in Mexico
- 2 months solo travel in Colombia and Peru

HOW SHE SELF-FUNDED HER YEAR:

- Worked and saved before gap time
- Applied for a travel grant
- Participated in lower-cost opportunities



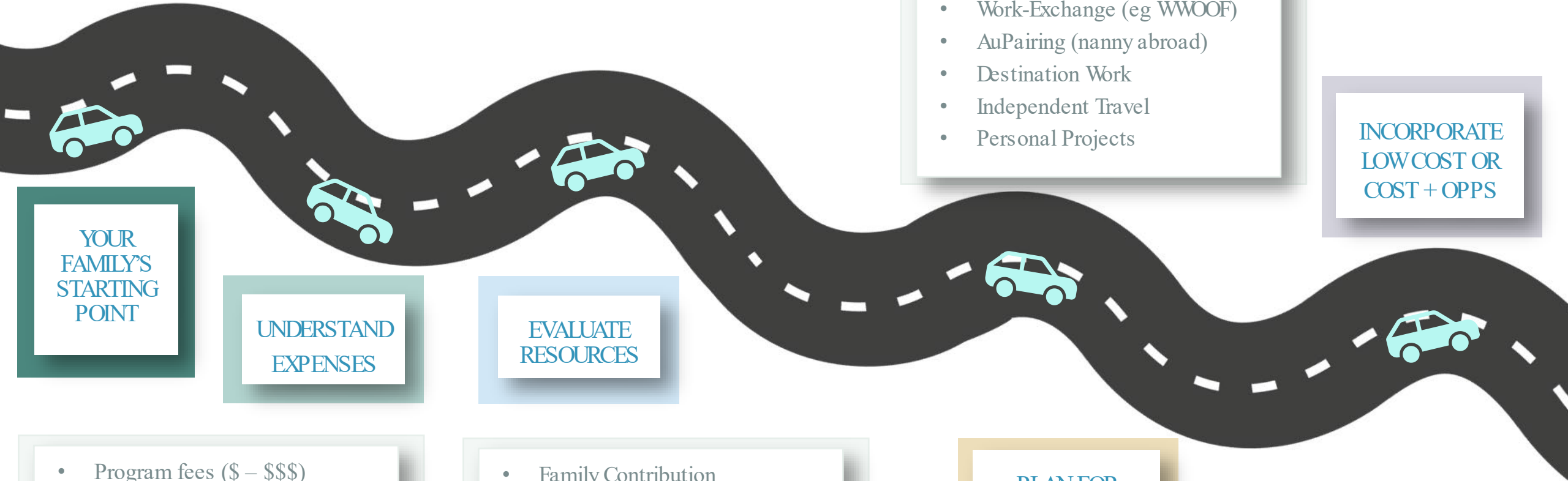
Maceo

- Trail work with VYCC (summer)
- Volunteer teaching in Panama
- Ski coaching at Cochran's
- Travel & Volunteer in Patagonia
- Summer Camp counselor

FROM MACEO'S MOM:

"HE KNOWS NOW THAT THE WORLD IS BIG AND DIVERSE. IT'S NOT SO ABSTRACT ANYMORE. HE JUMPED OUT OF HIS COMFORT ZONE AND HAS CONFIDENCE IN HIS ABILITY TO NAVIGATE LIFE."

GAP YEAR FINANCES



- Grassroots volunteering
- Americorps programs
- Work-Exchange (eg WWOOF)
- AuPairing (nanny abroad)
- Destination Work
- Independent Travel
- Personal Projects

- Program fees (\$ – \$\$\$)
- Personal expenses (e.g. travel money, rent, gear)
- Airfare/transport
- Health/meds/vaccines
- Visas/Passport/Insurance

- Family Contribution
- 529 Funds
- Student Working/Saving
- Fundraising
- Scholarships
- Financial Aid from Program

PLAN FOR
PROGRESSION

COLLEGE & DEFERRALS

**Applying Senior Year
VS
On Gap Time**

Requesting a Deferral
Letters & Policies

**Scholarships
& FAFSA**



WORDS OF WISDOM



“DO IT! It is one of the scariest leaps to take, but it completely changed my life. My gap year showed me how to live my life with purpose, take risks, and most importantly, have fun.”

“One thing that helped me make the decision to take a gap year was that I heard someone say no one has ever regretted taking a gap year and I think that's really true.”

“Life is a journey, and you are in no rush to get anywhere.”

“A year seems like a long time, but I promise that it will go so quickly and soon enough, you'll be stuck in a dorm studying. Take some time to find peace, relax, laugh, explore, and focus on things that excite you. It is so worth it.”

“A gap year isn't all easy. BUT, you will have a year that will help you beyond what you can imagine right now in high school.”

RESOURCES

Gap Year Association
Gapyearassociation.org

Planning Tips

- Talk to people who took a gap year.
- Start dreaming about where you could go and what you could do.
- Begin saving early.
- Brainstorm people who can offer advice or resources.

Gap Year Radio Podcast



Stay in Touch here:



GoOverseas
Gooverseas.com

Election 2024
Gaptivist.com

Let's Connect!

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