



TAKING A

GAP YEAR

VERMONT-STYLE





WHAT AM I GOING TO DO WITH MY LIFE?

Hello! I'm Julia.

(My Journey Thus Far)

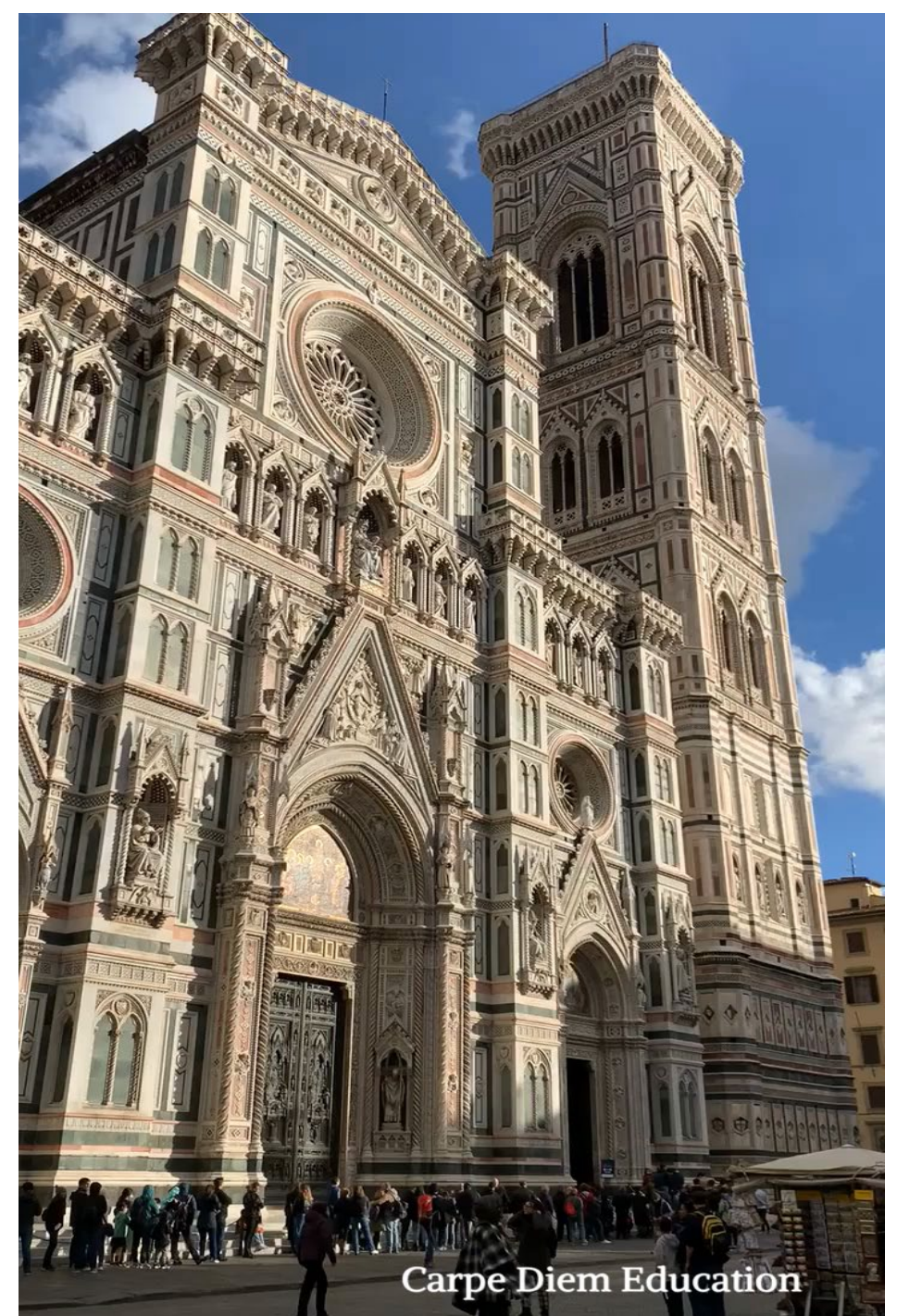


WHAT IS A GAP YEAR?

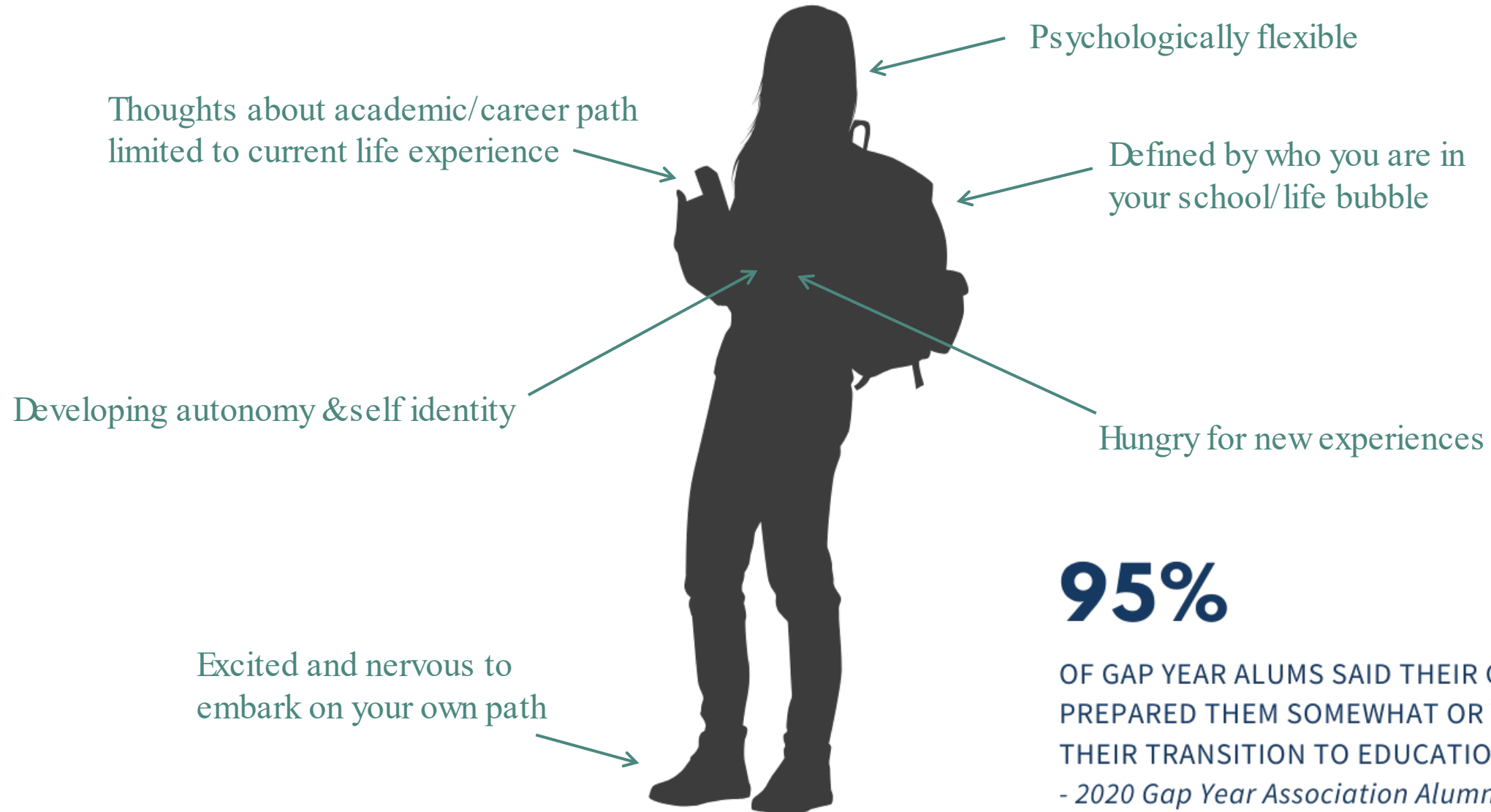
An intentional period of time devoted to personal growth and exploration through experiential learning opportunities.

A time to focus on:

*Personal
Practical and
Professional
development.*



WHY YOU? WHY NOW? WHY A GAP YEAR?



95%

OF GAP YEAR ALUMS SAID THEIR GAP YEAR PREPARED THEM SOMEWHAT OR VERY WELL FOR THEIR TRANSITION TO EDUCATION OR WORK.

- 2020 Gap Year Association Alumni Survey



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."

GAP YEAR BENEFITS

97%

**INCREASED THEIR
SELF-CONFIDENCE**

98%

**DEVELOPED STRONG
INTERCULTURAL
SKILLS**

73%

**BECAME MORE
POLITICALLY
ENGAGED**

44%

**ATTRIBUTE THEIR GAP
YEAR TO INCREASING THEIR
LIKELIHOOD OF FINISHING
A BACHELOR'S DEGREE**

82%

**FELT A COMPETITIVE
ADVANTAGE WHEN
APPLYING TO
COLLEGE/JOBS**

81%

**SAY THEIR YEAR
INFLUENCED THEIR
CHOICE OF CAREER**

84%

**INCREASED THEIR
ACADEMIC
MOTIVATION**

80%

**VOLUNTEERED MORE
AFTER THEIR GAP
TIME**



45%
of Gen Z students regret
NOT taking a gap year.

Source: Gap Year Association
2020 Gap Year Alumni Survey

WHO TAKES A GAP YEAR?

Which Timothée are you?



THE WORKER



THE MEANING SEEKER



THE FLOATER



THE PRAGMATIST



THE ADVENTURER




THE SOUL SEARCHER

TYPES OF GAP YEAR OPPORTUNITIES

PROGRAMS

EXPERIENTIAL SEMESTERS



VOLUNTEERING



ENRICHMENT COURSES



NATIONAL SERVICE



INTERNING



SELF-DESIGNED


TRAVEL



LOCAL OPPORTUNITIES



WORKING



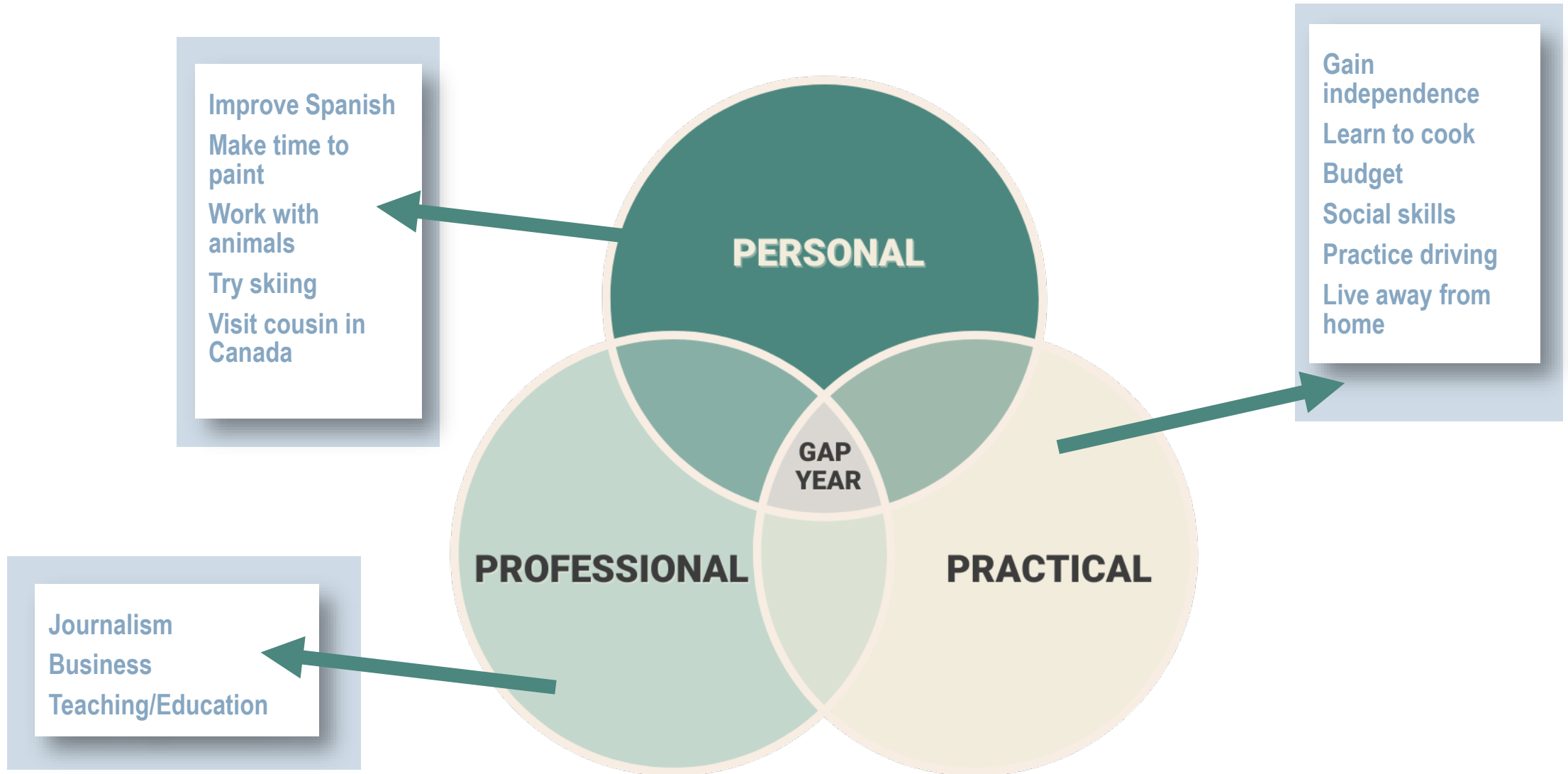
PROJECTS



WORK EXCHANGE



GAP YEAR GOAL SETTING





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.”

VERMONT EXPERIENCES



Vermont Youth Conservation Corps (VYCC) - Join a crew for a season to work on conservation projects, learn leadership skills, and live in a community setting.



Ski Season - Teach ski or snowboard lessons to kids at your local hill, or apply to resorts that offer employee housing.



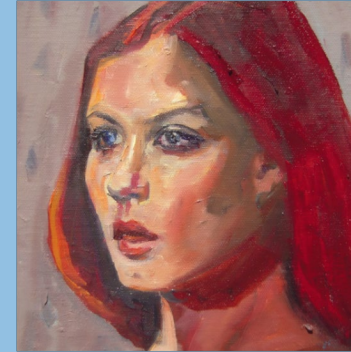
Bread & Puppet Theater - Join their apprenticeship program to learn about puppetry, performance art, and community engagement.



Shelburne Farms - Participate in their seasonal internships focusing on sustainable agriculture, education, and farm-based learning.



Hike the Long Trail- Tackle a through-hike through the beautiful hills and valleys of our home state!



Vermont Folklife Center - Engage in an internship to explore cultural heritage, ethnography, and community storytelling.



Vermont Natural Resources Council - Volunteer to help with environmental advocacy and policy research



Vermont Institute of Natural Science (VINS) - Volunteer or intern in wildlife rehabilitation, environmental education, or avian care.



VBSR Internships- Find an internship with a socially responsible business and learn valuable professional skills.



WALKER

- Worked in landscaping in Shelburne
- Volunteered at a monkey rehabilitation center in Belize
- Home for the holidays & to work on college applications
- Volunteered at another wildlife center in Thailand
- Traveled through Europe while work-exchanging on farms in Switzerland and Italy

WALKER'S ADVICE

"I TELL ALL MY FRIENDS TO TAKE A GAP YEAR. IT REALLY SHIFTS YOUR PERSPCTIVES ON THINGS."

GAP YEAR FINANCES



YOUR FAMILY'S STARTING POINT

UNDERSTAND EXPENSES

EVALUATE RESOURCES

- 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

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

INCORPORATE LOW COST OR COST + OPPS

PLAN FOR PROGRESSION



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

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

GoOverseas
Gooverseas.com

Serve Learn Earn VT
servelearnearn.org

Gap Year Planning Tips

- Brainstorm your personal, practical and professional goals
- Research destinations and programs
- Network with friends and family to unlock new ideas and resources

Gap Year Radio Podcast



Stay in Touch here:



Let's Connect!

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- Seniors – reach out for a free discovery call!

