



Challenge Yourself

See the World

Discover Your Strengths

# Gap Year Opportunities

## Experiential Ed

Travel in a group, gaining a set of skills in an interesting location.

- Climb the Masada Snake Trail in Israel and master rock climbing in sites throughout the country.
- Volunteer on different projects while traveling in Kenya, Tanzania and Malawi.
- Study Spanish while immersed in the city of Barcelona.



## Volunteering

Donate your time to help others in your own country and abroad.

- Teach English to kids in Thailand.
- Mentor Kids in NYC.
- Assist with upkeep of wildlife center in South Africa.
- Plant trees in Israel and maintain nature preserves. Learn how Israel turned barren desert into lush forests.

## Interning

Gain career-related experience in a field of interest.

- Medicine: Shadow doctors at a hospital in Coast Rica.
- High Tech: Learn coding with Israel's top notch start-up companies.
- Journalism: Write for a newspaper in London.

## Travel

Explore an area of the world or the U.S.

- Buy a Eurail pass and visit European cities.
- Hike the National Trail of Israel — between the southern and northern borders. Experience a diversity of landscape, nature and cultures.
- Bike, walk or run for charity. Travel around the region after volunteering.

## Work Exchange

Offset the cost of travel by earning your way while experiencing the culture.

- Au pair for a family in France.
- Volunteer at an organic farming community (Kibbutz) in Israel.
- Obtain a work visa and work and live in Australia.

# GAP YEAR PROFILES



A Gap Year is a structured time of personal growth when students take a break from formal education to increase self-awareness, challenge comfort zones and experiment with possible careers.



## *How Different Students Benefit from a Gap Year*

**The Worker** enjoys intellectual challenges like collecting data for scientists working in an academic institution.

**The Meaning Seeker** thrives in a leadership role like helping to manage a special event or crew of volunteers.

**The Floater** benefits from a structured program experience that encourages discipline and self-ownership.

**The Pragmatist** will gain career experience shadowing a Park Ranger, entrepreneur, or medical professional.

**The Struggler** will gain confidence and skills through a structured adventure program.

# GAP YEAR FACTS

Congrats! You've graduated from high school and are ready for what's next. Maybe you're considering a gap year? Check out the stats below to see how popular they are becoming and how you could benefit.

Email: [info@aigya.org](mailto:info@aigya.org) • [f](https://www.facebook.com/aigya) [@ig](https://www.instagram.com/aigya) @israelgapyear • [www.aigya.org](http://www.aigya.org)



## IMPROVING THE COLLEGE EXPERIENCE

Gap year students report:



**MATURITY:** 97% say their gap year increased their maturity.



**SELF-CONFIDENCE:** 96% say their gap year increased their self-confidence.



**PURPOSE:** 77% reported their gap year helped them find purpose in their life.



**ACADEMICS:** 66% said they took academic work more seriously after taking a gap year.

## PEER-TO-PEER COMPARISONS

Studies indicate that, compared with their non-gap-year peers:



### HIGHER GPA

Gap year students consistently maintain a higher GPA. \*\*\*



### QUICKER GRADUATION

Gap year students take less time to graduate.\*\*



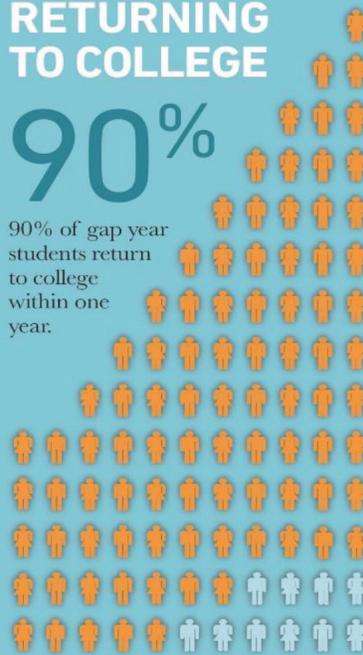
### LEADERSHIP ROLES

Gap year students have fewer behavioral issues and tend to be leaders on campus.\*\*

## RETURNING TO COLLEGE

90%

90% of gap year students return to college within one year.



## THE BENEFITS EXTEND BEYOND COLLEGE

### JOBS

88% believe the gap year experience increased their employability.



### SKILLS

84% say their gap year helped them acquire skills to be successful in their career.



### CAREER

60% Say their gap year helped define their current career path.



## FINANCIAL AID

Amount of scholarships & needs-based grants distributed by American Gap Association programs in 2013

\$2.5 million

## ENROLLMENT IS CLIMBING

An estimated 45,000 students deferred college admission in 2014.

