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.

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.

Gain career-related experience in a field of interest.

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

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.

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.

Email: info@aigya.org • @israelgapyear • www.aigya.org
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 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.
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.

**GAP YEAR FACTS**

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**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.

**IMPROVING THE COLLEGE EXPERIENCE**

Gap year students report:

- **97%**
  Maturity: 97% say their gap year increased their maturity.

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

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

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

[**Mark Hinch, Vice President of Enrollment at Colorado College**](http://www.americangeprogram.org/data-brenda/dep)  
[https://collegeparent.org](https://collegeparent.org)