Travel in a group and learn at incredible locations.

- Master rock climbing at Masada Snake Trial and other historic sites throughout the country.
- Float in one of the saltiest bodies of water at the lowest point on earth—the Dead Sea.
- Tour under Jerusalem’s Old City.
- Experience Rosh HaNikra grottos. See enchanting and rare geological formations.
- Camp like a Bedouin in the Arava.

Donate your time to help others in Israel.

- Plant trees in Israel and maintain nature preserves.
- Learn how Israel turned barren desert into lush landscape.
- Clear Eilat’s beach of plastic and trash so it doesn’t end up in the water or help clean buoys used to conserve Israel’s marine life.
- Teach English to at-risk youth.

Gain career-building skills in a field of interest.

- High Tech: Learn coding with Israel’s top notch start-up companies.
- Food: Create innovative vegan desserts at a vegan bakery in Tel Aviv.
- Journalism: Write for a newspaper in Tel Aviv.

Explore an area in Israel.

- Hike the National Trail of Israel between the northern and southern borders. Experience the diversity of landscape, nature, and cultures.
- Bike, walk, or run for charity. Travel around the region after volunteering.
- Explore the ruins of Masada.
- Enjoy Tel Aviv’s beaches.

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

- Volunteer at an organic farming community (Kibbutz) in Israel.
- Help at reception in an artistic hostel in Akko, Israel.
- Be a photographer and community manager in Tel Aviv.

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

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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.

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GAP YEAR FACTS

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.