



Challenge Yourself

See the World

Discover Your Strengths

Gap Year Opportunities

Experiential Ed

Travel in a group and learn at incredible locations.

- Master rock climbing at Masada Snake Trail 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.

Volunteering

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.

Interning

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.

Travel

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.

Work Exchange

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.

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 • [f](https://www.facebook.com/aigya) [@aigya](https://www.instagram.com/aigya) @israelgapyear • 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.**



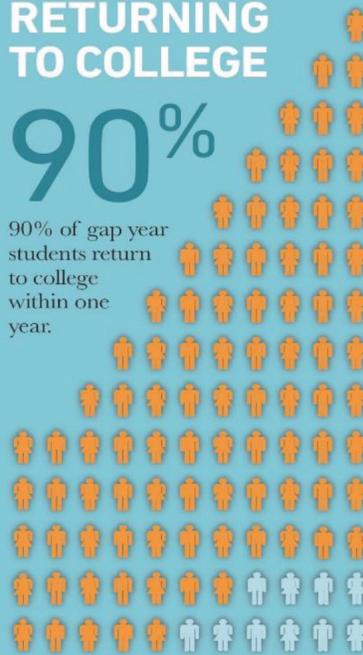
LEADERSHIP ROLES

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.

