

# Sample Programs

## Customized Gap Year Experiences

Gap Year Guru creates experiences rooted in each client's gap time goals. What passions do you want to explore? What skill do you want to strengthen? What part of the world excites you? Anything is possible! Below are some sample experiences.

**GAP YEAR GURU**

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# Sample #1

## GOALS

- Improve Spanish
- Learn about conservation and permaculture

## TIME LENGTH

9 months

## ITINERARY

SEPT - DEC

- Group program in Ecuador
- Teach Spanish-language classes for kids at a community garden

JAN

- Scuba certification in Costa Rica

FEB - MAR

- Marine research volunteer in Galapagos

APR - MAY

- Permaculture course and farmstay in Baja, CA

# Sample #2

## GOALS

- Connect with peers
- Develop leadership skills
- Be in nature
- Develop self-sufficiency

## TIME LENGTH

9 months

## ITINERARY

SEPT

- Take a wilderness survival skills course in Colorado
- Get Wilderness Medicine certification

OCT - DEC

- Group outdoor leadership and technical skills program in Patagonia

JAN

- Hike part of the Appalachian Trail with a friend
- Finish college applications

FEB - MAY

- Trail maintenance internship in North Carolina

# Sample #3

## GOALS

- Explore Eastern philosophy
- Understand different systems of health and wellness
- Yoga certification

## TIME LENGTH

9 months

## ITINERARY

SEPT - DEC

- Group program to India, examine diverse Himalayan cultures, explore Tibetan Buddhist traditions

JAN

- Buddhist meditation retreat in N. India; study Ayurveda in S. India

FEB - APR

- Apprentice with a traditional healer in Bali

MAY

- Get yoga certification, independent travel in Indonesia

# Sample #4

## GOALS

- Explore creativity and the arts
- Connect with artist communities
- Live in Europe
- Learn to cook

## TIME LENGTH

9 months

## ITINERARY

SEPT - DEC

- Take immersive art history classes in Italy and homestay with local artist

JAN

- Explore Europe; visit museums and historic sites; take cooking classes

FEB - MAY

- Studio arts in Greece and Greek cooking classes

# Sample #5

## GOALS

- Learn a new language
- Explore an unfamiliar culture
- Business and entrepreneurship

## TIME LENGTH

12 months

## ITINERARY

AUG

- Take a beginner Arabic course

SEPT - DEC

- Group program in Morocco

JAN - MAR

- Apprentice in small business development in rural Jordan

APR - JUL

- Intern at a business firm in UAE and take intermediate Arabic courses

Ready to begin your journey?

Book a free consultation!



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