

Gap Year Programs

By Susanna R. Cerasuolo, M.Ed., College Counselor

A gap year is a year off from school, usually taken between graduating high school and starting college. Popular activities during a gap year include doing research, volunteering, and traveling. Gap year programs can last anywhere from 3 to 12 months, and often include hands-on learning in different parts of the world. Typically you apply to college with your class and then “defer” your acceptance by a year while you go and do your gap year program or combination of several programs.

Here is a list of gap year programs recommended by college guidance professionals.

- [Academy at Watkinson](#)
- [Adventures Cross-Country](#)
- [Africa & Asia Venture, Ltd.](#)
- [Amigos de las Americas](#)
- [API](#)
- [Art History Abroad](#)
- [Carpe Diem International Education](#)
- [Center for Interim Programs](#)
- [CIEE \(Council on International Education Exchange\)](#)
- [City Year Inc.](#)
- [Cross Cultural Solutions](#)
- [Dynamy Internship Year](#)
- [Ecole International d’Etude de la Terre](#)
- [EF International Language Centers](#)
- [EnRoute Consulting](#)
- [Foundation for Sustainable Development](#)
- [Gap 360](#)
- [Gap Year South Africa](#)
- [Global Citizen Year](#)

- [International Studies Abroad ISA & ISA High School](#)
- [LEAPNOW: Transforming Education](#)
- [Maximo Nivel](#)
- [National Outdoor Leadership School \(NOLS\)](#)
- [Next Step China LLC](#)
- [Outward Bound](#)
- [Real Gap](#)
- [Rustic Pathways](#)
- [Sansori](#)
- [Sea | mester](#)
- [Summit Adventure](#)
- [Take Australia](#)
- [The Experiment in International Living](#)
- [The Leap](#)
- [Thinking Beyond Borders](#)
- [VisitOz](#)
- [Where There Be Dragons](#)
- [Youth For Understanding \(YFU\)](#)