Gap Year Programs
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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)