

# Enrichment & Gap Year Programs



**Academy at Watkinson** - <http://www.watkinson.org/programs/theacademy> - While strengthening your transcript at a historic preparatory school, you can participate in intriguing internships, travel opportunities to amazing places such as London, Cambodia, Mexico, and the Dominican Republic. You may take classes at the University of Hartford, and engage in rewarding community service opportunities. Gain independence by living on or off-campus, or with great host families.

**ActionQuest** <http://www.actionquest.com> offers incredible summer adventure camps for teens. For over 30 years, AQ has consistently delivered high quality sailing camps, scuba camps, community service camps and marine biology camps. Through hands-on learning and adventure travel throughout the world, we have successfully ignited the inherent leadership skills within thousands of young adults

**Adventures Cross-Country** - <http://www.arccgap.com> - Our Semester programs embark on a journey of discovery of local peoples, places, cultures and ideas. ARCC offers Gap Semesters in Africa (Kenya, Tanzania and Uganda) , Asia (China, Vietnam, Cambodia and Thailand ) and Latin America (Costa Rica, Ecuador and Peru). What this formative break away from the classroom can do, is to ignite a desire for change, awake a passion for learning, and expose a young adult to multiple fields of study and career paths to serve as inspiration in gaining a direction for college.

**api** - <http://www.aspirebvapi.com/> – **Summer Community Service Opportunity for High School**

**Students:** With Aspire by API community service programs, students will engage directly with the global community and learn useful skills with real-world applications. Students also learn about the value of teamwork and the real impact that good will and coordination can have on a local community.

**Summer Study Abroad Programs:** offer high school students opportunities to learn and develop relevant global skills through fun, enriching summer study abroad programs.

**GAP Year:** During a gap year abroad, students gain real-world knowledge. They return more motivated, focused and prepared for their first year of college.



**Art History Abroad** - <http://www.arthistoryabroad.com/> - Study art, architecture & European culture in Italy, Paris & London. Our carefully structured programs last for 12 weeks in the fall, or 6 weeks at other times. We also offer shorter summer courses. Learn about the greatest masterpieces of Western civilization from the ancient world, through the Renaissance and up to the modern era. All teaching is on-site (in groups of 9 or less) by expert tutors who know how to make the obvious extraordinary and the unusual captivating.

**Barnard College PreCollegiate Program** <http://www.barnard.edu/pcp>. At Barnard College, enrich your academic experience and get a head start on college in the world's greatest city. Barnard offers opportunities to discover New York City in and out of the classroom while taking fascinating classes with our world-renowned faculty, exploring careers and interests from architecture to outer space, making friends from around the world, and getting a head start on college applications through our admissions workshops

**Berkeley Pre Collegiate** <http://summer.berkeley.edu/pre-collegiate>

This pre-collegiate program offers students the chance to join the community of more than 250 high school students who spend their time enjoying a summer at Berkeley. Take advantage of courses, co-curricular activities, and workshops planned just for you and earn college credit too!

**Best Summer Ever** <http://www.bestsummerever.com/> The worldwide summer opportunities combined recreational sports, stimulating academics and cultural activities. Our programs are located on college campuses throughout the world. Your child has the opportunity to get a head start on their future.

**Boston University** <http://www.bu.edu/summer/high-school-programs>.

Summer programs for high school students challenge you intellectually while introducing you to college life. You also discover the bonds of a strong social community through fun activities on campus and around Boston—one of the most exciting cities in the U.S. Join motivated high school students from 47 states and 46 countries for an experience that will give you a true advantage in college.

**Broadreach** - <http://www.gobroadreach.com/> – Over the past 20 years, **Broadreach** has expanded the horizons of over 13,000 high school & college students. On 70+ summer adventures in 40+ countries, our students have pursued their interests, unlocking the world, understanding its people and discovering themselves along the way. They've earned 7000+ college credits in subjects ranging from marine biology & medicine to Spanish & photography. They've logged over 100,000 community service hours while making the world a better place, and traveled countless miles across oceans, off beaten paths and into ancient cultures. They came alone, but left with 10-12 incredible friends and the knowledge that life's possibilities are limitless.



**California State Summer School for the Arts (CSSSA)** -

<https://www.csssa.org/csssa/> – is a rigorous, paraprofessional, month-long training program in the visual & performing arts, creative writing, animation & film for talented artists of high school age. CSSSA provides a supportive environment in which students hone acquired skills and explore new techniques and ideas for an intense and exciting learning experience. The school was created by

the California Legislature, and held its first session in 1987. Its purpose is to provide a training ground for future artists who wish to pursue careers in the arts and entertainment industries in California. California residents enrolled in grades 9 - 12 may attend.. The admissions process is highly competitive. (Last session approximately 1 in 3 applicants in most departments were accepted).

**Dynamy Internship Year** - <http://www.internshipyear.org> - Located in Worcester, Massachusetts, **Dynamy Internship Year** integrates full-time mentored internships in over 240 organizations with urban and backcountry leadership experiences, personal and college/career advising, city apartment living, optional college seminars and the company of a remarkable group of peers.



**FIDM** - <http://fidm.edu/en/News+and+Events/3+Days+of+Fashion> – Learn what it's like to launch your own business or how to have a great career in marketing, social media, fashion buying, merchandising, fashion styling, or fashion design at **FIDM's 3 Days of Fashion** for high school students! Participate in workshops such as Draping the Dress, where you will create a 3-dimensional design on a fitting form; Concept to Consumer, which focuses on design and merchandising; and creating a Promotional Campaign, where you will create a mock photo shoot and special event. Work with other students from all over the world who share your passion for this industry. Experience the amazing resources **FIDM** has to offer. Meet fashion celebrities and hear how they built their careers.



**First Abroad** - <http://www.firstabroad.com/> - Based in Boston, **First Abroad** caters to Americans who want to explore the world, take a break from school or work, and develop a new career or hobby. **First Abroad** welcomes 18-and-up gappers from every background, education and skill level. Travelers take part in paid jobs abroad, volunteer and internship positions, adventure and cultural tours, backpacker bus pass trips, self-development odysseys and everything in between. With nearly 200 trips to 50+ countries, there's a gap experience for everyone.



**Global Citizen Year** - <http://www.globalcitizenyear.org> - **Global Citizen Year** is a non-profit social enterprise that is building the next generation of Americans. Through intensive training and immersion in communities across Africa, Latin America (and eventually Asia and the Middle East) our Fellows contribute to local efforts in education, technology, health and the environment while developing the self-awareness, grit and global skills they need to be transformative leaders in college, careers and life.

**Global Works** - <http://www.globalworkstravel.com/ssa/> – At the heart of every **Global Works** journey are carefully designed service and experiential learning activities. We choose our high school travel program destinations based on criteria that includes experiential and educational value, safety and logistical support, affordability, and demand. Most of our community service trip destinations develop out of personal connections between our directors and staff and local people within the communities we partner with. This helps to lay the foundation for authentic and impactful travel experiences. Choose from numerous destinations and experience our inspiring volunteer high school summer travel program! College credit courses also available.

**Young Women's Institute** <http://kelley.iu.edu/Ugrad/Admissions/page39075.html>. This 2 week program is held at the Kelley School of Business at Indiana University Bloomington and is exclusively for women who are currently juniors in high school (2013-14 school year). It offers a look into college life while enforcing a passion for business and is located at a renowned undergraduate business school. Participants only need to cover transportation to and from Bloomington and personal expenses. Send your high school transcript and one letter of recommendation and fill out the application.

**mei** - <http://www.meiacademy.com/courses/summer-overview.php> – Choose between one or two course summer programs, GAP year programs, and/or a semester abroad.

Imagine hiking through the Tuscan countryside and journeying to the ancient Roman hot springs of Saturnia; learning about photography, videography, and journalism in the vibrant cities of Rome and Paris, or uncovering biological processes in the rainforests of Central America. Picture yourself swimming in the ancient Aegean, studying the Caesars in the Roman Forum or the effects of the World Wars from the trenches in France. Learning about the world and how to live in it is the essence of education.



**National Outdoor Leadership School (NOLS)** - <http://www.nols.edu/> - For nearly 50 years, the **National Outdoor Leadership School (NOLS)** has been the leader in wilderness education. **NOLS** offers over 65 course types in skill areas including backpacking, rock climbing, mountaineering, sea kayaking, sailing, canoeing, skiing, snowboarding, horsepacking, and wilderness medicine on courses ranging from 9 days to an academic year. Each year, NOLS provides \$1.5 million in scholarship assistance to our students, and optional academic credit is available for all courses. High School courses available.



**Next Step China, LLC** - <http://www.nextstepchina.org> - **Next Step China** offers flexible and affordable programs to Study Chinese, Intern, Volunteer or Teach English from 1 month to a year. Students interested in studying Chinese can do so at a top university in China or with our high qualified teachers 7 hours a day exploring the city of Beijing or Shanghai. Teens can also take part in an internship or volunteer while studying the language.



**Outward Bound-** <http://www.outwardbound.org/classic/high-school-expeditions/> –



**Outward Bound** high school expeditions help students age 14-17 find their own limits, discover who they are, and learn to effectively express themselves along the way. On our longer high school expeditions – on average 16 days – students have plenty of opportunities to develop their personal values systems, to consider the consequences of their actions and to look carefully at the role models around them. Outward Bound offers activities such as: Backpacking, Canoeing, Mountaineering, Rafting, Rock Climbing, Sailing, Sea Kayaking and Snowboarding. Some courses also include training that leads to certifications, including: Wilderness First Responder, American Red Cross Lifeguarding, Avalanche Level 1, NAUI Open Water SCUBA, U S Sailing Basic Keelboat available. \* Additionally, an **Outward Bound** Program is offered for grieving teens 14-18 years of age underwritten by New York Life.

### **Pre-College Drama Program at Carnegie Mellon University**

<http://admission.enrollment.cmu.edu/pages/applying-to-pre-college> This 6 week program aims to prepare students for college auditions. Students are 16-18 who have completed their sophomore year of high school. Student Carly Valancy attended this program and says it made her realize she wants to be at a school with a conservatory-style program. Her most memorable moment also helped her grow as a performer. “I was in the middle of a voice lesson and my voice cracked,” she says. “I was embarrassed at first, but my teacher smiled and asked me to sing the note again. I had a breakthrough, and ever since then I’ve been really singing correctly.”

**Ridge Academy**- <http://www.ridgeacademy.com/about-ridge/> – **RIDGE Mountain Academy** is a campus-based gap year enrichment program that revolves around mountain sports. Located in Whitefish, Montana, **RIDGE** is designed for male & female student athletes ages 17 to 20 interested in strengthening their training, forging new skills, and discovering their passions. A fusion of mountain sports, education, and life skills, the semester program prepares student athletes of all abilities—beginner to elite—to develop balance, purpose, and their true potential. The **RIDGE** program is designed to arm you with the knowledge and experience you need to travel safely in the mountains and enjoy the best mountain sports on the planet.

**Rustic Pathways** - <http://www.rusticpathways.com/gap> - A 31-year-old global leader in community service, experiential education, and international adventures for young people, **Rustic Pathways** facilitates empowering programs that enrich students' lives, benefit communities, and build cultural bridges that lead to greater global understanding. While emphasizing safety, positivity, & respect, these experiences can help participants build maturity & independence crucial to success in college & careers. With a diverse range of Gap Year opportunities in 16 incredible countries, programs can last from 1 to 9 months.



**Sansori** - <http://www.sansori.org> - **Sansori's** Bridge Year allows students to learn, through their own experiences, how to integrate commerce, compassion and community in their personal and business lives. Through international travel, cultural immersion, online business seminars, and on-the-job training at established social enterprises, students emerge from the Bridge year program with a clear sense of what contribution they wish to make in their community and how to do so, ways to support themselves financially, and the tools to center their mind and body as they navigate through the world.



**Sea | mester** - <http://www.seamester.com> - **Sea|mester** offers a range of unique gap-year adventures where our students live full-time aboard either S/Y Ocean Star or S/Y Argo sailing from island to island, country to country or continent to continent in any number of global locations. Throughout the year, **Sea|mester** offers global semester at sea voyages for college students & high school graduates. From voyages as short as 20 days to as long as 90, S/Y Ocean Star, our 88-foot schooner, sails full-time in the Caribbean, whereas our new vessel S/Y Argo circumnavigates the world. Along the way, our crews visit many different islands and countries, undertaking research and service projects with local government and private organizations while simultaneously working toward their academics and certifications.

**Summer Discovery** <http://www.summerdiscovery.com/> For over 40 years, high school students from around the globe have enjoyed summers filled with fun, educational and innovative activities. Programs include college credit, internships, research mentorship, sport management, leadership programs, SAT prep, Skills for Mind and Body, enrichment, writing, community service, college admissions prep, tennis, golf, cooking and many other activities. Located at many UC campuses/



**Teen Life** - <https://www.teenlife.com/> – The **Teen Life Program** offers a wide variety of summer programs as well as Gap Year Programs. **Summer:** Whether it's an overnight pre-college program, a local day camp, or sleep away camp, attending a summer program is a fantastic way to pursue new interests, improve existing skills, and make new friends. These one-of-a-kind programs tend to focus on specific pursuits like becoming a

camp counselor or attending sports camps, academic summer sessions, art and theatre camps, high school science summer programs, study abroad, and more.

**Thinking Beyond Borders** - <http://www.thinkingbeyondborders.org>-Thinking Beyond Borders empowers and inspires students to address critical global issues with gap year programs intentionally designed to be exciting, supportive, and transformational. We combine deep cultural immersion, working with inspiring local leaders, and engaging readings and discussions to create an incredible learning environment. Program Leaders with Master's degrees in International Development and education will support your learning with seminars & mentoring.

**UC Davis Young Scholars Program** - <http://yvsp.ucdavis.edu> – Participants in the **Young Scholars Program** will work 1-on-1 with research faculty and groups in state-of-the-art laboratories for 6 weeks. Each student will work on an individual project and prepare a journal quality paper and symposium presentation about their work. The laboratory experience, involving approximately 85 % of the program time, will focus on original research including experimental design, data collection, statistical analysis, and communication of results through written and oral means. Students live in air-conditioned university dorms under the guidance of young science teachers. The cost for room and board for 6 weeks, all field trips, activities, & 5 units of university credit is \$6,200 plus a fully refundable \$200 security deposit.



**Vermont Tech** - <http://www.vtc.edu/venture> – The Venture Semester will take you into the heart of food, agriculture, and learning to live off the land. Guided by highly passionate leaders, the crew will experience life on two of Vermont’s most beautiful and historic campus farms. Living, working, and learning together participants earn transferrable college credit as well as critical thinking, advanced writing, and technical skills. Weekends bring hiking, camping, swimming, and a true taste of the best the Green Mountains have to offer. Short term courses are available such as vineyard operations, Run Your Team: Tools for Managing and Motivating Employees on the Farm, Growing Greens for Market in Cold Climates with Unheated Greenhouses, Maple Syrup Boiling, Soils in a Day, Artificial Insemination of Dairy Cattle and Reproductive Management etc.

**Winterline** - <http://usagapyearfairs.org/program/winterline-global-skills-program/> – The **Winterline** Global Skills Program is a 9 month experience designed for students from all over the globe. Our program is specifically designed to expose you to different parts of the world and expand your knowledge of global cultures, issues and contexts, while teaching you very specific and practical life and job skills. Our students travel together for 9 months while guided by adult mentors, building a diversity of skill sets in everything from sustainable design to digital media, from customer service to mechanical repair, all while developing extensive experience in creative problem-solving, effective communication and dynamic leadership that they are able to draw on for the rest of their lives.

