

## GAP YEAR – Options and Information

### What is a Gap Year?

A Gap Year is an experiential semester or year "off," typically taken between high school and college or university in order to deepen practical, professional, and personal awareness. In fact, in a recent study, one of the two biggest reasons students chose to take a Gap Year was precisely to address academic burnout. <https://gapyearassociation.org/gap-year.php>

***If posted OUTCAN prior to taking a Gap Year, a dependent child should move to the new post (initially, even if they do not remain there for their Gap Year) in order to be eligible for educational allowances upon return to academic institution post-Gap Year while parent is still at post.***

### Various opinions and information regarding the Gap Year

CanGap Podcast (2022)

[The Gap Year Podcast | CanGap Association](#)

L'actualité (2017) (French)

<http://lactualite.com/societe/2017/03/27/un-conge-sabbatique-a-19-ans/>

La presse (2016) (French)

<http://www.lapresse.ca/vivre/societe/201605/03/01-4977542-une-sabbatique-pendant-les-etudes.php>

Jobs.ca

<https://www.jobs.ca/sabbatical-year-students-mix/>

Indeed (2022)

[15 Benefits of Taking a Gap Year After High School | Indeed.com](#)

McGill University Career Planning Service

<https://www.mcgill.ca/caps/students/job/gapyear>

Harvard University Admissions Office

<https://college.harvard.edu/admissions/preparing-college/should-i-take-time>

Algonquin College Student Support Services

<https://algonquincollege.libguides.com/studyskills/gap-year>

*Note: MFS does not endorse any of the organizations below. The compiled information is provided solely as a courtesy to CAF members and their families.*

<b>Organization</b>	<b>General Details</b>	<b>Year Founded</b>	<b>Ages</b>	<b>Contact Information</b>
Canadian Gap year association Formerly "My gap year" founded in 2009	Not-for-profit CanGap program. Decision making consultations and recommendations and Gap year launch programs. Do not run their own travel programs.	2017	High school graduates	<a href="https://www.cangap.ca/">https://www.cangap.ca/</a>
Canada World Youth	GAP year after HS. Development and community programs around the world and in Canada. The CWY program advocates learning by doing, a model in which young volunteers learn by being actively engaged and volunteering in communities in Canada and in another country. Canadian organization.	1971	15-29	<a href="http://canadaworldyouth.org/">http://canadaworldyouth.org/</a>
Discover Year	Structured discovery post-secondary years with expenses and salary which see students break even or end up with a few thousand dollars at the end of the program.	2014	17-23	<a href="https://www.discoveryear.ca/why">https://www.discoveryear.ca/why</a>
Gap Year Association (American)	General GAP year information. Tips on writing a deferral letter for university. Not-for-profit accredited American organization.	2012	High school graduates	<a href="https://gapyearassociation.org/">https://gapyearassociation.org/</a>
Lattitude Canada	International volunteering opportunities. Cost similar to one year of university tuition. Registered youth development charity in the U.K.	1972	17 to 25	<a href="https://www.lattitudecanada.org/">https://www.lattitudecanada.org/</a>

Katimavik	As part of the NEW Katimavik, the National Experience (English/French/Indigenous) will provide young Canadians with the opportunity to learn about and engage in reconciliation activities. This is accomplished through engaging with local Indigenous communities, experiential learning and youth-led activities and workshops. 6 months. Low to no cost.	1977	18-30	<a href="https://katimavik.org/en/we-offer/">https://katimavik.org/en/we-offer/</a>
Study and Go Abroad	General information on study, travel, work and volunteering abroad. <i>Note: Most universities will not allow for deferrals if students study during their GAP year.</i>	1993	All ages	<a href="http://www.studyandgoabroad.com/">http://www.studyandgoabroad.com/</a> <a href="http://www.studyandgoabroad.com/meaningful-travel/volunteer/">http://www.studyandgoabroad.com/meaningful-travel/volunteer/</a>
International Volunteer HQ (IVHQ) (New Zealand)	Award winning company based in New Zealand. 2 to 24-week programs. Focus on conservation and sustainability.	2007	All ages	<a href="https://www.volunteerhq.org/history-ivhq/">https://www.volunteerhq.org/history-ivhq/</a>