



Gap Year

Our educational
philosophy

The true definition of global citizenship

Global citizenship is a term that many people use, but few can actually define. At EF, we've been sending students abroad for over fifty years, and along the way, we've learned what skills—both hard and soft—are needed to become a truly successful global citizen. With our global contacts and international expertise, we've built a thoughtfully curated year that puts you on your first steps to adulthood in a globally connected future, and on the fast track to becoming a leader in the 21st century.

Join us, as we offer you the world. During this year, we'll provide all the tools and opportunities you need to decide who you're going to be in it. Find focus for your college education. Figure out how you want to make your mark on the career world. Test out what true service means to you. Learn how to communicate in another language. Experience civilization's greatest cultural achievements and architectural masterpieces firsthand with travel to Europe, Australia, and beyond.

We can't tell you who you'll become, but we can promise you a carefully built journey that will lead you to discover it for yourself.

We help students develop the 21st-century skills they will need to become global citizens who can thrive in an ever-changing world.



The EF Gap curriculum

Our curriculum is tailored to the needs of each participant. This is accomplished through the creation of an individualized learning and personal growth plan, facilitated by EF Gap Year mentors, but driven and managed by the students themselves. This is accomplished in four critical ways:

SELF-AWARENESS & GOAL SETTING

Students will work with EF Gap Year advisory staff as well as academic staff from Ashridge Executive Education to set goals using a 4-step model:

My Compass: An inventory of values, beliefs and interests that focus a participant's goals and ground him or her in moments of uncertainty.

My Vision of the Future: Concrete goals for success in college and the career world beyond.

My Gap Goals: A detailed action plan of how the year ahead can be used to achieve the student's vision of the future.

My Gap Bucket List: A list of horizon-expanding things to see and do every step of the way.

MODULE-SPECIFIC LEARNING

To ensure every EF Gap student is on the path towards global citizenship, we've designed a progressive module-by-module learning experience. Our structure provides space for students to develop the independence and self-reliance needed to grow into fully fledged adults while, at the same time, to learn the hard and soft skills they need to become documented citizens of the world.

For more details, see the following two spreads.

A thoughtfully curated series of hands-on learning experiences that allow students to make the world their classroom.



MENTORSHIP & COACHING

All EF Gap students are supported with an integrated mentorship and coaching program both pre-departure and throughout their time with EF. To ensure a rewarding individual experience, mentors guide students toward achieving their unique individual goals, help them stay focused and on track, and provide advice and support every step of the way. This mentorship is provided both virtually and in person, dependent upon the location and structure of each module.

DISCUSSION & REFLECTION

Periodic discussion and reflection sessions at key points in every module help participants translate their experiences into learnings. Participants will be encouraged to see things the immediate environment around them from different perspectives throughout the EF Gap Year, and reflection sessions will be a time to compare and contrast impressions from different cultures, different opinions, and world views.

Module-specific learning: EF Gap Year

How Gap Year students continuously learn and grow over the course of their 26-week program.



International internship experience at a creative studio in Madrid.

	ORIENTATION	WELCOME TOUR OF EUROPE	LANGUAGE STUDY	SERVICE LEARNING	WINTER BREAK	COLLEGE APP SEMINAR (OPTIONAL)	CULTURAL IMMERSION TOUR OF AUSTRALIA	INTERNSHIP	EF LEADERSHIP ACADEMY & TOUR	WRAP-UP
GOAL	Set off on the right foot	Gain cultural literacy through firsthand exploration	Connect with others more profoundly by communicating in their native tongue	Do something good for the environment, for others, and for yourself	Rest, reflect, share!	Apply to the college of your dreams (or reapply)	Take a deep-dive into Australia and New Zealand's past, present, and future	Understand how society works on a professional level	Discover your inner leader	Return home a true citizen of the world
STRATEGY	Set personal goals for your gap experience and create an action plan for how to achieve them	Use this tour as a learning lab for testing your own ideas and beliefs against a European perspective	Learn another language by living and studying in a country where it is spoken daily	Embed yourself in a local community to learn about the challenges it faces, and then contribute to solutions	Assess your gap experiences to date, and share outcomes with your family and friends	Learn how to convert your experiences into a compelling story for college admissions officers	Test your evolving ideas about post-colonialism against those of another English-speaking culture located a hemisphere away	Take your first big step as an adult by living on your own and working in a field of interest	Develop leadership skills through strengths-building, teamwork, and motivational techniques	Evaluate all your experiences and develop a post-gap plan for success in college and your career
SKILLS	<ul style="list-style-type: none"> • Self-awareness • Goal-setting • Values • Safety best practices • Stress management 	<ul style="list-style-type: none"> • Curiosity • Culture • Knowledge • Flexibility • Group dynamics 	<ul style="list-style-type: none"> • Language fluency • Cross-cultural communication • Presentation skills • Exposure to new ideas / lifestyles 	<ul style="list-style-type: none"> • Teamwork • Community-building • Empathy • Ecology • Outdoor skills • Resiliency 	<ul style="list-style-type: none"> • Reflection • Assessment • Goal adjustment 	<ul style="list-style-type: none"> • Personal branding • Strategy • Resume building • Essay writing • Networking 	<ul style="list-style-type: none"> • Critical thinking • Contextualization • Research • Outreach • Debate 	<ul style="list-style-type: none"> • Independence • Entrepreneurship • Business culture • Personal finance • Time management • Problem-solving 	<ul style="list-style-type: none"> • Leadership • Conflict resolution • Team motivation • Negotiation • Public speaking 	<ul style="list-style-type: none"> • Reflection • Self-assessment • Strategy • Commitment

Module-specific learning: EF Gap Semester

How Gap Semester students continuously learn and grow over the course of their 12-week program.



Service learning through youth empowerment outreach in the Dominican Republic.

OPTIONS FOR MODULES A & B

	ORIENTATION	WELCOME TOUR OF EUROPE	LANGUAGE STUDY	SERVICE LEARNING	INTERNSHIP	EF LEADERSHIP ACADEMY	WRAP-UP	COLLEGE APP SEMINAR (OPTIONAL)
GOAL	Set off on the right foot	Gain cultural literacy through firsthand exploration	Connect with others more profoundly by communicating in their native tongue	Do something good for the environment, for others, and for yourself	Understand how society works on a professional level	Discover your inner leader	Return home a true citizen of the world	Apply to the college of your dreams (or reapply)
STRATEGY	Set personal goals for your gap experience and create an action plan for how to achieve them	Use this tour as a learning lab for testing your own ideas and beliefs against a European perspective	Learn another language by living and studying in a country where it is spoken daily	Embed yourself in a local community to learn about the challenges it faces, and then contribute to solutions	Take your first big step as an adult by living on your own and working in a field of interest	Develop leadership skills through strengths-building, teamwork, and motivational techniques	Evaluate all your experiences and develop a post-gap plan for success in college and your career	Learn how to convert your experiences into a compelling story for college admissions officers
SKILLS	<ul style="list-style-type: none"> • Self-awareness • Goal-setting • Values • Safety best practices • Stress management 	<ul style="list-style-type: none"> • Curiosity • Culture • Knowledge • Flexibility • Group dynamics 	<ul style="list-style-type: none"> • Language fluency • Cross-cultural communication • Presentation skills • Exposure to new ideas / lifestyles 	<ul style="list-style-type: none"> • Teamwork • Community-building • Empathy • Ecology • Outdoor skills • Resiliency 	<ul style="list-style-type: none"> • Independence • Entrepreneurship • Business culture • Personal finance • Time management • Problem-solving 	<ul style="list-style-type: none"> • Leadership • Conflict resolution • Team motivation • Negotiation • Public speaking 	<ul style="list-style-type: none"> • Reflection • Self-assessment • Strategy • Commitment 	<ul style="list-style-type: none"> • Personal branding • Strategy • Resume building • Essay writing • Networking

Options for earning college credit

Looking for a more academic experience? Enhance your EF Gap Year or Gap Semester with coursework designed by Southern New Hampshire University (SNHU).

Earn a university-level certificate for your Gap Year, or up to 18 semester credit hours with your choice of select EF Gap Year or Gap Semester program modules. With the guidance of a SNHU Professor and EF Academic Mentors, gain confidence about how to approach the university experience ahead by completing advanced coursework, refining your academic goals, and honing your career skills.

This unique academic experience provides the context to help you to better understand your EF Gap experience, and through the lens of ethnographic research, guides you to produce your own academic contribution.

Students who attend these courses find they are more prepared for college success, better positioned to take on community, campus, or business leadership roles, and a step ahead when it comes to understanding what the professional world values.

Learn more: <https://snhuvt.org/gapyear>



**Enhance your EF Gap Year or
Gap Semester experience with
university-level coursework.**

QUESTIONS? CONTACT US!

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