

## Who we are

Although our organizational and personal experience spans decades, our formal gap year journey as an organization began in 2008 with the incorporation of mygapyear, the first and only Canadian organization supporting gap year planning.

mygapyear established itself as the leader in Canadian gap year services and has been featured in numerous publications including the Globe and Mail and MacLean's, and has provided training, information and gap year planning support to thousands of Canadian educators, parents and gappers. We have helped these young adults with their successful transitions to next steps.

Almost a decade later, in 2017, mygapyear made the leap in founding a national non-profit, the Canadian Gap Year Association – an organization dedicated to Canada-specific gap year research, education and advocacy and creating and curating gap year resources for Canadian Gappers. The Canadian Gap Year Association is well positioned to be the hub for all information and resources related to gap years in Canada.

## Contact Us

In order to best serve all Canadians from coast-to-coast, we operate as virtual company but are a registered non-profit in Burlington, Ontario.

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# The Canadian Gap Year Experience



## GAP YEAR ESSENTIALS FOR CANADIANS

Developed by the Canadian Gap Year Association



Gap Year Essentials for Canadians

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# Tips for an AMAZING Gap Year

## Explore Expectations

Have family conversations about:

- Appropriate activities
- What will happen at the end of the gap year
- Budget
- What does it mean to have an adult child at home? New rules? Responsibilities?

## Check Your Re-Entry Plans

- Investigate dates for further post-secondary applications or new credit requirements
- If you are accepted, can you defer your acceptance

## Set Goals

- Take the time to evaluate where the gapper currently is and where they want to be at the end of the year
- Set goals that can be achieved over the year

## Plan, Plan, Plan

- Put it on paper – make it real and commit!
- Build in flexibility for growth that occurs throughout the year

## Build in Accountability

- How will you know you are moving forward?
- What will happen if you are not moving forward?

## Capture the Learning

- Take time to learn to articulate the growth that occurred
- Rewrite your resume and cover letters
- Reassess values and life goals
- Help others to see and understand the “new you”
- Prepare for “re-entry.”

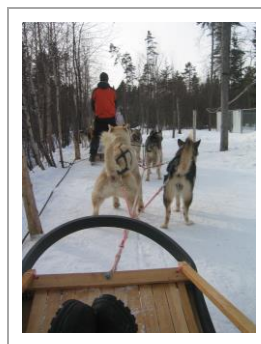
# Gap Year FAQ's

## What does it mean to defer my acceptance?



Some gappers will apply to post-secondary as usual and upon acceptance, ask for a deferral (admission for the subsequent year). In Canada this is done case-by-case at most institutions. If granted, it often comes with some limitations on not taking any for-credit courses from other post-secondary institutions during the gap year.

## Is any of this RESP eligible?



Most programs are not eligible to be funded through RESP funds. The exception is programs that offer credits that can be transferred to a Canadian institution. It is always worth a phone call to the program and the RESP provider to see what might be possible!

## How do we know if it is safe to travel?



The best resource is the Canadian government. Check here before you book and before you travel:

<https://travel.gc.ca/travelling/advisories>

You can also register yourself as a Canadian Abroad to receive support in the unlikely event of a disaster or civil unrest:

<https://travel.gc.ca/travelling/registration>

For additional Canadian-specific gap year information, visit [cangap.ca](http://cangap.ca) or reach out by email to [michelle@cangap.ca](mailto:michelle@cangap.ca)

## Gap Year Bursary for Canadians - Experience Life NOW!

Get paid to experience life before jumping into more formal education.



Courtesy of EF Gap Years, the Canadian Gap Year Association has one(1) \$5,000 bursary to award to a gapper who is taking the 2018-2019 academic year to explore themselves and the world. This money is to be used for anything other than formal education – this could be flights or travel expenses, fees for learning a new skill (skydiving, SCUBA diving, guitar lessons, woodworking, another language, etc.), improving your employability (resume workshops, career coaching, public speaking training, etc.), self-care (gym membership, yoga retreat, nutritionist fees, etc.), and anything else you might be able to dream up!

\*No purchase necessary. Contest closes May 15, 2018. Open to residents of Canada age 17-25. One Prize of \$5000 will be awarded. One entry per person. visit [cangap.ca/gapyear-funding](http://cangap.ca/gapyear-funding) for full terms and conditions.



We want to make your wildest gap year dreams come true.