

Hello from J2Guides!

We are Jane and Jason, the J2 behind J2Guides, and we are truly impressed that you are investigating your journey of living and learning outside the 4 walls of a classroom.

We know that some of you are still undecided if you are going to take a gap year, while others are ready to start planning now. Some of you are in high school, others are in college, and some are graduates. You may know exactly what you want to do, or have no idea. Some of you are gapping for a summer or semester, and others for the academic year.

All are welcome here!

Regardless of your interests, abilities, resources and timeframe, J2Guides can help you plan an intentional gap year in an engaging and empowering process.

We have worked for 3 decades and with thousands of students in the field of experiential education, and we know that only good can come from the questions you are asking.

Let's see what answers are out there for your next best steps!



Jane
& Jason

#whatisyourwhy?

Being able to articulate WHY you want to take a gap year is the starting point for all that's ahead. You have to know WHY you want this before you can plot the what, where or how. Knowing your WHY will also help you articulate your reasons to parents, friends and counselors so that you can engage in a proactive (rather than reactive) dialogue.

Below are the primary reasons students are gapping. What are yours? Check all that apply and remember, there are no wrong answers:



Academic
Burn-Out



Mental
Health



Apply/ Reapply
to College



Physical
Health



Gain Experience
for College or Career



Develop
Soft/ Life Skills



Real-World/ Global
Perspective



Discover/ Deepen
Interests



Have a great
Adventure



Work to
Save Money



Other/
Describe:



Bucket List

Sit somewhere comfortable and free from distractions. This will be a free-write of everything that comes to mind when you think about your dream gap time. In a free-write, you do not stop to think or edit. You can use adjectives, nouns, verbs, phrases or pictures. If you write the same thing twice, leave it. If you are unsure, write it anyway. Be general or specific. Set your timer for 5 minutes ... and begin!



Progression

Now that you have generated some initial ideas, you may be wondering how to put them all together. One effective J2Guides' strategy is to plan your gap year in a multi-part Progression: start your gap time with more structure or comfort, and move towards more independence or challenge in each following experience.



"On my gap year I would like to travel, get fluent in Spanish, and gain real experience in environmental conservation."

Fall



*Wilderness program
in the US*

Winter



*Environmental internship
in Costa Rica*

Spring



*Low cost travel and
volunteering*



"On my gap year I would love to ... "

Fall

Winter

Spring

Gap Year Ideas

Need ideas to get you started? We offer the below to spark your imagination. Do not be discouraged if you don't see the right-for-you experience - it's impossible to outline every gap year option that exists. If you have an idea or goal, there is very likely a way to achieve it!

Art, Music & Film

- Filmmaking in the U.S.
- Studio & performing arts in Europe
- Sound engineering in the U.S.
- Museum & gallery internships worldwide

Outdoor Adventure

- Multi-activity courses in Australia & the U.S.
- Diving, sailing & marine life in the Caribbean
- Trekking & culture in Asia or Africa
- Wilderness medicine & first aid courses

Volunteering & Internships

- Life skills with internships in the U.S.
- Business, STEM & sports in Europe
- Kids, animals & public health worldwide
- Human rights & conservation in South Africa

Culture & Travel

- Travel, language & exploration in Europe
- Spanish immersion in South America
- Volunteer & travel in East Africa
- Cultural & service programs in Asia

Work Exchange & Low Cost

- Live and work as an au pair in Europe
- Work and live on small farms worldwide
- Disaster relief in the U.S. & Caribbean
- Paid work in the U.S., New Zealand & Australia

Skills & Certifications

- Language immersion worldwide
- Tiny house & boat building in the U.S.
- Ski/ snowboard courses in US & Canada
- Cooking certificate courses in Europe

Thinking about taking a gap summer, semester or year can feel a bit overwhelming at the start, but we are here to help!

[Schedule a free consultation](#) with J2Guides so we can help turn YOUR ideas into a meaningful life and learning experience.

Jane & Jason