



## Gap Year Starter Checklist

Gap years are amazing experiences but where do you start? What do you need to be thinking about? With more than 10 years of experience working with Canadian gappers, we have compiled a list of some things you should consider as you start planning your gap year!

- Set goals. Define why you are taking a gap year and who you want to be at the end of it. This will help you to pick opportunities to get involved with so that you have an amazing year full of personal and professional growth.
- Create a calendar for your year – be sure to include all of the important dates (weddings, birthdays, holidays, educational commitments, etc.) Don't forget to include information regarding future academic/career deadlines (applications due, accepting offers, etc.)
- Finances: What is your budget? Who is contributing? How much? Will you need to work? For how many hours/weeks/months?
- Create a budget. Look at: program fees, transportation (flights, train passes, cabs, etc.) , accommodation, insurance, visas, food, gear (backpack, shoes, water bottles, etc.), communication (cell phone plans), emergency funds.
- Research programs/organizations. There are lots of things to consider when evaluating what you want to do for your gap year. Check out our "vetting a travel provider" pamphlet for some ideas of what to look for.
- Look into financial aid. Many programs have scholarships or financial aid to offset the cost of the program. Ask about these options! Lots of programs offered by the Canadian Government are free!
- Local/Canadian/International Experiences: Check out a variety of things to do! Any hobbies you want to catch up on? New things you have always wanted to try? Local excursions or road trips you wanted to take? Volunteering? Working? Internships? Travel?
- Create a communication plan. Figure out how you want to share your amazing gap year with others. Instagram? Snapchat? Blog? Vlog? Emails?
- Take time to reflect and capture how you have grown as a person. This could be journaling or re-writing your resume – be ready to share how you have changed and grown because of the things you have experienced on your gap year.
- Plan for re-integration. Remember to always have one eye on your next steps. What are the terms of your deferral policy? When do you have to apply to post-secondary? Have you networked enough to have contacts to start your career?

**Need more support? Get in touch for a one-on-one consultation or join us at one of our bootcamps.**

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