

Gap Year Options



Volunteering and Service (USA)

AmeriCorps

Each year, AmeriCorps offers 75,000 opportunities for adults of all ages and backgrounds to serve through a network of partnerships with local and national nonprofit groups. Whether your service makes a community safer, gives a child a second chance, or helps protect the environment, you'll be getting things done through AmeriCorps!

AmeriCorps NCCC FEMA CORPS

FEMA Corps is a full-time, 10-month program for American citizens who are 18-24 years old. Members focus solely on administrative and logistical support on emergency management and recovering. Projects type, length, and location are disaster-dependent.

AmeriCorps VISTA

AmeriCorps VISTA is the national service program designed specifically to fight poverty. VISTA members commit to serve full-time for a year at a nonprofit organization or local government agency, working to fight illiteracy, improve health services, create businesses, strengthen community groups, and much more.

Blueprint Schools Network

The Blueprint Fellows Program is designed to accelerate student achievement in schools across the country. Fellows provide daily, small group tutoring sessions to students across grades K-12. Fellows are fully integrated into their school cultures and are invited to collaborate with school staff, attend all staff meetings and professional development opportunities, communicate with students' families, and coordinate school-wide service projects.

Challenge Detroit

Challenge Detroit is a leadership and professional development program that invites approximately 30 of tomorrow's leaders to live, work, play, give, and lead in and around the greater Detroit area for one year. During the course of the year, Fellows contribute intellectually and through hands-on service making incremental impact in the community. Learning by doing is a cornerstone of the program and the Fellows have the courage, passion, and drive to make a difference.

Change Corps

1-year paid program where members receive training on grassroots organizing and then support in connecting with full-time employers.

Children's Corps

Children's Corps seeks to improve life opportunities for all children and families who come to the attention of public child welfare systems throughout the United States. Our mission is to effect change by reducing caseworker turnover, providing more effective assessments and service referrals, as well as creating more positive, permanent outcomes for children and families.

Citizen School

The Citizen Schools National Teaching Fellowship is a service program offering a two-year, leadership development experience, including service as a team leader at a Citizen Schools campus, professional

development with a partner organization in the community, and the opportunity for optional enrollment in a Master's program.

City Year

City Year unites young people of all backgrounds for a year of full-time service, giving them the skills and opportunities to change the world. As tutors, mentors and role models, these diverse young leaders help children stay in school and on track, and transform schools and communities across the United States, as well as through international affiliates in Johannesburg, South Africa and London, England. Just as important, during their year of service corps members develop civic leadership skills they can use throughout a lifetime of community service.

Jesuit Volunteer Corps

Corps members participate in life-changing service, living and working with those in need to build a more just and hopeful world. Members have a chance to serve within 37 cities in the USA and 6 countries. Basic needs are covered by the program as well as a small personal stipend.

National Civilian Community Corps

AmeriCorps NCCC (National Civilian Community Corps) strengthens communities and develops leaders through direct, team-based national and community service. In partnership with non-profits—secular and faith based—local municipalities, state governments, federal government, national and state parks, Indian tribes, and schools, members complete service projects throughout the region they are assigned.

Volunteering and Service (Abroad)

Leland International Hunger Fellows Program

This 2 year international fellowship develops leaders dedicated to solving food insecurity. In addition to benefits and a living stipend, fellows receive training and work in the field in host organizations in Latin America, Africa, and Asia and then spend a year on policy projects.

Lutheran Volunteer Corps

Volunteers live in an intentional community exploring spirituality and sustainability while working for social justice in schools or non-profit organizations on various topics including youth development, medical and legal access, refugee services, senior services, food access, and public policy. Interns are paid by stipend and are granted at least 2 weeks of vacation by their host site. Only a third of the volunteers are Lutheran.

Peace Corps

The Peace Corps is a service opportunity for motivated changemakers to immerse themselves in a community abroad, working side by side with local leaders to tackle the most pressing challenges of our generation.

Princeton in Africa

Founded in 1999, Princeton in Africa develops young leaders committed to Africa's advancement by offering yearlong fellowship opportunities with a variety of organizations that work across the African continent.

Princeton in Asia

Princeton in Asia (PiA) is an independent, non-profit organization affiliated with and located on campus at Princeton University. Founded by students in 1898, the program has long been driven by a mission to foster mutual appreciation and cultural understanding by connecting service-minded graduates and partner organizations in Asia through immersive work experiences that transform perspectives, cultivate long-lasting friendships and benefit local and global communities.

Volunteers for Peace

Many of our volunteers are recent college graduates and we find that this is an ideal time of life to do a volunteer project abroad. You have the background and the education of college to help guide your experience abroad, and the freedom and time before starting a career.

William J. Clinton Fellowship for Service in India

American Indian Foundation (AIF) is a service program working towards meeting India's goals for sustainable development. If selected, you will work with leading NGOs and social enterprises in India in order to create effective projects. AIF provides travel expenses, insurance coverage, and a monthly stipend.

Environmental

Conservation Diversity Fellowship

The Open Space Institute's Conservation Diversity Fellowship seeks candidates pursuing professional experience in the conservation field. The Fellowship is a full-time, salaried, one-year position in New York City offering candidates the chance to work with colleagues and leaders at the Open Space Institute to accomplish meaningful conservation goals.

Green Corps' Environmental Leadership Training Program

The mission of Green Corps is to recruit and train organizers, provide field support for today's critical environmental campaigns, and graduate activists who possess the skills, temperament and commitment needed to fight and win tomorrow's environmental battles. Green Corps' one-year, full-time, paid Field School for Environmental Organizing includes intensive classroom training, hands-on field experience running urgent environmental campaigns, and career placement in positions with leading environmental groups.

National Park Service

There are thousands of opportunities for high school, college, and graduate school students to work with the National Park Service. Many of these jobs are filled at the park level—so contact the park that interests you—but others are advertised and recruited nationally by the National Park Service or in partnership with several national organizations. We welcome the interest and involvement of the next generation who will help us care for our nation's environment and preserve her history.

World Wide Opportunities on Organic Farms

WWOOF is a worldwide movement linking volunteers with organic farmers and growers to promote cultural and educational experiences based on trust and non-monetary exchange, thereby helping to build a sustainable, global community.

Teaching

MATCH Corps Urban Education/Teaching Fellowship

This is an 11 month (August through June) residential fellowship program. It pairs Corps members with 6-7 MATCH High or Middle School students. Corps members run small group or 1-on-1 tutorials every day, run extra-curriculars, coach sports, and serve as a Teaching Assistant to one of our classroom teachers or as an Administrative Assistant in each of the school departments.

New York Teaching Fellows

The New York Teaching Fellows offers a high-quality teacher training program to begin a post-graduation education and career with hands-on training and experience. Fellows are trained during the summer, and most Fellows find employment in the New York Public School system in the following year.

Teach For America

All kids—no matter where they live, how much money their parents make, or what their skin color is – deserve access to a great education. But in our country today, low-income children do not have the same access to a great education as their wealthier peers. It's not easy to close this gap, but hundreds of proof points show that it's possible. It takes committed leaders in our classrooms today who will continue to fight for students tomorrow. Teach For America's mission is to build the movement to eliminate educational inequity by developing such leaders.

Uncommon School Summer Teacher Fellowship

The Summer Teaching Fellowship (STF) is designed to introduce college juniors to teaching and urban education reform through experience in Uncommon's classrooms and tailored professional development opportunities. Fellows develop the skills necessary for leading high-achieving urban classrooms through the mentorship, collaboration, and hands-on experience Uncommon Schools provides.

WorldTeach

WorldTeach partners with governments and other organizations in developing countries to provide volunteer teachers to meet local needs and promote responsible global citizenship. It also addressed a growing interest among people in the U.S. and elsewhere to serve, teach and learn as volunteers overseas. WorldTeach provides opportunities for volunteers to teach in developing countries for year programs that are 10-12 months long or summer programs that are 2 months in length. The program can cost the volunteers up to thousands of dollars.

Arts & Communication

Atlantic Media Fellowship Program

Atlantic Media is dedicated to equipping opinion leaders with breakthrough ideas and original insights. Its powerful brands, including The Atlantic, Government Executive, National Journal, Quartz, and Defense One reach leaders across all sectors—consumer, business, media, and government. Atlantic Media offers high-achieving recent college graduates a unique opportunity to participate in the Atlantic Media Fellowship Program. The Program is a structured, year-long paid fellowship for top-tier talent committed to editorial-side or business-side careers in media.

Hearst Journalism Fellowships

The Fellowship is a two-year program focusing on journalism in a changing digital world. The Fellowship program consists of two 12-month rotations at our top metro papers. Fellows will receive training, mentoring and real-world experience alongside top journalists who are using cutting-edge tools to tell stories through data, video, and more. Hearst Fellows are full-time employees with competitive salary and benefits, including health insurance and moving expenses.

Mother Jones' Ben Bagdikian Fellowship Program

The Ben Bagdikian Fellowship Program offers a 6-month crash course in investigative journalism. Fellowships, including Editorial, Online Editorial, Social Media, Digital Media, and Strategic Communications, are full-time positions paid by monthly stipend with the opportunity to extend the position for an additional six months.

NBC's Tim Russert Fellowship Program

The Tim Russert Fellowship is a one-year paid position in the NBC News Washington DC Bureau where one Fellow works in several areas including "Meet the Press" and the NBC News Political Unit. The goal is to give a talented young journalist the opportunity to be mentored by seasoned NBC News staff members and experience a year-long "boot camp" in political journalism.

Public Policy & Government

American Jewish Committee Goldman Fellowship

AJC Goldman Fellows shape future leaders in summer internships in politics, diplomacy, public relations, and management. This program open to undergraduates and graduate school students offers opportunities for students to work with a mentor on projects in domestic and foreign offices.

APAICS Congressional Fellows Program

The APAICS Congressional Fellowship Program offers full-time legislative and public policy fellowships in Washington, DC, providing exceptional graduates and young professionals with an opportunity to work on policy issues as staff members in a congressional office. The program aims to build leadership skills, encourage political civic engagement, and foster a strong interest in public service careers.

B.A. Rudolph Foundation

Public Service Scholarship \$1,500 per month stipend for recent female graduate to complete an unpaid internship in D.C. A mentor is assigned to support networking.

The Bill Emerson National Hunger Fellowship

The Bill Emerson National Hunger Fellowship is a unique leadership development opportunity for motivated individuals seeking to make a difference in the struggle to eliminate hunger and poverty. Each year 20 participants are selected for this eleven-month program. Fellows are placed for half their term of service with urban and rural community-based organizations all over the country involved in fighting hunger at the local level. For the other half of their service, they are placed with national organizations involved in the anti-hunger and poverty movement.

Capital Fellows Programs

These programs, known collectively as the Capital Fellows Programs, are nationally recognized. The 18 Assembly Fellows, 18 Senate Fellows, 18 Executive Fellows and 10 Judicial Administration Fellows receive an

outstanding opportunity to engage in public service and prepare for future careers, while actively contributing to the development and implementation of public policy in California. The ranks of former fellows include a Justice of the California Supreme Court, members of the United States Congress and the State Legislature, a deputy director of the Peace Corps, state and local government officials, corporate executives and community leaders.

Carnegie Endowment for International Peace

Junior Fellows have the opportunity to conduct research for books, co-author journal articles and policy papers, participate in meetings with high-level officials, contribute to congressional testimony, and organize briefings attended by scholars, journalists, and government officials. Interested Iowa students should contact the Honors program.

Carnegie Foundation Fellows

Post-baccalaureate Fellows are placed in different programs and departments at the Foundation. Through work supervised by an assigned mentor, fellows gain a range of professional skills in research, communication, group facilitation, teamwork, project management, writing, and leadership. Compensation and benefits included.

Council on Foreign Relations Research and Program Associates

Research associates and program assistants will have the chance to hear from experts, including scholars, government officials, corporate executives, top journalists, and young, upcoming leaders, on the most important foreign-policy issues of our time. CFR also offers opportunities to further professional development through a lunch speaker series, a Professional Development training program, a tuition reimbursement policy, and free CFR publications.

Coro Fellows Program in Public Affairs

Coro introduces program participants to all aspects of the public affairs arena, preparing them to translate their ideals into action for improving their own communities and beyond. Coro Fellows learn to see the big picture - the community as a whole - and appreciate the varying perspectives that characterize our cities, states, and nation.

Fulbright Public Policy Fellowship

The Fellowship provides individuals with a chance to contribute to the strengthening of the public sector abroad by serving in professional placements within foreign government ministries while simultaneously carrying out an academic research project. For more information or to gain support for applications for the many other types of Fulbright programs, connect with [UI's Associate Director of International Fellowships](#).

Herbert Scoville Jr. Peace Fellowship

The Herbert Scoville Jr. Peace Fellowship is a national fellowship program that chooses a group of individuals to work in Washington, DC for 6 to 9 months. During this time, individuals will work with organizations addressing peace and security issues while earning a salary and a professional development stipend.

Humanity in Action Fellowship

Brings together international Fellows to study minority rights and produce research on diversity and democracy.

The Greenlining Institute Leadership Academy: Fellows Program

As part of Greenlining's overall mission to impact state and national policy and secure community reinvestment on behalf of low-income and communities of color, the Greenlining Academy works to develop the next generation of multi-ethnic leaders and informed community members through its leadership training programs. The Fellowship program is a year-long training program for young leaders that have completed, at minimum, their undergraduate degrees by the start of the program.

Mariam K. Chamberlain Fellowship

The Mariam K. Chamberlain Fellow works as a general research assistant on a variety of research projects and reports. Research tasks may include reviewing literature; collecting, checking and analyzing data; gathering information; and preparing reports and report graphics. Attending relevant Congressional briefings, policy seminars and meetings is also an integral part of the fellowship program.

MDC Autry Fellowship

The Autry Fellowship provides an opportunity for talented and passionate recent college graduates to work for one year to address pressing issues of inequity in the South as a full-time, paid staff member at MDC.

National Urban Fellows Program

National Urban Fellows' leadership development program is a rigorous, 14-month, full-time graduate degree program comprising two semesters of academic course work and a nine-month mentorship assignment. Fellows receive a \$25,000 stipend, health insurance, a book allowance, relocation and travel reimbursement, and full payment of tuition, in addition to their ongoing personal and professional development. The program culminates in a Master of Public Administration (MPA) degree from the City of New York's Bernard M. Baruch College, School of Public Affairs.

NYC Urban Fellows Program

The Urban Fellows Program is a highly selective, nine-month fellowship which combines work in Mayoral offices and City agencies with an intensive seminar series that explores current urban issues impacting public policy. Program participants are diverse and come from all over the country to work in New York City.

Presidential Management Fellows Program

The purpose of the Program is to attract to the Federal service outstanding men and women from a variety of academic disciplines and career paths who have a clear interest in, and commitment to, excellence in the leadership and management of public policies and programs.

Samuel Huntington Public Service Award

Provides \$15,000 stipend to a graduating senior to complete a public service project anywhere in the world for 1 year.

Smithsonian Internships

There are over 60 internship programs available at the Smithsonian offering a myriad of new experiences. Each museum and office manages their own programs and has their own intern coordinator.

Young Invincibles Fellows & Advocates

Young Invincibles hosts fellows and has an advocate program that will provide students with the opportunity

to learn a range of skills from policy research, organizing and advocacy, to communications strategies, to business skills. Locations in various cities. Application deadlines vary.

Healthcare & Science

American Public Health Association Internships

The American Public Health Association is the oldest, largest and most diverse organization of public health professionals in the world and has been working to improve public health since 1872. A variety of internships for undergrad and grad students are available.

amFAR's Rosenfield Fellowship

The Allan Rosenfield Internship & Fellowship Program at amFAR, the Foundation for AIDS Research, is based at amFAR's Public Policy office in Washington, DC. They dedicate their time to public policy research and writing related to public health under the mentorship of the office's senior leadership.

CDC Full-Time Fellowship

If you are a college graduate interested in a career protecting the public's health and a full-time position to gain hands-on experience, we offer a variety of fellowships to jump start your career. Many of these opportunities provide invaluable experience and potentially offer paths to exciting careers with CDC.

Emerging Infectious Diseases Laboratory Fellowship Program

The Emerging Infectious Diseases Laboratory Fellowship Program utilizes practical application of technologies, methodologies and practices related to emerging infectious diseases; conduct high priority infectious disease research in public health laboratories.

Global Health Corps

Global Health Corps is a non-profit organization committed to health equity. GHC pairs talented young professionals from the United States and abroad, from a variety of backgrounds, to work in year-long fellowships with organizations serving poor communities in the United States and various countries in Africa.

HealthCorps

HealthCorps is a comprehensive health education program founded by Dr. Mehmet Oz. HealthCorps Coordinators commit to two years of service to work full-time in a designated high school and community.

Institute for Health Metrics and Evaluation: Post-Bachelor Fellowship

The Post-Bachelor Fellowship is an advanced, structured, and focused didactic program where talented scholars can apply their knowledge and passion to help advance the field of health metrics and accelerate global health progress. The fellowship provides a unique opportunity for recent college graduates with strong quantitative skills to train with faculty and senior researchers on a variety of global health projects. At the intersection of academic research, education, and professional work, the Post-Bachelor Fellowship combines on-the-job mentoring from an illustrious group of professors and researchers with course work and field experience in developing countries.

National Alliance of Research Associates Programs (NARAP)

NARAP is a consortium of emergency departments and colleges joined to generate research and quality improvement projects utilizing Research Associates (RAs) to enroll large numbers of participants over short time frames. RAs are pre-health professional college and post-baccalaureate students who volunteer in the

emergency department enrolling participants in clinical research and providing service based on that research.

National Health Corps Florida

The National Health Corps is a nationwide service program devoted to fostering healthy communities by delivering health and wellness education, benefits and services, and connecting those who need these services most. The National Health Corps Florida AmeriCorps program offers opportunities for professional development, and real-world experience, while serving the Northeast Florida community in various healthcare and outreach positions, involving patient case management, health education.

NIH Academy

NIH Academy is a postbaccalaureate program that provides opportunities for recent college graduates to spend a year engaged in biomedical investigation at NIH. Recent college graduates with a research interest in domestic health disparities.

Pfizer Lab Internships (Summer)

Pfizer, the world's largest research-based pharmaceutical company offers several laboratory internships in locations across the globe. Applications open in January.

Planned Parenthood

Job descriptions of Planned Parenthood Clinic Assistants vary depending on location, but generally the position involves clerical duties, basic patient care, or both. Internships are also available with many focusing on education and outreach.

Postbaccalaureate Research Education Program (PREP)

This program offers a "hands-on" application of medical research and is open to undergraduates, recent graduates, medical students, PhD and MD/PhD students, and postdoctoral research associates.

Project Horseshoe Farm Fellows

Project Horseshoe Farm Fellows participate in a paid, intensive community-based service & leadership development gap year. A good fit for students interested in community health and education, leadership, social entrepreneurship, and community service. Fellows have a high level of responsibility participating in both direct-service and leadership. Many go on to medical school, nursing, and public health graduate programs.

Scribe America

With offices in Minnesota, Massachusetts, North Carolina, Illinois, Texas, and California, and partnerships with hospital systems in various states, Elite Medical Scribes is a great opportunity for pre-med students. Scribes work side-by-side with physicians throughout their entire shift and have the opportunity to observe how the physician interacts with patients.

STEM Federal Opportunities

The STEM Undergrads site is a database that includes research and non-research internships and fellowships with the US Federal Government.

Unite for Sight

Unite for Sight volunteers participate daily with local ophthalmologists, local optometrists, and local ophthalmic nurses to eliminate patient barriers to care and to facilitate comprehensive year-round eye care for patients living in extreme poverty.

The Villers Fellowship for Health Care Justice

Villers Fellows work on Medicaid and enrollment policy issues and develop an understanding of the federal legislative and regulatory process. They will also be exposed to different advocacy strategies.

Wellstone Fellowship for Social Justice

Wellstone Fellows for Social Justice conduct health care advocacy with a focus on the challenges facing low-income and minority communities as part of Families USA. Primary responsibilities include performing health policy research and developing content that promotes the reduction and elimination of disparities in healthcare. One fellow is selected each year. Salary and health care benefits are included.

Business and Technology

Code for America

The Code for America fellowship is a full-time paid year of service for professionals in the technology industry, including developers, designers, product managers, and related roles. Cross-functional teams of three are embedded in local governments to develop digital tools that help cities and counties deliver key public services across health, economic development, and safety and justice.

Echoing Green

Since 1987, Echoing Green has provided seed funding and support to nearly 500 social entrepreneurs with bold ideas for social change in order to launch groundbreaking organizations around the world. Through our two-year Echoing Green Fellowship program, we provide start-up capital and technical assistance to help new leaders launch their organizations and build capacity.

IDEX Accelerator

The IDEX Accelerator is a six-month fellowship experience designed for aspiring social intrapreneurs who want to take control of their career path while helping to address society's most pressing problems. These young professionals are given the opportunity to work alongside social entrepreneurs across India and gain hands-on experience addressing the needs of a growing enterprise while earning a Professional Certification in Social Enterprise.

Venture for America

Venture for America is a fellowship program that places recent graduates at startups in cities with emerging entrepreneurial ecosystems, forging a community of entrepreneurs committed to building companies that matter.