



Gap Year Itinerary

Summer 2025: Launch Treks - 2 Options to Choose from:

- **June 19th–29th, 2025: Pembrokeshire Coast Trek, Wales or**
- **September 25th-October 5th, 2025: The Camino Finisterre, Spain**
 - Participate in a 10-day walking adventure designed to foster self-discovery, purpose, and personal growth.
 - Develop a Gap Year plan during facilitated sessions with the Trek Epic team.

July–August or October–November 2025: Skill-Building and Exploration

- Engage in independent or local programs to build new skills:
 - Examples: Outdoor leadership course, language immersion program, or volunteering locally.
- **Weekly Mentoring Check-ins:**
 - Virtual or in-person sessions with Trek Epic staff to review progress, reflect, and adjust plans.

September or October–November 2025: Cultural Immersion

- Spend 2–3 months in a structured cultural exchange or volunteering program:
 - Examples: Teaching English abroad, environmental conservation, or working with community projects.
- **Ongoing Mentoring:**
 - Weekly Zoom calls to discuss challenges, successes, and growth.

December 2025: Reflect and Recharge

- Return home for a break to reflect on experiences so far.
- Virtual workshop with Trek Epic team to revisit personal goals and plan for the next phase of the Gap Year.

January–March 2026: Personal Project or Internship

- Undertake a self-directed project or internship in an area of personal interest:
 - Examples: Launch a creative project, complete a certification, or intern with a nonprofit or business.
- **Mentorship Support:**
 - Monthly check-ins to stay on track and gain guidance.

April 2026: Capstone Trek

- **April 23–May 3, 2026: The Fisherman’s Way, Alentejo Coast, Portugal**
 - Reconvene with Trek Epic cohort for a final 10-day walking adventure.
 - Reflect on the year’s growth, celebrate accomplishments, and prepare for the next chapter.
 - Activities include storytelling, group facilitation, and rites of passage.

Ongoing Support Throughout the Year

- **Quarterly Group Workshops:**
 - Virtual group calls with Trek Epic mentors and other Gap Year participants to share experiences and learn from peers.
- **Personalized Guidance:**
 - Regular 1:1 calls with Andrew Bryan or another Trek Epic mentor.
 - Support in navigating challenges, setting goals, and identifying meaningful opportunities.
 - Ongoing Parental Support

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Schedule