

GAP YEAR OPTIONS

The Toppel Career Center has compiled a list of options for students and alumni to consider post-graduation as a “gap year” before beginning graduate/professional studies or starting long-term employment in the workforce. This listing is not an endorsement nor an exhaustive list of all possible options in existence. We hope that this list can be used as a starting point for further research.

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 for emergency management and recovery. Project 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.

[Avodah](#)

Since 1998, we’ve been training emerging Jewish leaders to take on the most pressing social and economic issues in America. We know that the combination of on-the-ground experience, intensive leadership development, and supportive, pluralistic Jewish community are the perfect combination to lay the groundwork for a lasting commitment to social change.

[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 an 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](#)

A 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.

[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.

[FoodCorps](#)

As a FoodCorps service member, you'll teach kids to grow, cook, and love the nourishing foods that celebrate their cultures and communities—and help schools serve more of those foods, too. FoodCorps recruits talented leaders into full-time, paid public service, where they grow healthy school food environments in diverse communities through hands-on, experiential food education.

[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.

[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.

[Public Allies](#)

A national movement committed to advancing social justice and equity by engaging and activating the leadership of all young people. Since 1992, they've helped thousands of underrepresented young leaders serve our country, get on successful pathways to higher education and careers, and bring communities together to work for the common good.

Volunteering and Service (Abroad)

[AIF Banyan Impact Fellowship](#)

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.

[Boren Awards](#)

Boren Scholarships (undergraduate) and Fellowships (graduate) provide unique funding opportunities for U.S. students to add an international and language component to their education. Boren Awardees study a wide range of critical languages and experience cultural immersion, therefore proposals for two or more semesters are strongly encouraged. Summer-only programs are limited to STEM students (\$8,000), while programs for 25-52 weeks are granted \$25,000 and 12-24 weeks are granted \$12,500. Students work with the Prestigious Awards and Fellowships unit in the OAE over the fall to develop and submit their applications for the January deadline. Please contact prestigiousawards@miami.edu for questions and support.

[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.

[Luce Scholars Program](#) (For PDF)

The Luce Scholars Program supports recent graduates under the age of 32 to work for one year in Asia. Matching each scholar's background, experience, training, and aspirations with an appropriate placement, the scholar will spend two months of intensive language training before embarking to the job placement for the rest of the year, immersing in local culture, forging connections with colleagues and contributing to the betterment of the host community. Students and alumni work with the Prestigious Awards and Fellowships unit in the OAE over the summer to develop and submit their applications for the September deadline. Please contact prestigiousawards@miami.edu for questions and support.

[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.

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.

[U.S. Department of Agriculture Resource Assistants Internships](#)

The Resource Assistants Internship is a rigorous and immersive, paid internship for individuals who are interested in conservation, natural and cultural resources, research and development, or other careers. The program engages students, recent graduates, and underrepresented populations helping the Forest Service to attract and retain a diverse and inclusive workforce and carry out mission-critical work.

[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

[City Teaching Alliance](#)

Our teachers receive a master's degree from our higher education partner and become dually certified to teach in either elementary education, secondary English or secondary math, and special education. We offer more comprehensive coursework and personalized support than any other teacher training program.

[Fulbright U.S. Student Program English Teaching Assistantship](#)

The Fulbright U.S. Student Program supports English teaching assistantships that take place during one academic year abroad in a country outside of the U.S. You can apply as early as the fall of your senior year to be accepted for experiences that take place during the following academic year. It's also open to recent grads/young professionals who have not yet completed a PhD. Over the years, we have had several students receive the

Fulbright U.S. Student Program award including most recent recipients, [Laura Caram \(Portugal\)](#), [Lindsey Faucher \(Switzerland\)](#), and [Kalid Gawon \(Mongolia\)](#). Students and alumni work with the Prestigious Awards and Fellowships unit in the OAE over the summer to develop and submit their applications for the October deadline. Please contact prestigiousawards@miami.edu for questions and support.

[Knowles Teaching Fellows Program](#)

Approximately 35 Teaching Fellowships are awarded annually to early-career high school math and science teachers.

[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 extracurriculars, 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.

[Teacher Accelerator Program](#)

Looking for a clear career path post-graduation? Jump-start your future by enrolling in the Teacher Accelerator Program (TAP) - a unique, accelerated course with a built-in pathway to becoming an educator. Whether you majored in science, art, engineering, or anything in between, TAP equips you with the skills necessary to teach in a classroom and supports you in securing a teaching position with Miami-Dade County Public Schools.

[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.

Arts & Communication

[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.

[New York Times Newsroom Fellowship Program](#)

It is a yearlong program for up-and-coming journalists that replaced our newsroom's summer internships in 2019. We believe the fellowship provides superior training, offers greater benefits for participants and our newsroom, and establishes relationships that will pay off for years to come.

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.

[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.

[Capitol Fellows Program](#)

Capital Fellows is an advanced leadership and discipleship program for recent college graduates. Through graduate courses, a paid internship, one-on-one mentoring, and many leadership and community service opportunities, fellows develop and apply their gifts in real-world situations while learning to integrate a Christian worldview into all areas of life.

[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.

[Govern for America](#)

The GFA fellowship is a competitive two-year program that propels emerging leaders from diverse backgrounds into key positions in government to address our nation's biggest challenges.

[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](#)

Through our Fellows and Senior Fellows, and in cooperation with partners such as The New School, the European Parliament, the Migration Policy Group, or the ACLU, we offer various professional learning, networking, and leadership development opportunities.

[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 yearlong training program for young leaders who have completed, at minimum, their undergraduate degrees by the start of the 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 coursework 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 a \$20,000 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 its own programs and has its own intern coordinator.

[The White House Fellowship](#)

Founded in 1964 by Lyndon B. Johnson, the White House Fellows program is one of America's most prestigious programs for leadership and public service. White House Fellowships offer exceptional young men and women first-hand experience working at the highest levels of the federal government.

[Young Invincibles Fellows & Advocates](#)

YI was started by a group of students who were ready to stand up and make a difference by creating a long-term organizational infrastructure to support policies and programs that address the economic challenges young people face in our country.

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.

[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.

[Dr. James A. Ferguson Emerging Infectious Diseases Research Initiatives for Student Enhancement \(RISE\) Fellowship Program](#)

The Dr. James A. Ferguson Emerging Infectious Diseases Research Initiatives for Student Enhancement RISE (Ferguson RISE) Fellowship Program supports public health research and professional development in infectious diseases and health disparities, focusing on increasing knowledge and interest in public health research careers among students from underrepresented populations.

[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.

[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, and 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.

[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](#)

Training current and future leaders in global health, the Global Impact Corps is an immersive global health opportunity for students and professionals. Global Impact Fellows support and learn from local doctors as they provide care to patients living in poverty in villages, slums, and refugee camps. Fellows learn from the local medical professionals about social entrepreneurship, patient barriers to care, and effective strategies to reach the hardest-to-reach patients who are otherwise unable to access or afford care.

Business & 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.