

# COOL THINGS TO DO DURING AND AFTER HIGH SCHOOL!

If you know of other cool things, please email a link to [croskeryl@lrsd.ab.ca](mailto:croskeryl@lrsd.ab.ca) and I will add it to the collection!

NOTE: Due to Covid-19, many programs have been cancelled or altered to a virtual format

[GO ABROAD!](#) - This website may be a good place to start your search – it’s a large compilation of a variety of programs for study/volunteering worldwide

[Plan a Gap Year that works for you \(ALIS\)](#) - Has good information and links to help start your planning!

EDUCATION/STUDY PROGRAMS AND EXCHANGES		
PROGRAM	DETAILS	PARTICIPATE IF YOU ARE:
<a href="#">Alberta Education Student Exchange program</a>	Take part in this once-in-a-lifetime opportunity to live and attend school in another country! –improve your language skills in an immersion environment, – discover more about yourself as you face new challenges, and –develop new skills in living and working closely with people from a different culture	<ul style="list-style-type: none"> <li>• Studying a second language (French, Spanish, German, Japanese) and have completed up to the 20 level in that language course</li> <li>• Interested in travelling to Quebec or to another country during the regular school year</li> <li>• Open to hosting a student from your destination country at your own home</li> <li>• Able to pay your airline tickets (except if you go to Quebec...your flight is fully paid in that case!) and bring along some spending money</li> </ul>
<a href="#">Blyth Academy summer programs</a>	“A school without walls” where students flourish on a personal and academic level, while realizing that opportunities in education are boundless. Blyth has helped thousands of students travel, study, volunteer and succeed in countries across five continents. Programs are for students in grades 9 through 12.	<ul style="list-style-type: none"> <li>• In grade 9,10,11 or 12 or ‘gap year’ students</li> <li>• Be able to pay for these amazing opportunities to travel and study! Program prices range from \$3000.00 to \$10,000+ depending on the length of program and location</li> <li>• Interested in travel and learning about other cultures, interested in having new experiences</li> </ul>
<a href="#">Class Afloat</a>	“This unique program offers rigorous and internationally acclaimed academic programs for grades 11, 12, university and gap year students, while sailing aboard an historic tall ship and exploring over 20 ports of call worldwide”. While at ports, you will be part of voluntary service projects and become an ambassador of broader global perspectives.	<ul style="list-style-type: none"> <li>• Desire for a life-changing experience taking you all over the world!</li> <li>• Ability to meet the financial obligations of the program (\$33,000 for one year). Scholarships are available.</li> </ul>

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<a href="#">Encounters with Canada</a>	<p>Every week Encounters with Canada (EWC) hosts over 120 dynamic young people who travel to the Terry Fox Canadian Youth Centre, forming a mini-Canada representation and taking part in an amazing bilingual adventure.</p> <p>The \$750 registration fee includes lodging, all meals, most planned activities and local transportation. Transportation costs to and from Ottawa are covered from anywhere in Canada! Some subsidies are available to reduce the registration fees.</p>	<ul style="list-style-type: none"> <li>• between 14 and 17 years of age</li> <li>• enrolled in an educational institution recognized by the Ministry of Education</li> <li>• A Canadian Citizen or Permanent Resident of Canada</li> <li>• Interested in experiencing 1 of 12 career-themed weeks offered from mid-September to early December and from late January to early May.</li> </ul>
<a href="#">Explore</a>	<p>Explore is a five-week intensive French-immersion bursary program that is offered during the spring or summer for people with any skill level in French. Explore participants are awarded a \$2,200 bursary (taxable income) that covers tuition fees for the course, instructional materials, meals, and accommodation. You will discover another region of Canada while learning French in classes adapted to your language level. <b>Apply before February 15th to be considered!</b></p>	<ul style="list-style-type: none"> <li>• Currently and have been a full-time student for at least one term between last September and next June. You do not have to be returning to school in the fall to be eligible. So, even if you have graduated or will graduate this year, you are eligible.</li> <li>• You are at least 13 years of age – there is no upper age limit, however classes and activities are designed with youth in mind</li> </ul>
<a href="#">Forum for Young Canadians</a>	<p>“It’s about giving smart, engaged and opinionated youth a chance to recreate parliament for a week. In Ottawa. On the Hill. With other equally ambitious youth. It’s about learning how to collaborate and share ideas, then turn them into real community action.” <b><i>The \$995 participation covers travel costs, hotel accommodation (triple occupancy) at an Ottawa hotel all meals, instructional materials and bus transportation within Ottawa.</i></b></p>	<ul style="list-style-type: none"> <li>• between 15 and 19 years of age</li> <li>• A Canadian student interested in politics and leadership roles in his/her community</li> <li>• Able to be away from school for a week and still be successful!</li> </ul>

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<a href="#">GAP year in Spain</a> with United Mint Campus	Learn, work and play during your gap year in Spain! You will choose the kinds of projects you would like to explore (for example 3D Design & Development, Social Media Marketing and Digital Production) so that you can try out an industry before committing to a post-secondary education program.	<ul style="list-style-type: none"> <li>• Interest in travel, learning and experiencing different languages and cultures</li> <li>• Able to meet the requirements of the program and pay the fees (16 week programs could run up to \$16,000.00 CAD).</li> </ul>
<a href="#">IGEM - Main page</a>	The iGEM Foundation is dedicated to education and competition, advancement of synthetic biology, and the development of open community and collaboration. The main program at the iGEM Foundation is the International Genetically Engineered Machine (iGEM) Competition. Since 2004, participants of the competition have experienced education, teamwork, sharing, and more in a unique competition setting. (excerpted from the IGEM website)	<ul style="list-style-type: none"> <li>• A high school student with strong interest in science and a willingness to learn, explore and work as a cohesive team. This program can introduce you to others who share your interest and expand your knowledge of careers in research science.</li> </ul>
<a href="#">CERE</a>	Canada Europe Reciprocal Exchange) is an association which promotes linguistic and cultural exchanges between Europe (France, Belgium and Spain) and all Canadian provinces. The program is available for summer exchanges or 11 week school exchanges for students aged 12 - 17.	<ul style="list-style-type: none"> <li>• Interest in travel and living in France, Belgium or Spain for programs ranging from 10 days to 3 months in length</li> <li>• Able to pay for travel and program costs (approximately \$4000.00)</li> </ul>
<a href="#">Oxbridge educational programs in U.S., U.K., France and Spain</a>	Oxbridge Academic Programs has been welcoming intellectually adventurous high school and junior high school students to Europe for 30 years. You will have the opportunity to live and study in England, France or Spain	<ul style="list-style-type: none"> <li>• Currently in grades 8 – 12</li> <li>• Interest in learning and travelling to new countries</li> <li>• Access to funds (likely \$10,000 inclusive depending on your destination) or receive a full scholarship to cover all expenses.</li> </ul>

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PROGRAM	DETAILS	PARTICIPATE IF YOU ARE:
<a href="#">Semester at Sea</a>	An opportunity to learn while onboard ship and explore new destinations worldwide! Check out their website – packed with detailed information (even a map of the ship!) to get you excited about this opportunity.	<ul style="list-style-type: none"> <li>• Students must be enrolled full-time in a degree granting program at an accredited college/university (domestic or international) and have completed at least one full term at the postsecondary level</li> <li>• \$24,000 - \$30,000 inclusive fees; scholarships are available</li> </ul>
<a href="#">SHAD - Uncommon Purpose</a>	SHAD is a registered Canadian charity that empowers exceptional high school students to recognize their own capabilities and envision their extraordinary potential as tomorrow’s leaders and change makers. Each year, SHAD provides the opportunity for 600+ students from across Canada and internationally to attend a month-long summer program, in-residence at one of 12 Canadian host universities focused on STEM (science, technology, engineering & math).	<ul style="list-style-type: none"> <li>• A top performing student (grades over 90%), who is a well-rounded emerging leader demonstrating initiative, creativity and flair.</li> <li>• A leader in your school, volunteers in your community and maybe even a gifted musician, artist and athlete.</li> </ul>
<a href="#">Youth Ambassadors Program</a>	This three-week exchange takes place in Ottawa, Plattsburgh New York and Washington, D.C. There is NO APPLICATION FEE and all travel, meals and accommodation costs are covered by the Youth Ambassadors Program. Participants are responsible for personal spending money.	<ul style="list-style-type: none"> <li>• Between 15 – 18 years old with at least 4 month of high school remaining</li> <li>• Interested in the U.S.A.</li> <li>• Committed to implementing community service projects</li> </ul>
<a href="#">Alberta Community and Cooperative Association</a>	ACCA’s Co-operative Youth Leadership Program provides an opportunity for youth (aged 11 to 18) to develop their leadership and teamwork skills. It is designed to give youth the independence and confidence in their abilities while creating lasting friendships. These seven day programs take place at Goldeye Centre, located near Nordegg, Alberta.	<ul style="list-style-type: none"> <li>• Interested in leadership and career development opportunities</li> <li>• Funds to cover participant fees of \$157.50 and registration fees of \$630 (paid by participant or by a sponsor)</li> </ul>

## WORK & VOLUNTEER PROGRAMS

PROGRAM	DETAILS	PARTICIPATE IF YOU ARE:
<a href="#">Au pair World</a>	<p>This website has been recommended to us by those who have actually secured placements as Au pairs in Australia, France and Spain. As with any opportunity, it makes sense to check out your destination area and employer carefully to be sure it is a great fit for everyone.</p>	<ul style="list-style-type: none"> <li>• At least 18 years of age and available funds to pay for airfare. You will receive a modest wage, accommodation and meals with your family</li> <li>• Interested in looking after young children, travelling and enhancing your second language skills</li> </ul>
<a href="#">Canada World Youth</a>	<p>Canada World Youth provides a variety of programs, in over 20 countries around the world, for youth between the ages of 15 and 35 looking to gain leadership experience through participation in community-driven development projects.</p>	<ul style="list-style-type: none"> <li>• Interested in volunteering in our own country and /or another country overseas</li> <li>• Between the ages of 18 to 35</li> </ul>
<a href="#">Diverbo - Spain Immersion opportunity</a>	<p>This is a program designed to help Spanish students practice English in a fun environment. There are many locations and program lengths to choose from.</p>	<ul style="list-style-type: none"> <li>• Between 13 – 17 years of age</li> <li>• A native English speaker who wants to explore Spain (you do not need to speak Spanish, in fact it's preferred if you don't!)</li> <li>• Able to pay your flight tickets and pre-program accommodation. Once you are in the program, transportation and room/board are provided.</li> <li>• If you are 18 years old, you may be able to attend if you are a past volunteer and are not yet attending university</li> </ul>

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PROGRAM	DETAILS	PARTICIPATE IF YOU ARE:
<a href="#">Global Leadership Adventures</a>	GLA operates 1 to 6 week volunteer programs, especially designed for high school students to experience in the summer months. The work takes place almost exclusively in authentic, non-tourist communities. The GLA experience gives high school students the opportunity to step up in a global context and face real challenges in partnership with the communities they are serving. No summer is complete without adventure. Each country has its own treasures. Imagine exploring the ruins of Machu Picchu in Peru, zip lining through the pristine rainforests of Costa Rica, or taking a safari in Tanzania.	<ul style="list-style-type: none"> <li>• A high school student aged 14 – 18 years</li> <li>• Able to pay the program fees, starting with a non-refundable registration fee (\$75.00) and a refundable deposit (\$400.00). Program fees include all meals, in country accommodation and travel. You will need to pay your own airfare to and from your destination country. Program costs vary depending on country and length of stay, most are in the \$3000 - \$5000 range.</li> </ul>
<a href="#">Go Eco</a>	GoEco was created by experienced volunteers for people who are eager to travel and contribute to the community, wildlife, and environment they visit. Based on years of practice and in-depth field reports, GoEco presents you with a careful selection of excellent yet affordable volunteer and ecological minded vacations.	<ul style="list-style-type: none"> <li>• Interested in adventure and making a difference!</li> <li>• Able to pay the travel costs and associated fees (ranging from \$600 - \$3,000+ depending on length of stay and program type)</li> </ul>
<a href="#">GVI (Global Vision International)</a>	This link to the under 18 volunteer opportunities states: “With various options to choose from, our projects are varied, packed with adventure and cultural awareness to ensure students have an enriching learning experience and head home with a wealth of new experiences, friends and memories”.	<ul style="list-style-type: none"> <li>• Between 15 – 17 years of age (for youth programs) Interested in travelling and volunteering in a wide range of different environments (opportunities exist in Africa, Asia, Australasia, Europe, Latin America and the U.S.)</li> </ul>
<a href="#">International Experience Canada</a>	If you’ve ever dreamed of living and working in a foreign country, International Experience Canada may be the perfect opportunity for you to do just that! Through bilateral youth mobility arrangements and agreements with different countries around the world, Canadians and non-Canadians can travel and work in each other’s countries for up to one year.	<ul style="list-style-type: none"> <li>• Interested in working and living in another country</li> <li>• Planning to take a “gap year” after high school 18 years of age</li> </ul>

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PROGRAM	DETAILS	PARTICIPATE IF YOU ARE:
<a href="#">International Volunteer Headquarters</a>	<p>Established in 2007, IVHQ is described as the world's leading volunteer abroad organization, offering a variety of projects in over 30 international destinations. The website describes in detail a wide range of opportunities if you are considering traveling abroad, taking a gap year, wanting to experience a volunteer vacation, or simply wishing to provide assistance in a community abroad.</p>	<ul style="list-style-type: none"> <li>• 18 years of age or older OR volunteering with a parent or other adult</li> <li>• Able to fund the program fees that cover accommodation, breakfast and dinner for your stay (fees vary by length of program and location) as well as your transportation to your destination country</li> </ul>
<a href="#">Me to We volunteer travel/youth trips</a>	<p>It's more than a stamp in your passport. It's about people, connections and self-discovery—working together to change the world. Travelling with purpose means being part of something bigger than yourself. Volunteer in a Free The Children community, explore a new culture, and trek through an exotic land—from the African savannah to the Amazon rainforest. “95% of Me to We Trip participants report feeling a strong sense of responsibility for the wellbeing of people in developing countries when they return home”.</p>	<ul style="list-style-type: none"> <li>• Driven to make an impact on the world Access to funds for your trip (15 day program costs can be \$3500.00 inclusive – check the website for specific program fees)</li> </ul>
<a href="#">Rotary Exchanges</a>	<p>The District 5360 Youth Exchange Program coordinates exchanges in more than 20 different countries around the world each year. The year-long exchange is essentially a cultural, educational, personal growth and linguistic learning opportunity for high school students. This is an amazing opportunity, which is almost fully funded by the rotary group in our area.</p>	<ul style="list-style-type: none"> <li>• On August 31 of the year of departure, applicants must be at least 15 ½ years old, but not more than 17 ½ years old.</li> <li>• Above average academic performance with ability to express oneself clearly and effectively Adaptability (outgoing, confident and willing to adjust to changing surroundings)</li> </ul>

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PROGRAM	DETAILS	PARTICIPATE IF YOU ARE:
<a href="#">Junior Forest Rangers</a>	<p>If you are interested in environmental science, biology and ecology, this link will be helpful to you! The Junior Forest Ranger program has been operating in Alberta since 1965 and offers 7 weeks of paid employment and career development in Alberta’s forests.</p>	<ul style="list-style-type: none"> <li>• 16 to 18 years of age as of July 1</li> <li>• A full-time student enrolled in grade 9 -12 at the time of application</li> <li>• In good physical condition. There is a minimum fitness standard that is part of the screening process.</li> <li>• Available for a 5-day overnight training program, starting in the first week of July</li> <li>• Prepared to live and work in the outdoors for 7 weeks</li> </ul>
<a href="#">WWOOF</a>  <a href="#">WWOOF Canada</a>	<p>Want to live and work on an organic farm somewhere in the world? This can be possible with WWOOF organizations who connect you with hosts who offer food, accommodation and opportunities to learn about organic lifestyles. As a volunteer, you give your time and energy to help out on the farm. Check out the WWOOF site of the country you wish to visit and work in for specific information.</p>	<ul style="list-style-type: none"> <li>• Able to handle the demands of the farming lifestyle</li> <li>• Able to pay your travel expenses and WWOOF membership fees</li> <li>• Most countries require you to be 18 years of age and have applicable travel visas in place before you join WWOOF.</li> </ul>
<a href="#">YMCA Summer Work Student Exchange Program</a>	<p>The YMCA Summer Work Student Exchange is a unique national exchange program that brings together youth from various communities across the country. In 6 short weeks over the summer, participants go on a journey that will forever impact their lives. Learning more about themselves, discovering another part of Canada and the people that make up our great nation, taking on new challenges, making new friends and, having so much fun, participants agree this experience is THE JOURNEY OF A LIFETIME!</p>	<ul style="list-style-type: none"> <li>• Live in a community that is participating in this exchange program</li> <li>• Age 16 or 17</li> <li>• Interested in improving your second official language skills – you will be working in that language</li> <li>• Eager to gain employment experience through a work placement while on your exchange, and pay the \$100 participant fee</li> </ul>