

TAKE A YEAR ON GAP YEAR RESOURCES

Thinking about taking a gap year? Whether you just feel like you need a year before beginning your career or are taking a break before pursuing advanced study, don't take the year "off" — take the year ON! Use that year to learn, develop skills, and build experience to prepare you for your next steps!

CareerTools - careertools.binghamton.edu

- Browse through the database of Fleishman Center recommended tools, guides, and resources.
- Find resources based on topics, such as GAP Year and volunteerism opportunities, or search by keyword to easily access the information you need.

Idealist - [idealists.org](https://www.idealists.org)

- Database for jobs, internships, volunteer opportunities, events, and organizations
- With more than 120,000 organizations and 1.4 million monthly visitors to its English and Spanish ([idealistas.org](https://www.idealistas.org)) sites, Idealist helps people move from intention to action all over the world.

VOLUNTEER/TEACH/WORK ABROAD WEBSITES

Interstride - Access through careertools.binghamton.edu or [web.interstride.com](https://www.interstride.com)

Search for jobs, internships, and volunteer opportunities by specific industry and country (also contains information for international students about H1B Visas)

- Country guides that include information about what industries are prominent, top companies that are hiring, how to network and cost of living

Cultural Vistas - [culturalvistas.org](https://www.culturalvistas.org)

- Non-profit organization that promotes global understanding and collaboration through internships and exchange programs
- Cultural Vistas offers a variety of internship programs that range in duration and location. Examples include 1-3 month internships with the German Parliament, 8-week internships in Argentina and India, and customized internships in Brazil, Chile, France, and Ireland (many of these programs are funded).

General Database - [gooverseas.com](https://www.gooverseas.com)

- Database for internships, studying, volunteer, and GAP Year opportunities in major regions of the world

GoAbroad - [goabroad.com](https://www.goabroad.com)

- Find a variety of travel resources and programs, such as their Volunteer Abroad, Teach Abroad, and GAP Year tools to help you identify international opportunities that are best suited for you

ADDITIONAL RESOURCES

GAP Year Association - [gapyearassociation.org/gap-year-programs.php](https://www.gapyearassociation.org/gap-year-programs.php)

- The Gap Year Association provides a variety of resources to assist gap year students, including a list of programs, advice on planning your gap year, information on financial aid, etc

My World Abroad - Access through careertools.binghamton.edu

- Job, Internship, Teaching English Abroad, and Volunteering Boards
- Positions are not directly posted in the My World Abroad Website
- Different boards are provided for different interests/organizations that can be accessed