

Creating the Perfect Gap Year or Internship

November 2025

What is a gap year?

Taking a “gap year” means taking a year off in between high school and college to pursue other interests. Go to www.indeed.com/career-advice and put in “gap year” for ideas. These resources can also apply to someone taking a gap year during college or a bonus year after college graduation. Some organizations such as Teach for America and Peace Corps are more appropriate then.

Internships are encouraged during college but may also be beneficial after graduation.

General Resources:

Idealist – Search Job & *Volunteer Postings*

www.idealist.org

Gap Year Association – *Resources & Programs* [Gap Year Association](http://GapYearAssociation.org) gapyearassociation.org

Service in the United States:

AmeriCorps– *National Service Org*

[| AmeriCorps https://www.americorps.gov](https://www.americorps.gov)

Public Allies – *Inspiring New Leaders*

www.publicallies.org

Teach for America – *Teaching in Urban/Rural Areas*

www.teachforamerica.org

City Year – *Volunteering in American schools, part of AmeriCorps*

www.cityyear.org

Year Up – *Earn an educational stipend while getting work experience*

www.yearup.org

International Service:

Habitat for Humanity Int’l – *Building Houses*

www.habitat.org

Habitat for Humanity Locator - *Locate a Branch Worldwide*

www.habitat.org/local

Peace Corps – *Serving in Developing Countries*

www.peacecorps.gov

United Nations Volunteers – *Volunteering Worldwide*

www.unv.org

International Volunteer HQ- [International Volunteer HQ](http://InternationalVolunteerHQ.com) | [IVHQ](http://IVHQ.com) | [Official Website](http://OfficialWebsite.com)

<https://www.volunteerhq.org>

Volunteer Opportunities:

Projects Abroad – *Volunteer and Intern Abroad*

www.projects-abroad.org

United Planet – *Volunteering Abroad*

www.unitedplanet.org

The Red Cross – *Non-Profit Emergency Response Org.*

www.redcross.org

Select “Volunteer”

Internships and Fellowships :

(Is the money or experience more important to you?)

Check your department at school, professional associations and employers in your field of interest. Here are some additional possibilities:

<https://findinternships.com> - search by California

<https://internshipfinder.com> - sells a guidebook for \$1.99; connects to flexjobs.com

<https://internjobs.com>

<https://www.indeed.com> – search under “internships” or “college students paid internship”

<https://www.governmentjobs.com> – search under “interns” in government organizations
<https://www.calopps.org> - search under "internship" for city and other govt. agencies
https://www.glassdoor.com/job/internships-jobs-SRCH_KOO,10.htm – Select location
<https://www.linkedin.com> – search “internship jobs in California”
<https://joinhandshake.com> - must be affiliated with a college to join
usajobs.gov – *Federal Gov’t Jobs for Students* www.usajobs.gov/studentsandgrads
The Program offers federal internship and employment opportunities
<https://gogovernment.org> – centralized resource for internship opportunities – not necessarily open jobs but a tool to help navigate opportunities with the federal government
<https://sfs.opm.gov> – *Cybercorps” Scholarship for Service with the U.S. Government*
CORO – *Training Tomorrow’s Leaders* [Home - Coro Northern California \(coronorcal.org\)](http://Home-Coro-Northern-California-(coronorcal.org))
Washington Semester Programs – *Study or Intern in D.C.* [Washington Semester Program| American University, Washington, DC](http://Washington-Semester-Program|American-University-Washington-DC) American University, East Campus in Washington D.C
Public Policy Institute of SF – 2025 summer intern program now closed <https://www.ppic.org>
[City and County of San Francisco - Jobs and internships | SF.gov](http://City-and-County-of-San-Francisco-Jobs-and-internships|SF.gov) - various departments have opportunities – some are unpaid. <https://www.sf.gov> – search under “internship”
California Dept of Public Health - internship <https://www.cdph.ca.gov>
EntertainmentCareers.Net <https://entertainmentcareers.net> – Search under internships,
[The Top 20 Best Websites To Find Internships in 2025 | Extern](http://The-Top-20-Best-Websites-To-Find-Internships-in-2025|Extern) -
<https://www.extern.com/post/best-websites-to-find-internships>

Unusual/Adventure Jobs:

Back Door Jobs – *Adventure Jobs in North America* www.backdoorjobs.com
Cool Works – *Adventure Jobs in Great Places* www.coolworks.com
American Camp Association [Find Year-round Camp Jobs | American Camp Association \(acacamps.org\)](http://Find-Year-round-Camp-Jobs|American-Camp-Association(acacamps.org))

Other Learning Opportunities that may cost \$\$\$:

Outward Bound – Semester and gap year courses www.outwardbound.org
Intrax - *International Global Internships* | [Cultural Exchange Educational Programs \(intraxinc.com\)](http://Cultural-Exchange-Educational-Programs-(intraxinc.com))
Intern Abroad HQ [About | Intern Abroad HQ \(internhq.com\)](http://About|Intern-Abroad-HQ-(internhq.com))
CIEE – Nonprofit study abroad and international cultural exchange program
<https://www.ciee.org>
EF – Gap Year www.efgapyear.com [Take a Gap Year & Travel Around The World - EF Gap Year](http://Take-a-Gap-Year-&-Travel-Around-The-World-ef-Gap-Year)
Global Nomadic <https://www.globalnomadic.com> – international placements
Go Abroad <https://www.goabroad.com> Select “internships”
Sea Mester: Gap Year at Sea www.seamester.com