



**GAP YEAR**  
Collège du Léman

Gap Year Prospectus

**DEFINING**  
**CREATING**  
**MAKING**  
**SHAPING**  
**YOU.**



**INSPIRING**  
EXPERIENCES  
MOMENTS  
ADVENTURES  
**YOU.**



Trek a mountain, learn  
to lead, surf in Hawaii.

## Over to you.

Our gap programme has been designed with you in mind. It's a life experience that will put you ahead of your peers and give you the assurance that you have what it takes to succeed. You will be inspired, learn new skills, make lifetime friends, have fun and discover places you never knew existed.

You will be a full-fledged member of our Leadership Academy Programme and School of Entrepreneurship, practice your skills as a leader on a mountain top, create your own entrepreneurial project, do a corporate traineeship, rub shoulders with professionals, learn a new language, do volunteering work in Zambia, go skiing, go travelling and learn how to be successful at job interviews.

A dedicated team of professionals will mentor you throughout the year and create a framework for self-reflection, individual coaching and personal growth. One of the key concepts of our gap year is flexibility. Each person applying to our programme is unique and valued. That's why we listen to your needs, your desires and your aspirations.

This is a unique opportunity to embark on a journey of self-discovery, grow into the person you want to be and learn leadership skills that will set you apart.

## The programme.

Created for you.

The gap year is broken into two semesters with vacation breaks at the end of each. You can choose to do either one or both, and in any order, it is up to you.

Semester 1 is from the end of August to mid-December and Semester 2 from the beginning of January to the end of June.



### LEADERSHIP ACADEMY

**Semester 1**  
Personal skills and leadership.  
Professional skills.

**Semester 2**  
Leadership camp.



### ENTREPRENEURSHIP ACCELERATOR

**Semester 1**  
Innovation and business principles: Team member.

**Semester 2**  
Innovation and business principles: Team leader.  
The internship: Start-up or corporate.



### LANGUAGE LAB

**Semester 1 & 2**  
Choose from French, German, Italian, Spanish and Chinese.



### ADVENTURE & TRAVEL

**Semester 1**  
Outdoor living/survival techniques. Spectacular activities.

**Semester 2**  
Two weeks to travel and explore new destinations.  
Ski week.



### OVERSEAS VOLUNTEERING

**Semester 1**  
2-week trip to Zambia: Serenje Orphans Children's Home.

### CAREER & LIFE ORIENTATION

**Semester 2**  
Workshops to define interests. Personal coaching to develop your profile.  
How to promote your brand.

### SPORTS, MUSIC, ARTS, CLUBS

**Semester 1 & 2**  
Sports, arts and club options.



### GAP YEAR EXTRAS

Private Pilot Licence.  
Sailing Boat Permit.  
Motor Boat Permit.





## **A parent's view.**

It all started with Nicolas, Alisa and Anouk. All three of our children refused to go straight to university after high school graduation. They all wanted to take a gap year. Travel, adventure, internships, practical work and other such activities were on their minds.

As they had no idea how to organise a year such as this in a meaningful way, I ended up personally organising individual gap year experiences for all of them, using the worldwide contacts which I had built up over many years as an international school director.

It transpired that they all truly enjoyed the year, gathering incredibly valuable experience and maturing enormously during this time away from home. Most importantly, the gap year helped them to identify their individual academic interest and, in fact, to gain acceptance by the international universities of their choice.

Based on this experience and understanding the benefits of a well-organised, meaningful gap year, we have created our programme at Collège du Léman on a larger scale. Using our educational know-how and our international professional network, we have built a truly exceptional gap year programme that will benefit each individual student and give their parents peace of mind.

The CdL gap year is a safe, meaningful and guided programme that adds true value to the personal development of each student and makes university applications thereafter much easier.

**Thomas Schädler**  
Director General





# LEADERSHIP ACADEMY

## SEMESTER 1

**Become a driving force for change. This course will equip you with the leadership and management skills to be an effective 21-century leader.**

This course is designed by senior trainers and industry leaders who are passionate, committed and highly experienced in bringing out the leader within you. They will cover:

### **Personal Skills and Leadership Development**

Background to Leadership and Leadership Styles / Robert Greenleaf's Leadership Paradigm / MBTI Personality Assessment / Trust and Teamwork / Marketing, Networking and Career Goal Setting / Personal Lifestyle and Stress Management / Emotional Intelligence (EI) and Communication

### **Professional Skills Workshops**

Corporate Social Responsibility and Philanthropic Giving / Developing Strategic Partnerships / Modern Organisations and Happiness in the Workplace / Women in Leadership / Problem Solving and Dealing with Conflict / Public Speaking, Virtual Presenting and Social Media / Innovation: A Case Study

Sessions will include interactive presentations, practical simulations, group discussion, personal reflection, goal setting and dynamic feedback. All these elements are combined together to develop skills, enhance motivation and boost your self-confidence.

A weekly Leadership Café will be hosted at a local coffee spot as an opportunity to get together, discuss topics and share ideas.

You will graduate from the Leadership Academy Programme with an official certificate, and ready to lead.

## SEMESTER 2

### **Swiss Leadership Camp**

**Dare to be a team leader and push your own limits in the Swiss outdoors.**

Take part in a two-week Exclusive Swiss Leadership Camp and put everything you have learned into practice. There will be a glacier expedition, staying overnight at a mountain base, rock climbing and classical dance! Having successfully met all these challenges and made lifelong friendships, you will be very proud of your achievements and return from camp with a wealth of experiences.

**CHALLENGING**

**“DREAM BIG BY  
SETTING YOURSELF  
SEEMINGLY IMPOSSIBLE  
CHALLENGES. YOU WILL  
THEN HAVE TO CATCH  
UP WITH THEM.”**

**YOU.**





# ENTREPRENEURSHIP ACCELERATOR

## SEMESTER 1

**Transform your dreams into reality. Learn the skills to create your own project and to make it commercially successful.**

Innovation is the life-blood of our world. We have tailor-made this programme to help you unlock your ideas and empower you to be part of the next generation of entrepreneurs and innovators.

The programme will introduce a range of entrepreneurial skills and business principles. You will go through the process of setting up a business from A to Z, from theory to practice, from concept to reality.

You will brainstorm in teams to launch your own company, carry out customer research and conduct competitive analysis. You will build a real-life business model in response to identified customer needs, write a business plan and pitch your project to potential investors.

These sessions will complement the skills that you will have learned in the Leadership Academy Programme and bring together all the elements for you to start your own business and be successful in implementing any kind of project.

## SEMESTER 2

You will repeat the opportunity to design and launch a new idea and will be given the option to work as a team leader and not just a team member, drawing out the knowledge that you previously learned to lead your team members through the ideation and pitch processes.

### **The Internship**

**Practice your entrepreneurial and leadership skills in a real start-up or in a corporate environment.**

You will be given the choice to complete an entrepreneurial internship, a corporate traineeship, or a combined entrepreneurial and corporate traineeship.

### **Entrepreneurial Internship**

Together with a mentor from the Leadership Academy Programme, you will select a project that matches your profile and aspirations. For five weeks, you will be working in a start-up or in a corporate business development unit in any of hospitality, media, retail, marketing, sales, professional services or the public sector. You will be assigned a manager from the start-up or the organisation who, together with your mentor from the Leadership Academy Programme, will provide guidance and evaluate your learning experience.

### **Corporate Traineeship**

This will consist of an internship in a large organisation. You will be assigned a mentor from the Leadership Academy Programme to help you find a placement and provide all the guidance necessary. You will be focusing on managerial tasks, including the execution, optimisation and evaluation of current activities and business processes. You will report to an in-house manager who will, together with your mentor, provide coaching and feedback throughout your internship.



# DISCOVERING INSPIRATION THRILLS PURPOSE YOU.



Travel through Nepal,  
mountain bike adventures,  
volunteering in Zambia.





## LANGUAGE LAB

### SEMESTER 1 & 2

**Open doors. Learn a new foreign language and become a global citizen.**

You will be given an opportunity to choose from French, German, Italian, Spanish and Chinese\*. If you would like to learn a different language, we will do our best to organise a teacher or find you a suitable on-line course.

All our language teachers are native speakers and will provide you with the best learning environment for you to learn how to understand, speak, read and write in your new language. They will make learning a language fun and sessions will include visual aids, speaking practice and one-to-one support.

Those attending for two semesters will progress at least one level of proficiency (for example, from beginner to intermediate or from intermediate to advanced).

At the end of the course, you will be given the opportunity to take an examination at a dedicated test centre. Upon successful completion, you will be awarded an official certificate in your chosen language (for example, DELF, Goethe, CILS, DELE or HSK).

\* The final choice of languages will depend on the number of students registering for a particular language.



## OVERSEAS VOLUNTEERING

### SEMESTER 1

**Make a difference by helping other people and learning the art of giving.**

You will take a two-week trip to Zambia to contribute towards developing your philanthropic outlook on life and provide you with an opportunity to demonstrate one of the traits that every great leader demonstrates: giving back.

You will be working at Serenje Orphans Children's Home (SOCH) in rural Zambia, where you will meet and get to know the 44 children being cared for by the orphanage, improving their literacy and numeracy skills.

Your work will help raise their prospects and provide you with an invaluable experience. This outreach will also be an excellent opportunity for you to develop a first-hand understanding of global issues such as poverty, development and sustainability.





# ADVENTURE & TRAVEL

## SEMESTER 1

### Learn survival skills in the Swiss outdoors.

While the weather is still warm, you will head for an adventure into the Swiss mountains. There will be skill building, challenges and competitions, and the chance to learn about the environment and conservation. Sessions will cover:

#### Outdoor Living Skills and Survival Techniques

Building Shelters / Making Fires / Cooking Outdoor Meals  
/ Navigation using a Compass

#### Spectacular Activities

Mountain Biking / Trekking / Canoeing / Rafting

Each activity will be an adventure and will present its own set of physical challenges.

## SEMESTER 2

### Two weeks to travel and explore new destinations

You will have the option to either travel on your own or join a group of other students if you all have the same destination in sight. This is a decision that you will make at the beginning of Semester 2, so we have plenty of time to design a personalised itinerary that meets your approval.

For two weeks, you will be able to visit those places you only dreamed of so far or perhaps choose to go on a crazy adventure in a remote part of the globe. For those of you who would prefer to practice your newly-acquired language skills, you could go sightseeing in a country where your language is spoken or do a two-week intensive language course. For those of you who prefer to go on an adventure or discover a new culture, we've listed a few ideas below:

Tour Europe by Rail / Go Trekking in Nepal / Experience Columbian Culture / Go Surfing in Hawaii / Explore Wildlife in South Africa

Alternatively, you could do an additional overseas internship, combined with touring and expeditions, in some of the following countries:

Law or Journalism Internship in Ghana / Teach Literacy and Numeracy Skills to Children at the SOCH Orphanage in Zambia / Public Relations Internship in South Africa / Medical Experience in Cambodia

\* The cost for these two weeks will be invoiced separately.

### Experience winter in the snow while having fun and enjoying the Swiss mountains

Before winter is over, we will take you on a week of skiing or snowboarding in the Swiss Alps. You will be travelling to the ski resort of Crans-Montana and hit the slopes for some exciting adventures. If you have never skied or experienced snowboarding before, don't worry, you will be coached by an instructor from the resort and make progress really fast! In the evening, you will enjoy typical Swiss meals in a communal atmosphere and enjoy the programme activities.



## CAREER & LIFE ORIENTATION

**Define your professional goals and develop the tools to manage your career based on your values and aspirations.**

For this module, we've partnered with CEBIG, a team of career management professionals. Sessions will be divided into a series of group workshops, followed by several individual consultations with a personal coach.

During the workshops, you will engage in a process of self-reflection to define your values, your interests and your motivations. You will take personality and interest tests to discover what drives you as a person, both in a work-related environment and in your personal life. Combined with an analysis of your personal background and experience, CEBIG professionals will help you create an individual profile, complete with an action plan and a list of achievable goals.

You will then benefit from sessions with a personal coach to further develop your individual profile and give shape to the vision that you will slowly be developing for your life. Your coach will be a great resource to help you design an eye-catching curriculum vitae, write motivation letters and practice job interview techniques.

Social media and digital branding are now vital to develop your professional network and increase the visibility of your brand, products and company. You will learn how to achieve your professional goals through the use of social media and digital marketing. During this workshop, you will learn to optimise your use of digital PR, Search Engine Optimisation (SEO), Google Analytics (GA), social media mix and attractive graphic design for posted content like Tweets, CVs, brochures, websites and even pictures or movies on media such as Instagram and YouTube.

This course will give you the tools to manage your career to be successful and take control of your own life. You will get to know yourself better and have the resources at your disposal to build your life on your own strengths and talents.



## SPORTS, MUSIC, ARTS, CLUBS

### SEMESTER 1 & 2

**Practice your favourite sport, develop your musical abilities and unlock your artistic talents.**

Athletic activities to choose from include Aerobics, Archery, Badminton, Basketball, Biking, Fitness, Floor Hockey, Golf Practice, Horseback Riding, Indoor Football, Rugby, Running, Sailing, Soccer Boys, Soccer Girls, Squash and Volleyball.

If you like performing arts, you will be able to choose from Classical Dance, Creative Rock Band, Dance Choreography, Drama, String Orchestra, Training Band Beginner, Writing & Recording, and Wind Band.

The programme also includes options to study Computing, Emergency First Aid, Music DJ Mix, Photography, Sculpture, Sophrology & Mindfulness, and Yoga.

You will be able to sign up for the activity of your choice at the start of the semester and can switch later on for a maximum of two activities per semester.

**Challenging you.**  
Discovering sculpture  
and your skills as a DJ.



# GAP YEAR EXTRAS FOR THOSE WHO WANT MORE!



## **Private Pilot Licence\***

In partnership with the Aero-club of Geneva, we are proud to present you with a very exciting opportunity to complete your European Private Pilot Licence (PPL). This option is only available if you attend two semesters. You will learn about the principles of flight, aircraft systems, performance and limitations, flight planning, air law, meteorology, operational procedures, air traffic control and radiotelephony. After your first solo, you will slowly build your confidence and gain the required knowledge, skills and experience to successfully pass your final examination.

\* The cost for this option will be invoiced separately.

## **Sailing Boat Permit\***

Collège du Léman has its own sailing boats. Last year, our sailing team competed in the famous Bol d'Or regatta, a highly competitive race on Lake Geneva, aboard our two Panthers (named after our mascot).

A professional instructor will provide a combination of theoretical teaching and practical learning. After reaching the required level of proficiency, you will take an official examination to be awarded your sailing permit and gain the freedom to sail on Lake Geneva.

\* The cost for this option will be invoiced separately.

## **Motor Boat Permit\***

The training will involve theoretical study and practical boating. You will be assigned a professional instructor and, after 15 hours of practice, pass the required examination.

\* The cost for this option will be invoiced separately.



## GETTING AHEAD

Research shows that students taking a gap year are more likely to graduate from college with a higher grade point average than students who went straight to college. They report significant higher motivation in university in the form of adaptive behaviour such as planning, task management and perseverance.

Graduates also report that taking a gap year provided additional skills and knowledge that contributed to the success of their academic major and career. 88 percent of graduates reported that their gap year significantly increased their employability and job satisfaction. An ever increasing number of universities are supporting gap year experiences and understand that students who have completed a gap year will be more invested, better community members and have better employability.

### The Campus

The gap programme will take place at Collège du Léman in Geneva, Switzerland. The campus is home to about 2,000 students from more than 100 nationalities. The 8-hectare campus boasts state-of-the-art facilities, a new gymnasium, a swimming pool, tennis courts, a fitness room, a soccer field, a canteen restaurant and a shop.

As soon as you step on our campus, you will feel right at home and will no doubt enjoy the mix of cultures and languages spoken. If you do not live locally and are under 18, you will be staying in a boarding house with other gap programme students and a residential care taker. If you are over 18, you will be given the choice to either stay in a boarding house or share an unsupervised serviced apartment (pending availability) with another gap programme student (these two options mean that you will be a 'boarding student'). If you live locally, you will be given the choice to either live at home and be a 'day student' or choose one of the above two boarding options depending on your age.

### Geneva

Located in the heart of Europe, Geneva boasts an exceptional quality of life, excellent infrastructure and a highly educated and multinational workforce (more than 190 different nationalities are represented in the city). In addition to the United Nations and countless Non-Governmental Organisations (NGOs) and Non-Profit Organisations (NPOs) that made Geneva their home, more than 130 multinationals are headquartered in the city, including international banks, world famous high-tech and biotech companies, as well as the world's leading trading companies.

Switzerland is both traditional and avant-garde. International and humanitarian by definition, the country is stable and democratic. Its economic and financial prowess is based on hard work and ethics, while the source of its scientific and technological progress rests on a tradition of thoroughness and quality. Famous for its many lakes, rivers and mountains, this is an inspiring, healthy and safe environment in which to live.

## Over to you.

Application requirements.

You will need to meet the following two requirements:

Be aged between 17 and 24 at the start of the gap programme. Have the equivalent of a B2 level of English proficiency (all the modules will be in English).

We welcome students from all over the world. It doesn't matter if your interest primarily lies in business, science, the humanities or the arts; you will learn practical skills that will stay with you for life.

Places are limited, so be sure to enrol now!



Visit our website at [gapyear.cdl.ch](https://gapyear.cdl.ch)



Email at [gapyear@cdl.ch](mailto:gapyear@cdl.ch)



Call +41 22 775 56 56



**EMPOWERING**  
TALENTS  
OPPORTUNITIES  
IDEAS  
**YOU.**

Living in Geneva,  
life on campus,  
discovering you.





COLLÈGE DU LÉMAN  
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