



WELCOME TO THE YEAR OF PURPOSE

Are you a student from **North America** or **Canada** ready to break away from the ordinary and step into a journey that transforms your future?

The **Year of Purpose** is more than just a gap year. It's a bold, life-changing adventure designed to equip you with the tools, confidence, and experience needed to thrive in adulthood. Through adventure-based learning, mentorship, and personal development, this program offers a rare opportunity to discover who you are — and who you're becoming.

Why Choose the Year of Purpose?

We don't just promise change — **we guarantee it.**

Our program is designed to challenge and inspire. Through **dynamic workshops, survival training, emotional intelligence development, and cultural immersion**, you'll build resilience, empathy, and an unshakable sense of purpose.

This is your time to:

- Step beyond your comfort zone in a safe, supportive environment
- Develop emotional and mental strength
- Discover your values, passions, and personal direction
- Prepare for life, not just academics

What Makes It Different?

The **Year of Purpose** is grounded in **experiential learning**, combining adventure with personal growth and real-world readiness. Every experience is intentional, helping you grow in maturity, independence, and leadership.

You'll develop:

- Essential life skills – time, stress, and conflict management
- Leadership & teamwork – through practical application
- Problem-solving & critical thinking – in real-world scenarios
- Self-confidence & independence – through challenge and support

All participants also earn **internationally recognised certifications** in soft skills and compliance, adding value to your future academic or career journey.

Program Structure

You can choose between two options:

5-Month Program	
A focused, high-impact season of growth, designed for those looking to build momentum and direction in the first half of the year. This includes accommodation, laundry, food, activities and courses, professional coaching services, travelling, training materials, registrations and equipment as per activities.	
Price of Gap Year Program	\$5,480 (USD)
15% Deposit (includes registration, YOP branded T-Shirt & Sweater)	\$822 (USD)
Flexible payment plans available	
3 x monthly payments (after deposit)	\$1,555 (USD)
4 x monthly payments (after deposit)	\$1,170 (USD)
This cost excludes the following:	
• Additional personal pocket money • Personal gear such as bicycle, camping gear, hiking gear and tents (can be rented from us) • Activities outside of the prospectus • Medical emergencies • Emergency transportation to hospital or other related services • Flight/Travel cost to and from Cape Town at the start and finish of program (transport can be arranged on request)	

Some of the activities that you can look forward to, includes:

- Abseiling: Conquer your fears and build confidence by descending natural rock faces.
- Mountain Biking: Enhance your physical fitness and endurance on exhilarating trails.
- Rock Climbing: Build strength and problem-solving skills as you scale challenging cliffs.
- Ziplining: Experience the thrill of flight and enhance your courage on high-speed zip lines.
- Archery: Sharpen your focus and precision while mastering the art of archery.
- Hiking: Connect with nature and improve your endurance on scenic trails.
- Fishing: Learn patience and self-reliance through the tranquil sport of fishing.
- Map Work, Orientation, and Navigation: Develop essential survival skills by mastering navigation techniques.
- Farming: Gain hands-on experience and an appreciation for sustainable agriculture.
- Canoeing & Kayaking: Enhance your teamwork and coordination while paddling on the Berg River.
- Scuba Diving Experience: A supervised introduction to scuba diving, not a certification course. An opportunity to experience scuba diving in the I&J Ocean Exhibit.
- Survival: Equip yourself with critical skills for thriving in the wild through practical survival training.
- Quad Biking: Fuel your adrenaline and master rugged terrain as you take control of powerful off-road machines.

Skills Training include: Leadership & Conflict Resolution, Basic First Aid, Health & Safety Compliance, and Basic Fire Fighting.

Soft Skills include:

- Self-Mastery Course - Focused on Emotional Intelligence and Fitness
- Ongoing Community Service Commitments
- Public Speaking Workshop
- Stress & Anxiety Workshop
- Career Guidance Workshop
- Basic Cooking Course
- Entrepreneurial Workshop



Various Online Courses - Learn Anything, On Your Schedule

10-Month Program	
A comprehensive, full-year journey that deepens leadership development, builds lasting community, and takes you from discovery to transformation. This includes accommodation, laundry, food, activities and courses, professional coaching services, travelling, training materials, registrations and equipment as per activities.	
Price of Gap Year Program	\$9,120 (USD)
15% Deposit (includes registration, YOP branded T-Shirt & Sweater)	\$1,368 (USD)
Flexible payment plans available	
5 x monthly payments (after deposit)	\$1,555 (USD)
8 x monthly payments (after deposit)	\$975 (USD)
This cost excludes the following: • Additional personal pocket money • Personal gear such as bicycle, camping gear, hiking gear and tents (can be rented from us) • Activities outside of the prospectus • Medical emergencies • Emergency transportation to hospital or other related services • Flight/Travel cost to and from Cape Town at the start and finish of program (transport can be arranged on request)	

Some of the activities that you can look forward to, includes:

- Abseiling: Conquer your fears and build confidence by descending natural rock faces.
- Mountain Biking: Enhance your physical fitness and endurance on exhilarating trails.
- Rock Climbing: Build strength and problem-solving skills as you scale challenging cliffs.
- Ziplining: Experience the thrill of flight and enhance your courage on high-speed zip lines.
- Archery: Sharpen your focus and precision while mastering the art of archery.
- Hiking: Connect with nature and improve your endurance on scenic trails.
- Fishing: Learn patience and self-reliance through the tranquil sport of fishing.
- Map Work, Orientation, and Navigation: Develop essential survival skills by mastering navigation techniques.
- Farming: Gain hands-on experience and an appreciation for sustainable agriculture.
- Canoeing & Kayaking: Enhance your teamwork and coordination while paddling on the Berg River.
- Scuba Diving Experience: A supervised introduction to scuba diving, not a certification course. An opportunity to experience scuba diving in the I&J Ocean Exhibit.
- Survival: Equip yourself with critical skills for thriving in the wild through practical survival training.
- Quad Biking: Fuel your adrenaline and master rugged terrain as you take control of powerful off-road machines.

- Acrobranch: Conquer the treetops with heart-pounding ziplines and rope courses that challenge your courage, balance, and sense of adventure.
- Clay Pigeon Shooting: Sharpen your focus and precision as you take aim in this thrilling test of concentration, control, and confidence.
- White Water Rafting: Strengthen teamwork and communication on exciting river rapids.
- Skydiving: Embrace the ultimate adventure and overcome your limits with a breathtaking freefall.
- Paragliding: Soar through the skies and gain a unique perspective on the world below.
- Horse Riding: Saddle up for a breathtaking ride along the West Coast shoreline.
- Surfing: Ride the waves and develop balance and agility on the ocean.
- Paintball: Improve strategic thinking and teamwork in thrilling, action-packed paintball battles.

Skills Training include: Leadership & Conflict Resolution, Basic First Aid, Health & Safety Compliance, and Basic Fire Fighting

Soft Skills include:

- Self-Mastery Course - Focused on Emotional Intelligence and Fitness
- Ongoing Community Service Commitments
- Public Speaking Workshop
- Stress & Anxiety Workshop
- Career Guidance Workshop
- Advance Cooking Course
- Entrepreneurial Workshop



Various Online Courses - Learn Anything, On Your Schedule

Program Accreditation

The **Year of Purpose** is fully accredited by the international [Gap Year Association](#) and aligned with global standards of experiential education. This ensures that your experience is not only meaningful — it's recognised and respected worldwide.



A Life-Changing Investment

This isn't just a gap between school and what comes next — this is the foundation that prepares you for the rest of your life. Whether you're heading to university, starting work, or still exploring your path, the Year of Purpose will give you the clarity, confidence, and capability to succeed — on your terms.

Ready to Take the Leap?

 **Don't settle for the ordinary. Step into the extraordinary.**

Join a community of young adults committed to growth, purpose, and adventure — and start shaping the life you were meant to lead.

This is your Year of Purpose. Make it count.