

**For immediate release**

## **Discover Year opens its doors for 8th Annual Spring Open House**

**OTTAWA (April 27, 2023)** – Discover Year is thrilled to be hosting its [Spring Open House](#) on Thursday, May 4th from 7-9pm ET. Students, parents, and educators from across Canada and internationally will join the event – which will be held simultaneously in Ottawa, Toronto, and online – to learn about the benefits of a structured and purposeful gap year.

“Our Spring Open House is always one of our biggest events of the year,” says Jay Gosselin, Founder and Program Director of Discover Year. “We’re looking forward to connecting with students and families who are considering taking a purposeful year away from formal academic studies to develop new skills, explore their true interests, and get a clearer sense of direction for their future.”

[Discover Year](#) is a structured gap year program that supports young adults to gain the skills and experience needed to thrive in school, work and life. Throughout the 10-month program, students pursue self-growth and exploration through five components of hands-on, experiential learning: skills workshops, mentorship and coaching, work terms, travel, and community service.

“The idea of a gap year is still largely undeveloped in Canada, but we believe there has never been a better time for a year of self-discovery and exploration,” says Gosselin. “The COVID-19 pandemic had a significant impact on young people, leaving many feeling uncertain or anxious about their next steps after high school. At Discover Year, we want to help them develop the confidence, self-awareness, and resilience to thrive in whichever education or career path they choose to take.”

Discover Year has hosted its Spring Open House annually since the program’s inception in 2015. During the interactive event, guests will have the opportunity to meet and learn from current Discover Year students, mentors, parents, staff, and alumni through small-group discussions, presentations and networking opportunities, both in-person and virtually.

Applications for admission to Discover Year’s 2023-24 year are currently open and will close on June 4, 2023.

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### **About Discover Year**

Discover Year is a certified Canadian post-secondary life-skills program that helps young adults better understand what they want in life and build the skills they need to go out and get it. Through essential skills workshops, mentorship and coaching, work terms, travel, and community service, our students build stronger self-awareness, confidence, communication skills and resilience to thrive in whatever education or career path they take.

[Discoveryyear.ca](https://discoveryyear.ca)

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