

**For immediate release**

## **Discover Year welcomes 31 new ‘gappers’ for the 2023-24 year**

**OTTAWA (September 12, 2023)** – Discover Year is thrilled to launch its eighth consecutive year of gap year programming to help young adults to build the confidence, skills and experiences needed to thrive after high school. This year, we are welcoming 30 students from across Canada and one international student from Mexico.

The 2023-24 Discover Year kicks off this week in Ottawa, with a week-long orientation period that brings all students together for a week of self-exploration and discovery, skills workshops, team-building, and more.

“Orientation Week in Ottawa is always one of the most exciting times of the year,” says Discover Year Founder and Program Director, Jay Gosselin. “We have students join us from across Ontario, Canada, and internationally for an energizing week of connection and growth before launching into our official programming in mid-September. It’s a terrific – and memorable – way for our students to kick-off their purposeful gap year.”

[Discover Year](#) is a structured gap year program that helps young adults better understand what they want in life and build the skills they need to go out and get it. 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. By the end of the year, students walk away with greater confidence, self-awareness and resilience to thrive in school, work and life.

“Over the past eight years, our team at Discover Year has been helping young adults find purpose, motivation, and confidence during their gap year so they can head off to post-secondary school or the workforce with confidence and excitement, rather than anxiety and hesitation,” says Mr. Gosselin. “Throughout our program, students not only gain a better sense of direction for their future, but also a better sense of who they are as individuals, and how they can contribute meaningfully to the world around them. Our entire team is excited to support our students as they begin their year of discovery.”

Discover Year’s official programming will start September 18, 2023. Applications for admission to Discover Year’s 2024-25 cohort will open in November 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)