

**For immediate release**

## **A structured and purposeful gap year: Explore the benefits of a ‘Discover Year’ at upcoming Fall Open House**

**OTTAWA / TORONTO (November 16, 2023)** – Discover Year’s unique and experiential gap year programming will be on full display at its upcoming interactive [Fall Open House](#).

Taking place in-person in both Ottawa and Toronto, this marquee event will welcome young adults and their families to learn about the benefits of a structured and purposeful gap year. The Ottawa event will be held on Thursday, November 23rd from 7-9:30pm, with the Toronto event following two days later on Saturday, November 25th from 1-3:30pm.

[Discover Year](#) is a certified Canadian post-secondary program that supports young adults to gain the life skills and experience needed to thrive in school, work and beyond. The program integrates skills workshops, mentorship, community service initiatives, work terms, and travel into one year of exploration and self-discovery. At the end of their Discover Year, students graduate with a certificate in Career and Leadership Development.

Founded in Ottawa in 2015, Discover Year has since expanded into Toronto and is currently delivering simultaneous programming in Ottawa and Toronto’s downtown cores.

“Our Fall Open House offers a terrific opportunity to experience the supportive and inclusive community at Discover Year while hearing firsthand from our students, staff and alumni,” says Jay Gosselin, founder of Discover Year. “We believe that all young people could benefit from a purposeful gap year to gain new skills, experiences and connections, and we are pleased to see that more and more students and their families are considering taking this meaningful step.”

During the 2023 Fall Open House, prospective students and their parents will be able to meet and network with current Discover Year students, parents, staff, mentors, and alumni through an interactive presentation, small-group discussions, and a facilitated question and answer period.

Applications for admission to Discover Year’s 2024-25 year will open on November 24, 2023. The final deadline to apply is June 2, 2024.

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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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