

# How to Find an Alternative “Year Out” Opportunity

There are many opportunities out there to volunteer, work and intern for students who are looking to do something life changing after they graduate or take a temporary break from school. Here are some steps to get you on your way to finding the opportunity that is right for you.

## What is Alternative “Year Out” ...

Are you considering taking time off before going to grad school, starting a full time job, or continuing with your college education? Do you want to continue your learning experience in a different environment? Do you want to explore yourself and the world around you? If you said yes to any of these, then an alternative “Year Out” program might be right for you. You don’t have to necessarily take an entire year off, your experiences will vary, some might be shorter than others or you might do a combination of things. Alternative “Year Out” programs may be in a wide range of categories including **arts, community organizing, environment, education, public service, government, health, international development, research, science and technology, social advocacy, and many others** .

## Getting Started...

In planning your Alternative ‘Year Out’ opportunity, consider the following:

There are few matters you will attend to before planning your alternative ‘Year Out’. Consider the following: location, type of program, program duration, time span, compensation, travel expenses, housing accommodations, and health insurance.

## How to fund your Alternative “Year Out”...

Once you realize that an Alternative ‘Year Out’ opportunity is what you want, the next step is to figure out how to fund it. If you are lucky enough to find an opportunity that compensates you in some way, whether that is by offering housing, travel expenses, small stipends or some form of benefits, congratulations. Then your next step is to find a way to fund the rest of your experience. This can be done through several of the following methods: temporary/part time jobs, grants, loans, scholarships, or fellowships.

## How and where do you search...

A few examples:

## Web Resources...

The following are databases/websites that have resources for alternative programs and opportunities in many fields of interests to you. Remember that these links are just to get you started.

AmeriCorps <http://www.americorps.org/about/programs/index.asp>

Catholic Network of Volunteer Service <http://www.cnvs.org/>

City Year [www.cityyear.org/](http://www.cityyear.org/)

Haas Center for Public Service [http://haas.stanford.edu/external\\_fellowships/](http://haas.stanford.edu/external_fellowships/)

Idealist [www.idealists.org/](http://www.idealists.org/)

Jewish Coalition for Service <http://www.jewishservice.org/>

Quaker Information Center [www.quakerinfo.org/](http://www.quakerinfo.org/)

## Print Resources...

Check out these internship directories (and many others) from the Career Center Library:

Short-Term Job Adventures by Michael Landes

Ferguson Career Resource Guide to Internships and Summer Jobs

Your Gap Year

Alternatives to the Peace Corps

Teaching English Abroad

Work Your Way Around The World

## Networking...

### Other resources available to find your opportunity...

Consider asking those around you like your professors, fellow students, family and friends, advisors, counselors, or even looking at news and media sources for highlights of “people making a difference”. Sometimes word of mouth is the best way to find out about an incredible alternative program.

## International Opportunities...

The following sites focus on international (outside of the United States) opportunities. Most of the sites previously highlighted also list international opportunities as well as U.S. based experiences.

A couple of special notes regarding international opportunities:

- Many international service programs prefer or require a longer time commitment - typically two years.
- Some programs may require a placement or program fee or may have other expenses that the participant is responsible for covering.

International Service & Travel Center [www.istc.umn.edu/](http://www.istc.umn.edu/)

International Volunteer Programs Association [www.volunteerinternational.org/](http://www.volunteerinternational.org/)

Peace Corps [www.peacecorps.gov/](http://www.peacecorps.gov/)

Transitions Abroad [www.transitionsabroad.com/](http://www.transitionsabroad.com/)

Volunteer Abroad [www.volunteerabroad.com/search.cfm](http://www.volunteerabroad.com/search.cfm)

## HSU Career Center Resources...

The Career Center is full of services designed to meet your needs. Take advantage of these opportunities for free while you are a student and for 3 months after you graduate. Visit the Career Center in Nelson Hall West room 130.

Visit the Career Center For 1:1 Assistance

Make an appointment with a Career Counselor.

Seek assistance from a Career Counselor who can help you in looking for an alternative ‘year out’ program as well as help you look for a full-time job, internship, or getting into graduate or professional school. You can make an appointment by calling (707) 826-3341.

b) Utilize the HSU Career Center and IPA web sites.

[www.humboldt.edu/~career](http://www.humboldt.edu/~career) [www.humboldt.edu/~career/ipa/](http://www.humboldt.edu/~career/ipa/)

c) Use the Career Center library for print resources