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Gap year students get access to \$1000 through new Impact Fellowship

Gap year advocacy agency to provide programming for young people to get involved in their community.

Burlington, ON: Today, the Canadian Gap Year Association (CanGap), a Canadian non-profit specializing in gap year advocacy for young people, announces their newest program: Impact Fellowship. This three-month program is designed to provide funding and mentorship to young people as they make a difference in their communities. The Impact Fellowship is funded by the Government of Canada under the Canada Service Corps.

While in the program, participants will develop their own project, take part in weekly 1:1 mentorship meetings, and receive a \$1000 micro-grant. At the end of three months, participants will report on their community service and have the opportunity to share their learnings in a TEDx-type event.

When asked about The Impact Fellowship, CanGap's Founder, Michelle Dittmer, stated, "CanGap has always seen the incredible potential in youth as innovators and change makers. Youth are ready to contribute NOW, not after more school and training. We are excited to see youth identify challenges and step up to make their communities stronger by bringing their gifts and talents to the table. Through expert coaching, relevant resources and micro-grants, CanGap can support the development of today's emerging leaders."

CanGap's enthusiasm for the new program is backed by studies that show positive benefits when young people participate in community outreach:

- **Boost in confidence** - participants are given the opportunity to develop strong social skills and ties when getting involved in their community.
- **Problem solving skills** - community involvement means meeting novel problems and finding new solutions for our participants.
- **Psychological benefits** - studies show that connection is a major driver in feelings of happiness. By stepping out to support others, participants can boost overall mood and build new relationships.

"Our government is pleased to fund this project through the Canada Service Corps program, which gives young changemakers the opportunity to make a positive impact in their communities and helps us foster a culture of service and giving back in Canada. The Canadian Gap Year Association plays an important role in the lives of young people,

providing them with possibilities to practice leadership, grow their networks, develop life skills, and to become agents of change.”

- The Honourable Marci Ien, Minister for Women and Gender Equality and Youth

About CanGap: CanGap is a non-profit organization based in Burlington, ON with a focus on gap year advocacy for young people. Since its inception, CanGap has made an impact in the lives of over 5000 students by providing grants, resources and mentorship to young people ages 17-25. CanGap has been featured as the leading gap year resource center by CBC, CTV, Toronto Star, Globe and Mail and other notable media outlets.

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