

As seen in
MACLEAN'S
2024 University
Guide!

A STRUCTURED AND PURPOSEFUL GAP

DISCOVER YEAR

Discover Year is a one-year life and career 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.



**MEANINGFUL
SELF-DISCOVERY**



**SKILLS
DEVELOPMENT**



**COACHING &
MENTORSHIP**



**WORK & TRAVEL
EXPERIENCE**



Discover Year is a certified Canadian post-secondary program by the Government of Canada. Program fees are RESP-eligible and can be claimed as a tuition tax credit.

Join us at our next event!

Scan the QR code to learn more about Discover Year and register for one of our information sessions.

www.discoveryyear.ca | outreach@discoveryyear.ca





WHAT YOU GET OUT OF A DISCOVER YEAR



EARN A DOUBLE CERTIFICATE IN CAREER AND LEADERSHIP DEVELOPMENT, WHICH INCLUDES:

- Weekly workshops to develop crucial life and career skills
 - Two work terms to gain valuable work experience and save money
 - Visits to businesses and workplaces to network with professionals
 - One-on-one coaching from a personal Life-Path Coach
 - A travel period for the entire month of February
 - Two community service projects to give back to your community
- ... and more!



"As someone leaving high school with plenty of skills but zero direction or passion for future paths, Discover Year was exactly what I needed. The facilitators and coaches are genuine and caring, and it's incredible to be surrounded by a community of inquisitive, empathetic, like-minded peers."

- Blythe, Discover Year Graduate

"This program has made a huge difference for me. After completing my Discover Year I feel a lot more confident in myself, and my ability to go out and navigate the world. It has helped me learn so much about myself and the world around me."

- Jude, Discover Year Graduate



COMPLETE YOUR
DISCOVER YEAR IN:

www.discoveryyear.ca | @DiscoverYear



Ottawa



Toronto



Remote