

GLOBAL  
CITIZEN  
YEAR



WELCOME

TO GLOBAL CITIZEN YEAR!



# WELCOME!

Congratulations on being selected as a Global Citizen Year Fellow! We're thrilled to extend this opportunity to you and can't wait to embark on this journey together.

We're inspired by the passion, drive, and commitment you demonstrated throughout the admissions process, and we're confident you've got what it takes to thrive and grow as a Global Citizen Year Fellow.

To help you learn more about our Fellowship, we've put together this guide describing our unique approach to the bridge year.

From fundraising, to learning a new language, to spending eight months immersed in a host country, Global Citizen Year will push you in exciting and rewarding ways. Each new challenge will help you develop your potential, and you'll return a more independent, confident, and globally-minded person than the one who reads this letter today.

*It's time to get ready for an experience of a lifetime.*

Welcome!  
The Global Citizen Year Team

# DESTINATION : Engaged Global Citizenship

At its core, Global Citizen Year is a global leadership development Fellowship. Through our curriculum and individualized coaching, we'll help you to understand and reach your potential by developing the skills and attitudes necessary to be a proactive leader and engaged global citizen. Our core curriculum is designed to facilitate learning in three spheres – global competence, entrepreneurial mindset, and personal growth and learning.

**Our team will support you on this journey.** Our talented staff have years of experience leading cross-cultural exchanges and leadership development with young people. With staff members from all over the world, the Global Citizen Year team is equipped to guide you through a unique educational experience.

When you get to your host community, you'll have a Team Leader on the ground in your region to help support you throughout your bridge year. **Your Team Leader will be your coach, supervisor, mentor, and role model**, while also being your main point of contact for emergencies.

Our local partners – host families, apprenticeship supervisors, language tutors, and local advisors – are important members of the extended team. These local community members are selected and trained to support you in adapting, learning, and integrating into your community effectively.

You'll also be part of an amazing cohort of inspiring, driven, and generally awesome Fellows. Your cohort will be a critical support network for you as you work through similar challenges and celebrate each other's wins.

**Together with your cohort, you will grow, mature, and learn**, building the foundation of global citizenship for a lifetime of collective leadership.



THE SUMMER CAMPAIGN

MAY - JULY

Raise awareness and mobilize your community.



PRE-DEPARTURE TRAINING & IN-COUNTRY ORIENTATION

AUG - SEPT

Learn from experts and build your foundation. Familiarize yourself with the country, culture, and language.



HOMESTAY, APPRENTICESHIP & TRAINING SEMINARS

OCT - MARCH

Immerse. Integrate with family, work and community. Delve deeper with ongoing training.



RE-ENTRY TRAINING AND CAPSTONE

APRIL - JUNE

Join your global cohort in the U.S. Return and share your awesome story.



LIFELONG ALUMNI NETWORK

JULY - FOREVER

Go to college with the support of the Global Citizen Year network!

# START YOUR JOURNEY : Summer Campaign

Your Global Citizen Year kicks off with the **SUMMER CAMPAIGN!** Before you even arrive at training in August, our team has an outstanding curriculum lined up to help make you as prepared as possible for the year ahead. Supported by staff, alumni, and your fellow Fellows, you'll build a foundation of language, leadership, and cultural skills to give you a head start upon arrival in your host country. **The 5 main components are described below.**

## TRAVEL PREPARATIONS

From obtaining a passport and applying for a visa, to getting the required vaccinations and coordinating your travel, we're here to help you with all the necessary details for a successful start to your year.

## COUNTRY PREPARATIONS

You've probably got a million questions about the culture, history, and daily life of your soon to be home. Get some answers with videos and articles hand-selected by our staff and alumni. Join online video hangouts to ask questions, discuss issues, and dive deeper into understanding your host country.

## STORYTELLING

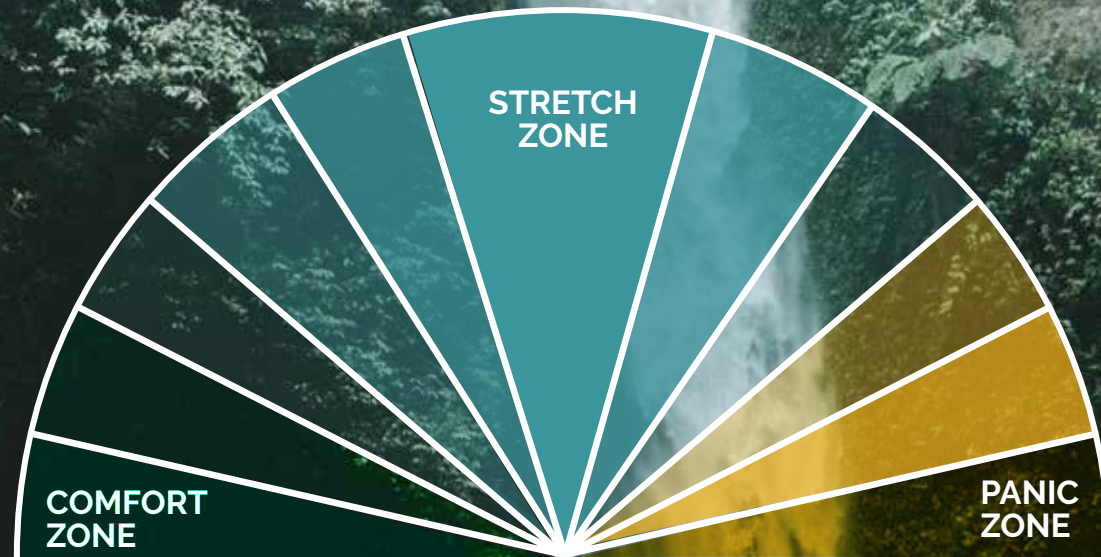
Your bridge year will be filled with experiences and stories that are just too amazing to keep to yourself. Our team will help you build the storytelling and communication skills to tell compelling, authentic, and responsible stories about your bridge year. Starting with the Summer Campaign and continuing throughout the year, you'll receive training on writing blogs, public speaking, digital media, and more.

## FUNDRAISING

Building support and fundraising are necessary skills for any leader wanting to make an impact. The goal? Raise money for the Fellows Fund, from which we draw financial aid and scholarships. During this short-term, high-impact initiative, you'll learn to leverage your networks, communicate your story effectively, and mobilize your resources towards a passion. Plus you'll help ensure Global Citizen Year remains accessible to students from all financial backgrounds.

## LANGUAGE LEARNING

To really connect with your host family and friends abroad, you'll need to be able to communicate with them! We'll provide you with language learning tools like Rosetta Stone and online hangouts to help lay a strong foundation of language skills before you arrive in country.



### THE STRETCH ZONE

Global Citizen Year is designed to support your learning and growth through an amazing, challenging and rigorous experience. You can expect to encounter a number of challenges along the way – all of which will help grow and develop new skills. You demonstrated that you possess the determination, flexibility, and self-awareness necessary to make the most of your experience. The Fellows who gain the most from the experience are those who embrace each experience as an opportunity.

At Global Citizen Year, you're encouraged to break out of your comfort zone and enter your [stretch zone](#). Living in the stretch zone is all about discovery, exploration, challenge, and learning. It's about surprising yourself by all that you're really capable of. Throughout your bridge year, Global Citizen Year staff will support you in taking on the appropriate challenges to put you in your stretch zone. If you ever fall back into the [comfort zone](#) or feel you've gone too far and entered the [panic zone](#), our team always has your back and will help you readjust to the stretch zone.

## TRAINING + COACHING

In August, you'll get to meet all the Fellows in your cohort at **PRE-DEPARTURE TRAINING** held at Stanford University and the beautiful California Redwoods. The first of several trainings during your Fellowship, Pre-Departure is packed with team challenges, group discussions, personal reflections, and presentations from today's leading global thinkers. This 10-day training will help you better understand and get excited for the year ahead. You'll become part of a community of inspiring, driven, and adventurous people like you, and get tips and tools to make the most of your bridge year.

After Pre-Departure Training, your months of preparation will all be worth it when you take off to your host country! You'll travel directly from California to your country with the rest of your cohort. During your first five weeks in your host country, your cohort will engage in a comprehensive and intensive **IN-COUNTRY ORIENTATION**. Based in a major city, the in-country orientation will focus on your host country's culture and language, teach you concrete skills for your immersion, and prepare you to stay healthy throughout your time abroad.

### TRAINING SEMINARS

At regular intervals throughout the year, you and your regional or country cohort will get together for Training Seminars. These trainings combine topics like global skills building, entrepreneurial leadership, and health and well being, with team building activities and personal reflection. Trainings will leave you feeling invigorated, inspired, and ready to tackle the challenges ahead. They're also a great opportunity to participate in cultural activities with your fellow Fellows and learn from each other's experiences.

### COACHING SESSIONS

You will also participate in one-on-one coaching sessions with your Team Leader to facilitate your health and safety, personal growth, and learning. During these sessions, your Team Leader will check in with you about the goals you have set and support you in identifying ways to optimize your Global Citizen Year.



# HOMESTAY



Global Citizen Year provides you with the opportunity to deeply immerse in a new country and community. During your cross-cultural experience you will connect with and learn from community members, and participate in a variety of activities that expose you to their issues, passions, and priorities. At Global Citizen Year, we give you a level of independence that gives you the space – and responsibility – to develop your own community.

## COMMUNITY PLACEMENT

Community placements can range from very rural to urban.

Access to medical services, communication, banking, a post office, local markets, and other services could range from hours to days, depending on infrastructure, weather, and other circumstances.

Proximity to other Fellows and Staff may range from a few minutes to a few hours.

Your host family is an essential part of your Global Citizen Year experience. Not only do they play a vital role in your cross-cultural learning and language immersion, but they provide a true sense of family while you are abroad.

### What will my homestay experience be like?

Many Global Citizen Year alumni cite their host family experience as one of the most impactful and meaningful aspects of their Global Citizen Year. Time spent with the family provides a rare opportunity to intimately experience, and learn about local lifestyles, language, and customs, as well as share your own perspective.

Cultural differences offer the greatest opportunities for learning about a new way of life. Adjusting to a new lifestyle takes time, knowledge, and patience. You'll learn to embrace new customs and demonstrate an openness and willingness to learn. For example, you may be challenged when exploring how to balance sensitivity and respect for the host family with your need for privacy.

### How are host families selected?

Host families are selected by Global Citizen Year based on a set of health and safety criteria coupled with cultural factors. Most importantly, they are excited to host a Fellow and participate in this unique cultural exchange! Some host families have worked with Global Citizen Year in the past, and some will be new to the hosting experience but all host families receive an orientation from our staff. We strive to place you with a compatible family, and will support you in building a wonderful relationship with them.

## COMMUNITY ENGAGEMENT & APPRENTICESHIP



### What is the goal of community engagement?

The goal of community engagement is straightforward – to be an active member of your local community. Your involvement can take many different forms – from joining your local sports team, to teaching English to community members, to volunteering at a community garden – the opportunities are endless and only require your passion and initiative!

### What is an apprenticeship?

Your apprenticeship placement provides you with an opportunity to participate in a local project or organization while learning new skills. We have developed opportunities in a variety of sectors including environmental conservation, public health, agriculture, social enterprise, and education. As an apprentice, you are there to learn, observe, and contribute. You should be ready to regularly participate in apprenticeship tasks, to openly and proactively communicate your successes and challenges, and to demonstrate a consistent desire to learn from your apprenticeship.

Some apprenticeships provide an informal structure and some provide roughly 10 – 40 hours a week of formal engagement with local community members. The rest of your time is open for you to enjoy according to your interests and the needs of your community. Most Fellows take the opportunity to embrace a slower pace of life and to develop independent projects.

### When will I find out what my apprenticeship placement is?

Apprenticeships are determined during in-country orientation after our staff gets to know you better. We do our best to facilitate a match between your personal preferences and our apprenticeship opportunities. Apprenticeships are also about embracing new challenges with a spirit of open-mindedness, eagerness to learn, and recognition that each placement will bring unique experiences and value.

### What is the Final Community Project?

In the final months of your time in-country, you'll get to design and implement your own Final Community Project. This is an opportunity to bring together all that you've learned to address a need in your host community. You'll get to be creative and work with your connections in the community to make an informed and lasting contribution.



## COMING HOME

### RE-ENTRY TRAINING

During your final weeks in your host country, you will begin to prepare for departing your host community and returning home. Your transition begins with your final in-country Training Seminar and will continue with a week of **RE-ENTRY TRAINING** in California upon your return. You will join your entire cohort and Global Citizen Year staff to lay the foundation for a successful transition before returning home.

### CAPSTONE

The final program phase of your Global Citizen Year is the **CAPSTONE** project, which begins when you return to your home community from your time abroad. Throughout the year, the training seminars will help you develop your communication skills and voice as a leader. The Capstone project challenges you to:

- Use your new storytelling skills to connect people at home with your bridge year experience.
- Inspire your audience to think with a more globally focused mindset.
- Build momentum for the bridge year movement.

Your audience will include supporters from your Summer Campaign and your followers at home, your fellow Fellows, and the broader Global Citizen Year community. The Capstone project is the culmination of a year of learning and reflection, giving your home community the opportunity to connect and honor the transformative year you just had. Most importantly, Capstone serves as a launching pad into the next phase of learning and growth!



## HEALTH AND SAFETY

Health and safety are top priorities. It is important to recognize that there is a certain degree of risk in the very nature of international living and travel. Standards of diet, sanitation, and transportation are examples of differences you will find in your host country. Through training and mentorship, we will help you to develop the skills and knowledge to assist in managing these challenges and risks. Your health and safety are also dependent on your ability to observe your surroundings, understand and follow policies, make good decisions, and ask for help. You will be in a position where you must navigate these challenges independently and reach out proactively to your support networks when needed.

Many host communities are remote; as such, evacuation to advanced medical care can take hours or even days due to distance, weather, poor roads, or other unforeseen circumstances. Global Citizen Year has created evacuation plans and emergency response systems in which the staff and local contacts work together with you to provide appropriate and necessary medical care. All of our Program Staff members are trained in emergency response and are Wilderness First Aid certified. \*For your reference, a detailed description of our Essential Eligibility Criteria is available on the Global Citizen Year website ([www.globalcitizenyear.org](http://www.globalcitizenyear.org)).

### Fellow Assessment & Program Evaluation

Global Citizen Year is a learning organization; evaluation and feedback are important parts of our culture. From your first engagement with Global Citizen Year through the very end of the program, you will be asked to assess your strengths and areas for growth. Through your one-on-one coaching sessions and group check-ins, you will receive feedback and evaluation from your Team Leader, cohort, and community on how your actions and contributions are perceived and valued.

We see these self and external-assessments as opportunities for self-awareness – a critical ingredient for developing your potential as a leader and a global citizen. In that spirit, we provide you with the tools and training to give and receive feedback. You should also feel comfortable enough to actively participate in these coaching sessions, complete all self-assessments and program surveys, and maintain regular, open communication about both the successes and the challenges that you face throughout the year.

Evaluations of Fellow growth and performance, as well as of the organization and programming, are critical tools for helping all of us to see where we excel and where we can improve.

# FROM OUR ALUMNI

Once you have completed your Capstone and fulfilled all other program requirements, you will join the ranks of the Global Citizen Year ALUMNI — a growing corps of global citizens who bring firsthand experience and critical insight to campuses and careers around the world. With the tenets of leadership and global citizenship now woven into your education, you will approach the rigors of college and the challenges of the 21st century ready to make a vital and lasting impact on your world.

from our alumni

17



Gus Ruchman  
Senegal 2011, Harvard University  
"The adventures will be grand. I have slept on floors among pilgrims, walked across wastelands and accompanied freestyle Wolof rappers on guitar. Sometimes you will not realize the adventures are adventures at all. If you do not take the leap, you may never know what you missed. I promise you it is worth it."



Lydia Collins  
Ecuador 2013, Tufts University  
"The year progressed and I made many good friends in the market, in my family, and in the community. I was a teacher, an older sister, and an informal American ambassador. I came away from the experience feeling older than my 18 years after living in intense, humble, and very foreign conditions for a year. But, I also came to Tufts with a huge appreciation for my college education, raw gratitude for the opportunity to be a student, a realistic world-view, greater patience, and more love for those whom I hold close."



VRUJ PATEL  
Senegal 2014, Cornell University  
"Truthfully, I had accepted that I would be going to college immediately after high school because it was the narrative I had heard all my life...My mother was a single parent and the only tenuous chance I had to succeed was to go to a college that was generous with financial aid... And then Global Citizen Year happened... I knew immediately that this was supposed to be a part of my story. I wanted to live, to do more than breathe; I wanted to explore and push boundaries... Ever since I can remember, I have loved to hear stories. Now it is time for me to write my own."



**Global Citizen Year will ask a great deal of you, pushing you beyond your comfort zone and requiring you to show grit and resiliency as you go through this personal journey. This Fellowship will give you a great deal in return, from concrete leadership skills like effective communication, giving and receiving feedback, and fundraising, to "soft" skills such as greater maturity and self-confidence to effectively handle ambiguity and adversity. Through Global Citizen Year, we will help you explore your potential as a leader while connecting you to a remarkable new community in the world. We can't wait to get started!**



"I became stronger, I became fearless, I became myself. Global Citizen Year gave me the confidence to jump, but also a new benchmark for what I'm capable of: anything."

Emily Ford, 2013 Senegal Fellow,  
Smith College