

A group of young women, likely volunteers, are seen in a community setting. They are wearing black t-shirts with the 'the leap' logo. One woman on the left has her hair in a braid. They are interacting with children, including a young girl in a colorful polka-dot shirt and a boy in a blue shirt. The background shows a simple structure with a blue roof.

the
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THE SMART START TO A GAP YEAR

Gap Year Leaps

ADVENTURE. PURPOSE. REAL-WORLD WORK EXPERIENCE.



The Smart Start To A Gap Year

Not Just Where You Go. What You Come Back With.

Most young people travel to see the world.
Our students travel to experience it.

A Leap combines adventure, friendship and meaningful real-world work experiences, helping young people build confidence, independence and transferable skills before continuing their travels with a clearer sense of direction.

Designed as the perfect start to a gap year, every Leap takes you beyond the tourist trail and into experiences most travellers never get to access.

Students Want Adventure *Parents Want Value*

The best gap years deliver both.

Students are looking for adventure, friendship, freedom and unforgettable experiences.

Parents want confidence, independence and evidence that this unique window of time has been used well.

At The Leap, we've spent more than 25 years combining the two.

Our programmes are deliberately designed to be great fun, highly social and packed with adventure whilst also helping young people gain the experiences, stories and transferable skills that universities and employers increasingly value.



More Than *Just Adventure*

Universities and employers increasingly look for more than academic grades.

They're interested in evidence of communication, teamwork, leadership, initiative and adaptability.

The challenge is finding opportunities to develop these qualities.

Through challenge, culture and contribution, a Leap provides real-world experiences that help you build these skills naturally whilst having the adventure of a lifetime.



NO TWO DAYS ARE THE SAME.

What A Leap *Feels Like*

4 weeks and yet no two days are the same.

One day you could be snorkelling over coral reefs. The next, building fuel-efficient stoves, trekking through mountains, exploring local markets, learning new skills or sharing stories with people whose lives are completely different from your own.

Some days are challenging. Some are eye-opening. Some are simply brilliant fun.

You'll travel with a team of like-minded people, experience places far beyond the tourist trail and discover just how much can happen when you step outside your comfort zone.

That's what makes a Leap different.



CONFIDENCE

The Perfect Start To *Independent Travel*

For many young people, independent travel can feel exciting and daunting in equal measure.

The Leap bridges the gap.

You'll gain travel experience, confidence and practical skills whilst exploring extraordinary destinations alongside an experienced team.

By the end of your 4-week programme, you'll be better prepared to continue your travels independently and make the most of your gap year.



CAMARADERIE

The power of *the team*

Most people join a Leap knowing nobody. Four weeks later, they leave with friendships that often last for years.

Travelling as part of a small team creates shared experiences, instant camaraderie and a supportive environment that encourages people to push themselves further than they might alone.

Many Leapers continue travelling together afterwards.

That's why the team is at the heart of every Leap.





The Leap was amazing from start to finish. Always on hand and super supportive. A truly brilliant experience for my daughter after a gap year that hadn't gone to plan.”

Jessie - parent Cambodia Leap

Four Destinations. One Philosophy.

Every Leap is built around our three pillars:

Challenge
Culture
Contribution

The difference is the flavour of the adventure.

Whether you're drawn to wildlife, mountains, beaches, conservation, community projects or cultural immersion, there's a Leap designed for you.



Kenya in Action

CORAL REEFS + COMMUNITY + SAFARI | 4 WEEKS

Spend four unforgettable weeks on Kenya's beautiful Indian Ocean coast, working alongside our award-winning NGO partners and immersing yourself in local life.

From coral reef restoration and community projects to dhow sailing, cultural immersion and beachside living, Kenya combines adventure, friendship and meaningful contribution in a way few gap year experiences can.

HIGHLIGHTS

Coral reef restoration • Community projects • Dhow sailing • Market challenges • Football & cultural immersion • Optional safari





Peru in Action

ANCIENT CULTURES • EPIC TREKS • AMAZON EXPLORATION | 3 WEEKS

Spend three weeks exploring two of Peru's most extraordinary regions, the Sacred Valley and the Amazon Rainforest, while working alongside local communities and experiencing one of the world's most fascinating cultures.

From trekking through the Andes and discovering ancient Incan traditions to exploring the Amazon by boat, wildlife spotting and contributing to meaningful community projects, Peru combines adventure, cultural immersion and unforgettable experiences.

HIGHLIGHTS

Machu Picchu • Rainbow Mountain • Amazon Rainforest • Sacred Valley • Community Project • Cultural Immersion





Costa Rica in Action

WILDLIFE + ADVENTURE + SURF CULTURE | 4 WEEKS

Spend four unforgettable weeks exploring Costa Rica's incredible rainforests, beaches and wildlife-rich landscapes whilst working alongside inspiring conservation projects and local communities.

From protecting sea turtles and caring for rescued wildlife to zip-lining through cloud forests, chasing waterfalls and surfing Pacific waves, Costa Rica combines adventure, conservation and pure fun in one of the world's most biodiverse destinations.

HIGHLIGHTS

Sea Turtle Conservation • Wildlife Sanctuary • Surfing Lessons • Cloud Forest Adventure • Waterfalls & Jungle Exploration
• Beach & Surf Culture



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Cambodia in Action

COMMUNITY IMPACT • JUNGLE ADVENTURE • ANCIENT WONDERS | 4 WEEKS

Spend four unforgettable weeks exploring a side of Cambodia that few travellers ever experience, working alongside inspiring community projects whilst discovering the country's rich history, vibrant culture and stunning landscapes.

From supporting social enterprises and local communities to exploring ancient temples, cycling through rural villages and venturing into Cambodia's wild eastern provinces, this adventure combines meaningful contribution with unforgettable cultural experiences.

HIGHLIGHTS

Angkor Wat • Community Projects • Social Enterprises • Jungle Exploration • Mekong Dolphins • Cultural Immersion



SEAMLESS, SUPPORTED + STRESS-FREE

We've got you *from start to finish*


From the moment you join a Leap team, we're by your side. We'll guide you through flights, visas, vaccinations, and insurance—taking the stress out of prep.

Before departure, Milly hosts a team Zoom to run through everything from packing lists to safety tips and SIM cards, so you feel ready and confident.

Once you're on the ground, our experienced guides are with you 24/7—living alongside you, managing logistics, and keeping everything running smoothly and safely.

And if anything comes up, our UK team is just a call away.





It challenged us in ways we hadn't anticipated, opening our eyes to different ways of living and requiring us to be resilient, organised, and adaptable.

– Lottie, Gap Year Leap

What Will You Come Back With?

Adventure.

Friendships.

Stories.

Confidence.

Transferable skills.

Real-world experience.

A global perspective.

And memories that last a
lifetime.

YOU'RE IN SAFE HANDS

Trusted & Experienced

Over 20 years of helping young people explore the world with confidence.

Since 2002, The Leap has delivered purposeful adventures for thousands of young people across the globe. Combining experienced UK staff, trusted local partners and robust safety procedures, we've built a reputation for creating life-changing experiences that are exciting, well-managed and responsible.

Why Parents Trust The Leap

- 20+ years of youth travel expertise
- 24/7 emergency support
- Comprehensive risk assessments and safety audits
- Long-term partnerships with conservation and community organisations
- Fully supported programmes from departure to return

Adventure With Responsibility

Every Leap programme is designed to challenge and inspire, while maintaining the highest standards of safety and safeguarding.

Our experienced team manages the logistics, risk management and support systems so students can focus on making the most of the adventure.



A woman with her hair in a bun, wearing a blue and white long-sleeved shirt and black shorts, is hiking down a dirt path on a grassy mountain ridge. The background shows a vast valley with rolling hills and a city in the distance, all bathed in the warm, golden light of a setting or rising sun. A dark purple square is overlaid on the image, containing the text 'the leap' in white and light blue.

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