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PURPOSEFUL PATHWAYS

Gap Program Schedule

On-Campus Discovery and Preparation

- **Campus Move-In Day:** August 25, 2022
- **Classes Begin:** August 29, 2022

Week 1: Getting to know yourself and your team

Spend time with your peers and Carlow's Counseling Psychology faculty to conduct a series of self-assessments that are designed to help you discover your strengths, interests, leadership qualities and career interests.

Week 2: Think locally, act globally - diving into food security

Service-learning opportunities: [Carlow Closet](#), [the Free Store](#), [Soup Kitchen](#) and [Food Bank](#)

Serve the local Pittsburgh region, while you examine food insecurity and the impact on local communities. You and your peers will spend time with Carlow's Social Work faculty to discuss methods for assessing community and family needs and solution driven strategies for better outcomes.

Week 3: Global agricultural practices and factors that influence food insecurity; women's roles in the global arena

Service-learning opportunities: [Grow Pittsburgh](#), [local community gardens](#) and [Carlow's Greenhouse](#)

Meet with Grow Pittsburgh, visit local community gardens and plant vegetables in Carlow's greenhouse as you explore the factors necessary for successful gardening with Carlow's Biology faculty. Learn more about issues of gender inequity in developing countries from our Women's Studies faculty.

Week 4: Malnutrition effects on brain development & maternal health

Dive into the world of nutrition with Carlow's Neuroscience, Chemistry and Nursing faculty and explore how nutrition affects children's brain development, lead cooking experiments to illustrate effective methods of maintaining and delivering nutrition through foods and understand practices that lead to more healthy outcomes for newborns.

Week 5: Entrepreneurship in developing countries

Get to know Africa's business practices and the factors that influence success in developing a business model with our Business faculty. Local business owners join discussions to share challenges and successes in creating their businesses.

Week 6: Global education practices

Service-learning opportunities: [Carlow's Campus Lab School](#)

Gain a new perspective on educational systems and developmental models for teaching around the world. You will volunteer at our on-campus lab school supporting children's learning in the classroom and extracurricular activities.

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Service Learning in Uganda (30 days)

Oct. 10: Depart Pittsburgh

Oct. 11-Oct. 16: Banana Village

- Explore Banana Village and local community
- Visit Bright Kids Children's Home, Church of Uganda and Museum of Martyrs, Kampala (capital of Uganda) and the Animal Orphanage
- Volunteer at Noah's Ark School for Children with Disabilities and a Ugandan eye clinic

Oct. 17-Oct. 18: Nile River Explorer

- Experience a boat ride to the source of the Nile and white-water rafting

Oct. 19 - 24 Mbale

- Explore Mbale
- Visit two local villages: Chodong and Kanyanga
- Volunteer at Prime Tower Primary school
- Volunteer at AVCR (Advocates for Vulnerable Children's Rights)

Oct. 25-26: Sipi Falls

- Hike to the falls and enjoy a lunch
- Go on a coffee tour & explore the village

Oct. 27-31: Soroti

- Visit St. Martha's school, St. Francis School for the Blind - primary & secondary, Soroti rock
- Volunteer with children in Oukut Village
- Volunteer at Silver Memorial Inclusive Community Learning Center (SMILE)
- Meet village elders and hear their stories

Nov. 1-4: Lake Victoria

- Volunteer in projects for school and garden
- Visit Chimpanzee Island

Nov. 5-9: Banana Village & Murchinson Falls

- Experience a three-day safari on boat and land
- Shop for souvenirs

Nov. 10: Arrive in Pittsburgh

Nov. 11-13: Time off to decompress

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On-campus reflection and presentation

Week 13: Reflection on international experience, plan for sharing

Examine your experience with our Psychology faculty as you re-enter into the United States culture. You will begin developing a presentation about your experience centered on one area of interest under the guidance of faculty

Thanksgiving break

Week 14: Sharing and Celebration Event

Learn how to incorporate your experience into your resume and on interviews from our career services team. They will help you to highlight the skills you developed during your time in the Gap Program. If you choose to earn college credit, career services will help you develop a portfolio as well.