

## ESSENTIAL ELIGIBILITY REQUIREMENTS

The goal of A Gap Away, LLC is to provide coaching and mentorship to individual interested in gap year activities. You must have the skills and abilities necessary to plan your gap year, and ultimately be a good fit for the activities you choose. Think about it ... When you were hired for your first lawn mowing job, or as a lifeguard, they had the same goal in mind - were you qualified for the task at hand? No one is well served if you're not.

A Gap Away's EEC include the following:

- You agree to actively engage in the coaching process and understand that the decision to participate in any particular activity is yours to make. You own the outcome.
- You are able to comply with the the A Gap Away Policies Statement included with your contract.
- You are able to advocate for your needs with regard to emotional and physical health/safety, medical and mental health, and social requirements. You will not require regular on-site therapy during your gap year activities and/or programs.
- A Gap Away, LLC is an inclusive practice and requires the same from clients. You agree to work with, and engage in programming with, individuals of different backgrounds, identities, ethnicities and socioeconomic status.
- You agree to learn about, and abide by, ethical considerations regarding responsible tourism, respect for vulnerable populations, and animal rights detailed in our Ethical Service and Travel Statement.
- A Gap Away does not provide therapeutic counseling or accept clients through the court system.
- Adhere to all expectations set forth by a program or activity, and accept the consequences for failure to do so.
- Manage your self-care: This includes the ability to manage your medication and physical needs, and to maintain your mental health in stressful situations using effective self-advocacy.
- If you engage in travel, especially independent travel, you demonstrate sound judgment and the ability to seek assistance when needed, assume responsibility for your belongings, and practice cultural sensitivity. This includes settings where English is not the primary language.
- Use critical thinking, follow warnings, recognize hazards, and adapt your behavior when changing or risky situations present.