

Mini Gap Year Course 2026



What is the Course all About?



In short, this course is a **6-Week Greatest Hits** of the Gap Year Journey, where you learn almost everything you need to know about life!

Gap Year Course (**with First Week Live in Johannesburg**)

12th January till 20th February 2026

Gap Year Course (**with First Week Live in Cape Town**)

2nd March till 10th April 2026

"I learned more on this course than I did in 12 years of school"

Tiana

"Doing this course was the best decision I ever made!"

Giovanna

"Time flies when you are having fun, and everything was so fun!"

Jean

"It was the best year of my life"

Simone





Find Your Dream Job and Career!

160 Job and Career Options

Please note that students can choose up to 4 of the careers from this list that will be included on their career journey. The others will be based on their individual Career Coaching Journeys. There will also be 10 Core Careers that all students will do to give them a different background into various different fields.

A.

Accountant/Chartered Accountant, Acting, Actuary, Acupuncture, Advertising, Aeronautical/Aerospace Engineering, Animal Sciences, Animal Services, Animation, Anthropology, Aquaponics, Aquatic Science, Archaeology, Architecture, Aromatherapy, Artificial Intelligence Specialist, Artist, Astrophysics, Audiologist

B.

Bakineer (Baking and Engineering), Baking, Beauty Therapy, Beekeeping, Bio-Kinetics, Biomedical Engineering, Body Stress Release, Business Management

C.

Car Mechanic, Carpentry, Catering, Chef, Chemical Engineering, Chemistry, Chiropractor, Choreography, Cinematography, Civil Engineering, Coding, Comedian/Stand-Up, Computer Game Design, Costume Designer, Counselling, Criminology

D.

DJ, Data Science/Data Engineering, Dentist/Orthodontist, Dermatologist, Digital Content Creation, Digital Marketing, Diving Instructor

E.

Eco-Building, Economist, Educator/Teacher, Electrical Engineering, Electrician, Environmental Science, Epidemiology, Estate Agent, Ethical Hacking/Cyber Security

F.

Farming, Fashion Designer, Film Director, Film Editing, Film Making, Financial Analyst, Fitness/Personal Trainer, Florist, Forensics, Full Stack Developer/Engineer, Futurist/Trend Analysis

G.

Game Ranging, Genetics, Geology, Graphic Designer, Green Technology/Environmental Technology

H.

Hair Styling, Historian, Homoeopathy, Horticulture, Hospitality, Hotel Management, Human Resources, Hydroponics, Hypnotherapy

I.

Industrial Designing, Informatics, Information Technology/IT, Interior Design

J,K,L.

Journalism, Kinesiology, Landscaping, Lawyer, Life Coaching, Logistics

M.

Magician, Make-Up Artist, Marine Biology, Marketing, Mechanical Engineering, Media/Broadcasting, Medicine, Metaphysics



Find Your Dream Job and Career!

N,O

Nature Conservation, Nursing, Nutritionist/Dietician, Occupational Therapy, Oceanography, Optometrist, Orthotist/Prosthetist

P.

Paediatrics, Palaeontologist, Paramedic, Personal Styling/Image Consultant, Pharmacist, Philosophy, Phlebotomist, Photography, Physiotherapy, Pilot, Playwright, Plumbing, Politics, Private Investigation, Procurement/Buying, Prompt Engineer, Psychiatrist, Psychologist, Public Relations

Q,R

Quantity Surveyor, Radio/Podcast Presenting, Reflexology, Reiki Practitioner, Restaurateur, Robotics

S.

Social Media Influencer, Social Worker, Software Developer, Song Writing and Composing, Sound Engineering, Speech Therapist, Sports Science, Sports Management, Statistics

T.

Tattoo Artist, Travel Agent, Tourism/Tour Guide, TV Presenting, TV Show Creation & Production

U,V,W.

Veterinarian, Videographer, Virtual Reality Design, Winemaker/Viticulturist, Web/App Developer & Design, Wedding Planner, Writer/Author

X,Y,Z.

Yoga Instructor, Zoology





The “Life Works” Life Skills Module

This fundamental course component covers business, creative, general emotional intelligence, and street-smart skills to help empower students to be independent, self-reliant, and competent individuals.

Brainstorming, Mapping & Planning Ideas 101	How to Travel the World on a Small Budget	Self Defence Skills
	How to Change a Tyre	How to Write an Effective CV
To Do Lists and Getting things done	How to Take Effective Notes	Home Loans and Retirement Funds
	How does SARS, Tax, VAT work?	Creating and Sticking to a Budget
Goal Setting, Planning and Commitment	Job Interview Skills	Learning Rapport, Listening & Conversation Skills
	Financial Management	Creating Multiple Streams of Income
Creating a Bullet Journal	The Essential Human Needs	Coping with Stress & Anxiety
	The Science of Happiness 101	Creating Daily Habits for Motivation & Success
Mindfulness – Gratitude, Being Present, Meditation	Building & Maintaining Self-Confidence	The Power of Physiology and Body Language 101
	Understanding & Developing Self-Love & Self Awareness	How to Prepare for a Career that doesn't Exist Yet





Special Online Beginner Courses!

Want to really experience something interesting – we offer 4 specially designed online courses to help you, whether you do these as a career or not!

Entrepreneurship - The Beginners Guide:

During the Course you will discover: What Business to do – Sole Prop vs Pty Ltd, Product vs Service etc, Finding the Right Idea, Understanding your Customers and their Needs, Understanding the Basics – USP, Logo, Registering a Business etc, How to Design and Host a Website, Sales, Marketing and Digital Marketing, Budgeting and Pricing, Scaling your Business, Expanding your Business, Franchising 101, Creating a Business Plan, Branding and Networking, The Psychology of Success in Entrepreneurship

Students will even get the chance to start their own business while they are on the course in a simple, practical and easy-to-follow way!

AI (Artificial Intelligence) – The Beginners Guide:

Learn the Basics of AI in this special course that will include: What is AI? The Basics of using a Programme like Chat GPT, AI for Creating Art and Images, AI for Creating Animation and Videos, The Dangers of AI and Safety Measures, Using AI for Making Mundane and Complicated Tasks Exciting & Streamlined, What the Future is going to look like in the Age of AI, AI for Health and Wellness, Ensuring the Human Connection is not lost in the Sea of Technology

Property 101:



We will look at the different types of Property you could get involved in:

Understanding Permanent vs Temporary Renting, Renting Property vs Buying, Property Investing, How to Design and Cost your Own Property, Interior Design 101, A Guide to Estate Agents, Flipping Property 101 with Challenge, The Future of Property Building Design, Making your Property Profitable & the Different Strategies

Financial Investing & Money Boot Camp:

We will look at the different types of investing you could get involved in:

Understanding Financial Terms, Assets 101, Risk Appetite & Passive vs Active Investing, The Stock Market 101, Trading 101, Crypto Currency 101, Blockchain 101, NFT's 101, Property Investing, Retirement Annuities 101



What do I get on the Mini Gap Year Journey?



Mini Gap Year Course Includes:

Live In-Person Power Week featuring Life Skills, EQ, Games, Adventures, Experiences and Challenges AND

Tailor-made Online Career Journey featuring at least 10-12 Careers with Lessons (See pages 3-4) AND

Up to 4 Live Online **Individual Coaching Sessions**
(Career and Life Coaching)

PLUS

- Online **Practical Challenges** in up to 3 of the Careers you are most interested in
- 5 Live Online **Group Sessions**
- The Entire “**Life Works**” Life Skills Course (See Page 4)
- Tailor-Made EQ (Emotional Intelligence) Journey of **up to 5 Different Lessons!**
- **Access to 4 Extra Modules/Experiences** Online at R3000 per course (See Pg 5)

