



ARCC Gap Student Essential Eligibility Criteria Revised April 2019

The ARCC Essential Eligibility Criteria (EEC) is applicable to all ARCC students.

The mission of ARCC Gap Semester Programs is to offer an educational and cultural bridge between high school and college. The ARCC Gap Year programs are 90 day semesters and are an opportunity to live, work, learn and explore in some of the greatest classrooms on earth.

The health and well-being of our students, instructors, in-country partners, and staff are a top priority. To achieve our goals and ensure that every student has the most successful semester possible, each student must be fully committed to and capable of being flexible, working together with their group members, and maintaining a positive and open attitude.

The Essential Eligibility Criteria is applicable to all students applying for an ARCC Gap Semester. A qualified student is one who can meet the EEC outlined here for participation in the semester. If an applicant is unable to meet these criteria, we are happy to discuss alternative options for the applicant that might make the semester a successful opportunity for them. This exception does not apply if it alters the fundamental structure of the program, significantly impacts other students enrolled in the semester, compromises the health or safety of other students and instructors, or requires an undue financial or administrative burden on ARCC Gap.

ARCC's Expectations

While there is no experience necessary to participate in an ARCC program, there are critical attributes that we expect of all ARCC participants. We expect students to maintain high standards of personal behavior. A successful ARCC program requires participants to have a positive and unselfish attitude on the program as well as an open mind and flexibility. ARCC programs are 'hard work-hard play.' We expect that everyone will actively commit to all the program's activities, as teamwork is often required for the experience to be successful. An enjoyable and fulfilling experience with ARCC depends on a positive attitude, willingness to contribute to the group, and readiness to participate enthusiastically in each program activity.

ARCC Gap does not tolerate the possession or use of federally illegal drugs or alcohol. Any students found possessing or engaging in one of these activities will be sent home immediately at their own expense and without refund.



We take great pride in creating the best possible program itineraries. The descriptions of the programs provided in our itineraries and on our website represent our plans as we make them. However certain aspects of the program or itinerary may not happen exactly as described. Service projects can change based on the needs of the communities, schools, non-profits, NGOs, and other organizations. To get the most out of an ARCC Gap experience, participants need to be flexible and open to changes. ARCC Gap programs are not recommended for students coming out of youth-at-risk or therapeutic programs as we are not ourselves a therapeutic program.

We expect all students to abide by ARCC Gap policies, and we have a “zero tolerance” attitude regarding violation of ARCC Gap Policies. A violation of these policies will result in the participant being sent home at his or her (or the participant’s family’s) expense. For certain disciplinary violations, including behavioral issues, disruptive behavior, and exclusive relationships, ARCC Gap will often use a behavioral contract in congruence with students, parents, and ARCC Gap instructors prior to escalating disciplinary action or a student being sent home. These behavioral contracts will be handled on a case-by-case basis, and are dependent on the behavior and needs of the student involved.

Essential Eligibility Criteria For Students On All ARCC Gap Semesters

Participation

Each student must:

- Participate in the projects and curriculum of the program. We understand that you will get as much out of this semester as you put into it, but we ask that you participate to the best of your ability and if you are uninterested in a certain component, we ask that you not exhibit any behavior to the group that might detract from the experience of another group member.
- Treat every member of the group in a kind, respectful and valued manner.
- Be open to pushing yourself outside your comfort zone.
- Maintain a cultural awareness and sensitivity towards local people in the places through which you are traveling.
- Be able to carry your own luggage and gear on uneven surfaces for up to one mile.
- Be willing and able to participate in the various outdoor activities included in the ARCC Gap itinerary, which vary depending on location and can include but are not limited to white water rafting, surfing, hiking, trekking, SCUBA diving, snorkeling, and zip-lining.

Safety and Judgement

Each student must:

- Be able to effectively communicate physical, mental or emotional health needs to their instructors in a timely fashion.



- Use the buddy system when traveling in foreign countries and in unknown territory.
- Uphold all ARCC policies involving drugs and alcohol consumption.
- If taking prescription medication, be able to self-administer and monitor dosages without assistance from instructors or others unless under emergency circumstances.

Leadership and Expedition Behavior

Each student must:

- Be able to work well in a group and be a positive and contributing group member. This includes being willing and open to conflict resolution and accepting differences among peers.
- Contribute to a positive and safe learning environment.
- Participate in the leadership curriculum that is a part of the ARCC program.
- Contribute their fair share of group tasks and chores so as to ensure the successful functioning of the group and not allow too much of the burden to fall on any particular group member.
- Be able to effectively communicate ideas, concerns, and feedback both to individuals and to the group as a whole.
- Be able to be self sufficient to a certain extent; no one student should be continually consuming a greater share of the instructor's time and energy than other students are receiving and requiring.

Environmental Ethics

Each student must:

- Learn about and uphold the principles of Leave No Trace ethics while traveling.
- Use Steri-pens or other water purification systems whenever possible so as to reduce our plastic bottle consumption while traveling.

Mental Health Criteria

Each student must:

- Be at least six months out of any therapeutic or rehabilitation program, including but not limited to: wilderness therapy, therapeutic boarding schools, drug and alcohol treatment, etc.