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FROST VALLEY YMCA
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Frost Valley Offers New "Gap-year in Mexico" Program

A chance for college-aged adults to volunteer abroad and help children

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CLARYVILLE — In partnership with YMCA Camp Camohmila in the town of Tepoztlán, Mexico, Frost Valley YMCA has developed "Gap Year in Mexico," a structured program that gives young men and women between the ages of 18 and 22 from the US the chance to volunteer abroad and provide Mexican children with a safe place to learn and play, from August 27 to December 16, 2016.

Participants in the Gap Year in Mexico program will spend a week at Frost Valley YMCA preparing for a four-month stay in Tepotzlán. Once there, they'll assist teachers during the school day by providing extra help and classroom management. In the afternoons, gap-year participants run various recreational activities, helping children to learn, grow, and thrive. In their four months abroad, these young adults experience new perspectives, gain independence, become more responsible, and a develop a sense of cultural worldliness. Financial assistance is available for those who meet requirements.

"This is an exciting program that can change the lives of children in need, while providing opportunities for stewardship, personal growth, and travel to young adults here in the US," says Zach Eigenbrodt, head of the program. "It's amazing to see the the work that YMCA Mexico has already done to help children, and we are thrilled to be able to team up with such a caring group of individuals. This is truly a once-in-a-lifetime opportunity for college-aged adults."

Photos and interviews are available upon request. Please contact Director of Marketing and Communications Amanda Hinski at AHinski@FrostValley.org

About Frost Valley YMCA
Frost Valley YMCA is a values-driven organization that fosters youth development, healthy living, and social responsibility through outdoor educational and recreational programs for all. Located in the heart of the Catskill Mountains, Frost Valley provides year-round access to nature and fun through programs such as summer camp, adventure trips, farm camp, equestrian programs, group and family retreats, school trips, teambuilding and more. Frost Valley is guided in this pursuit by its core values which serve as pathways for guests as they bond with nature and each other: Caring, Community, Diversity, Honesty, Inclusiveness, Respect, Responsibility, and Stewardship.

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