



Bridge/Gap Year Options -Temporary Post-Graduation Opportunities

Looking for something to do between graduation from Carnegie Mellon and medical, dental, graduate school or full-time employment? Several opportunities exist that range between a summer up to two years. Some options may be related to medicine, while others may be a chance to explore something new to improve your candidacy. This is only a sampling of the opportunities available. If you are considering medical school, you are advised to meet with the Director of the Health Professions Program to determine the type of experience that would appropriate to strengthen you candidacy. Your Career Consultant can work with you to prepare and apply for temporary opportunities and to discuss your career plan.

RESEARCH OPPORTUNITIES

Many students opt to stay at Carnegie Mellon to complete research with faculty. Discuss this possibility with the Director of the Health Professions Program and your Academic Advisor.

[National Institutes of Health – Postbaccalaureate Intramural Research Training Award \(IRTA\) and the Cancer Research Training Award \(CRTA\)](#)

Provides recent college graduates who are planning to apply to graduate or professional (medical/dental/pharmacy) school an opportunity to spend one or two years performing full-time research at the NIH. Postbac IRTAs/CRTAs work side-by-side with some of the leading scientists in the world, in an environment devoted exclusively to biomedical research.

[Graduate Research, Education, and Training \(GREAT\) Group](#)

The GREAT group is an Association of American Medical Colleges group that promotes quality education in the biomedical sciences. They have a link to summer undergraduate research programs at their website.

[Health Sciences Research Opportunities – Swarthmore College](#)

[Internships/Co-Ops for Pre-Medical Students – Rochester Institute of Technology](#)

[Research Associate Program at St. Vincent’s Medical Center – Emergency Department](#)

[Summer Research Fellowship Program - Wayne State University](#)



JOBS, FELLOWSHIPS, AND INTERNSHIPS

[Coro](#)

Coro trains ethical, diverse civic leaders nationwide. Coro leaders develop skills; master tools needed to engage and empower communities; gain experience in government, business, labor and not-for-profit community organizations; and participate in special community and political problem solving processes.

[EnviroLink](#)

The EnviroLink Network is a non-profit organization. EnviroLink maintains a database of thousands of environmental resources and provides internet services to non-profit organizations.

[Student Conservation Association](#)

The Student Conservation Association (SCA) is America's conservation corps. Our members protect and restore national parks, marine sanctuaries, cultural landmarks and community green spaces in all 50 states.

[United Way](#)

United Way is working to advance the common good. But we can't do it alone. We need the heads, hands and hearts of committed people like you to help us tackle the problems facing our communities. Each of us has special talents, things we can do to help. Put your talents to work.

SERVICE OPPORTUNITIES

[AmeriCorps](#)

1. [AmeriCorps State and National](#)

The largest of AmeriCorps programs, AmeriCorps State and National provides funds to local and national organizations and agencies committed to using national service to address critical community needs in education, public safety, health and the environment.

2. [AmeriCorps NCCC](#)

AmeriCorps NCCC (National Civilian Community Corps) is a full-time, team-based residential program for men and women age 18–24. Members are assigned to one of five campuses, located in Denver, Colorado; Sacramento, California; Perry Point, Maryland; Vicksburg, Mississippi; and Vinton, Iowa.



The mission of AmeriCorps NCCC is to strengthen communities and develop leaders through direct, team-based national and community service. In partnership with non-profits—secular and faith based, local municipalities, state governments, federal government, national or state parks, Indian Tribes and schools members complete service projects throughout the region they are assigned.

3. [AmeriCorps VISTA](#)

AmeriCorps VISTA is the national service program designed specifically to fight poverty. Founded as Volunteers in Service to America

[Pittsburgh Health Corps \(part of Americorps\)](#)

The Pittsburgh Health Corps is a program of the National Health Corps AmeriCorps program. Since 1994, the Pittsburgh Health Corps (PgHC) has been based at the Allegheny County Health Department, which fosters collaboration between members and agencies throughout the Pittsburgh area.

[City Year](#)

City Year corps members serve full-time as tutors and mentors in schools, running after-school programs, leading and developing youth leadership programs, and vacation camps to make a difference in the lives of children and their communities.

[Citizen School](#)

Citizen Schools partners with middle schools to expand the learning day for children in low-income communities across the country.

[MATCH Charter Public School](#)

The MATCH mission is to help students achieve success in college and beyond. Match doesn't just prepare students so they can get admitted to college, but so that they are ready to succeed there.

[Public Allies](#)

Public Allies advances new leadership to strengthen communities, nonprofits, and civic participation. Since 1992, we have been developing a new generation of diverse leaders and promoting innovative leadership practices that meet the demands of changing times.



[Teach for America](#)

Teach for America aims to end educational inequity. TFA corps members serve in high need schools for two year commitments.

GLOBAL OPPORTUNITIES

[AIESEC](#)

AIESEC is a global, nonpolitical, and independent, not for profit organization run by students and recent graduates. Its members are interested in world issue, leadership and management. AIESEC provides its members with an integrated development experience comprised of leadership opportunities, international internships, and participation in a global learning environment.

[BUNAC](#)

BUNAC offers a range of exciting summer camp, work abroad and volunteer abroad programs. Established in 1962, BUNAC is a non-profit work and travel expert and has been helping young people work and volunteer abroad for 47 years. Popular BUNAC destinations include: USA, Canada, New Zealand, Ghana Australia, Britain, China, South Africa and many more.

[ChildVoice International](#)

ChildVoice International is quickly expanding in northern Uganda. Opportunities include, but are not limited to adult and child education, psycho-social rehabilitation, community health, spiritual leadership and development, income generating projects, microfinance, art, physical and occupational therapy, administrative and organizational tasks, and agriculture.

[Global Healing HEAL Internship](#)

Health Education & Advocacy Liaisons (HEAL) internship gives undergraduate, first year medical students, and public health students the chance to work with physicians at the Roatan Volunteer Pediatric Clinic (RVPC) in Honduras for one to three-month stays. Interns have the unique opportunity to interact with pediatric patients and the visiting or local physician while experiencing international healthcare firsthand. While on the island of Roatan, interns work in both clinical and research settings.



[Global Service Corps](#)

GSC has been a leader in the field of international volunteering designing and implementing effective volunteer programs and community development service-learning programs in Africa and Asia since 1993. GSC community training and development programs are offered year round, from two weeks to one year, in HIV/AIDS Education and Prevention, Sustainable Agriculture and Food Security, International Public Health, Cultural & Buddhist Immersion, Orphanage Care, and Teach English Abroad.

[Peace Corps](#)

Peace Corps Volunteers serve in 74 countries in Africa, Asia, and the Caribbean, Central and South America, Europe, and the Middle East. Collaborating with local community members, volunteers work in areas like education, youth outreach and community development, health, and information technology.

[Volunteer Abroad](#)

Looking for volunteer abroad programs? Search our directory of over 17,000 opportunities abroad updated daily and find the best volunteer abroad program for you!

SCIENCE OPPORTUNITIES

[Commonwealth Sciences](#)

We work with a variety of disciplines and levels from Research Associates to Scientists, Engineers, Managers and Directors. Whether it's a Research Associate for a temporary contract, or an R&D Director to reshape your technology, we have the knowledge and resources to meet your staffing objectives. Commonwealth Sciences works with non-profits, academic institutions and companies ranging from start-ups to Fortune-500's.

[Kelly Scientific](#)

As the world's leading provider of scientific and clinical research workforce solutions, Kelly Scientific Resources® has been connecting scientific professionals with businesses around the world since 1995. Our international reach allows us to meet our clients' global workforce requirements and provide our employees with global career opportunities – all while delivering quality localized service through our more than 100 branch locations.



[KForce](#)

Kforce is a professional staffing and solutions firm providing flexible and permanent staffing solutions in the skill areas of: Technology, Finance & Accounting, Clinical Research, Healthcare, and Government Solutions.

[Lab Support](#)

An international leader in placing scientific, engineering, and preclinical professionals in contract, contract-to-hire, and direct hire opportunities. Having pioneered a specialized staffing approach, most Lab Support Staffing Consultants possess a degree in science or engineering and a passion for the industry they represent. With 25 years of experience, we successfully place professionals in industries, such as biotechnology, medical device, pharmaceutical, food and beverage, environmental, chemical, and consumer care as well as government and academia.

[NuWest LabTemps](#)

LabTemps specializes in staffing Temporary Scientific Personnel - from Temporary Chemists to Temporary Lab Technicians. A powerful regional firm, LabTemps supports a variety of industries in Chicago, Illinois and the greater Midwest area including Chemical, Food & Beverage, Pharmaceutical, Biotechnology, and Environmental.

[Yoh Scientific](#)

Top quality scientists, chemists and researchers are critical to driving research & development, new product manufacturing and quality assurance. Every day, Yoh's delivers skilled scientists that enable success for the world's leading pharmaceutical, biotechnology, chemical, food & beverage and consumer products companies. With degreed scientists as recruiters, we understand complex scientific requirements.

GENERAL OPPORTUNITIES

[Backdoorjobs.com](#)

Are you looking for opportunities to work, travel, play, live, learn, help, create, experience and grow in the U.S. or abroad? Come explore, dream, discover and do with Backdoorjobs.com: Short-Term Job Adventures!



[Cross-Cultural Solutions](#)

Work side-by-side with local people in Africa, Asia, Eastern Europe, or Latin America. With 25,000 volunteers, our work in care giving, teaching, healthcare, and community development supports the progress of communities overseas, and back at home.

[GapYear.com](#)

Gap year guides, suggestions, information, and help.

[Global Volunteers](#)

Join short-term volunteers in our non-profit network providing long-term, ethical service on a volunteer vacation abroad or a USA volunteer program. Live and work with local people on life-affirming service programs for one to three weeks.

[Idealist.org](#)

Idealist connects people, organizations, and resources to help build a world where all people can live free and dignified lives. Idealist is independent of any government, political ideology, or religious creed. Our work is guided by the common desire of our members and supporters to find practical solutions to social and environmental problems, in a spirit of generosity and mutual respect.

[Red Cross](#)

If you like to help people you have come to the right place. Your local Red Cross unit could have just the opportunity – from training to be and ready to respond to disasters to supporting a blood drive from delivering messages to our US service personnel to connecting families displaced by disasters or conflict.



[Tomorrow's Doctors](#)

A number of schools offer postbaccalaureate premedical programs to assist individuals to pursue a medical career after they have already received a Bachelor's degree. The purposes of these programs vary. Some are designed for persons wishing to change careers; these individuals have not yet completed the science courses required for medical school application. Other programs are designed for persons wishing to enhance an existing academic record; these students have taken the requisite courses, but need to improve their GPAs to increase the competitiveness of their medical school applications. Still other programs are specifically designed to assist persons from groups currently underrepresented in medicine or from educationally or economically disadvantaged backgrounds. This searchable database enables you to search according to program type and other program characteristics.

[VolunteerMatch](#)

VolunteerMatch strengthens communities by making it easier for good people and good causes to connect. The organization offers a variety of online services to support a community of nonprofit, volunteer and business leaders committed to civic engagement. Our popular service welcomes millions of visitors a year and has become the preferred internet recruiting tool for more than 76,000 nonprofit organizations.