



canvee
life school

**THE LIFE CHANGING YEAR
GAP PROGRAM**

***What are the keys to a
successful career?
Is to be happy your
ultimate goal in life?
What are the things that
you would like to learn
but they don't teach at
schools?***

THE LIFE CHANGING YEAR GAP PROGRAM



Valencia, Spain



9 months

GAP YEAR PROGRAM STRUCTURE

- ★ Master in Personal Excellence & Self-Leadership
- 💬 Spanish Lessons
- 📍 Trips to European cities
- 👥 Volunteering
- 🏃 Physical activities
- 🗣️ Coaching & Mentoring
- 🏠 Accommodation - Shared apartments
- 📷 Exploring the city and weekday activities



Become more **emotionally intelligent**. Be aware of your emotions and have tools to master them while developing relationships and leadership skills



Implement **positive psychology** tools that improve your **emotional wellbeing**



Understand entrepreneurship dynamics, global economics and financial and real estate markets. Be able to prepare a **personal financial plan**



PROGRAM OBJECTIVES



Become a great **negotiator**. Learn to present arguments, bargain and find out how to close the best deals



Become **physically active** and acquire personal defense, martial arts, yoga and basic dancing notions



Broaden your worldview. Navigate **new cultures**, customs and languages outside your comfort zone.



Make a positive impact on the local community by engaging in **volunteering** activities

Be persuasive, popular and **influential**. Become an effective **public speaker** and a kind face to face communicator



Become a **fast reader**, good **memorizer** and a better learner



Learn how to apply **creative thinking** in different environments



Develop **critical thinking** and discuss philosophical issues



PROGRAM OBJETIVES



Be **healthy** and strong. Learn to cook nutritious and delicious foods while being able to identify the essential nutrients for your body



Master a foreign **language**. Be able to speak, read and write very good Spanish



Have a **clearer sense of the next steps** in your personal and professional life

WHY CHOOSING THIS PROGRAM?

*The only Gap Year experience
with a Master's Degree on the
skills to thrive in adulthood*

THE LIFE CHANGING YEAR GAP PROGRAM

What is special about The Life Changing Year Gap Program?

Our focus is to offer students their most memorable year, through our **all-inclusive** gap program:

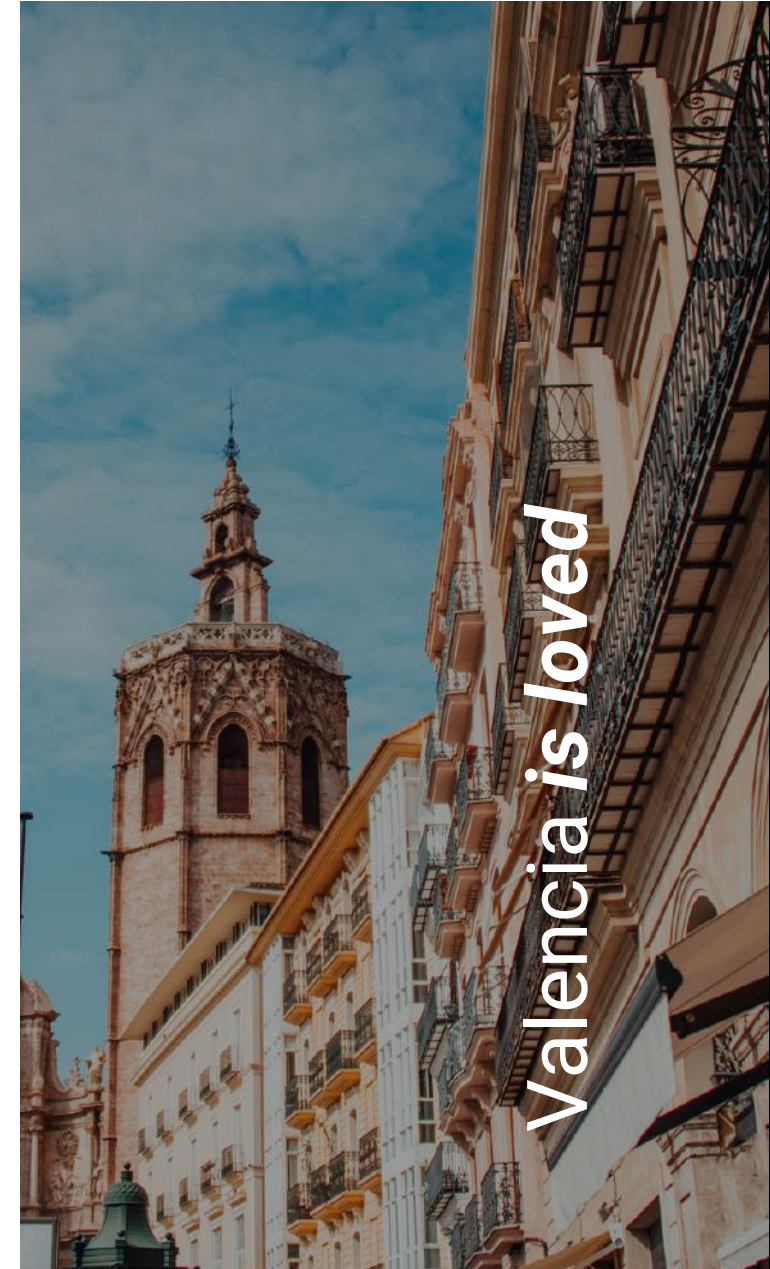
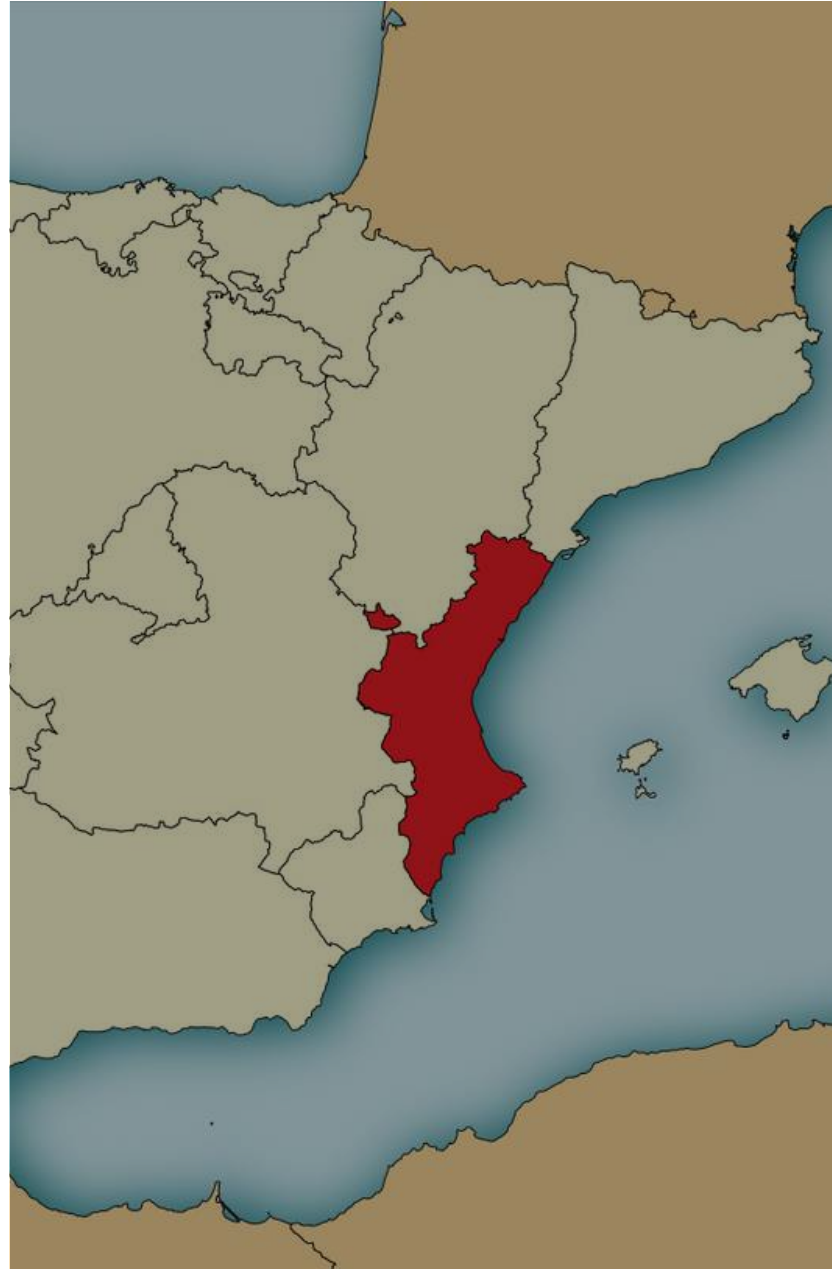
- Living abroad and immersing in a new culture for a whole **9 months**
- Learning a new **language**
- Getting the keys to become **happier, healthier** and a whole set of **skills** to become socially and professionally successful
- Obtaining a **Master's** certificate in Personal Excellence & Self-Leadership
- **Learning from the very best** in their fields
- Coaching and **mentoring** along the whole experience
- **Travelling** around Europe
- **Volunteering** opportunities

Who is this program for?

- Young individuals who are curious, open-minded, adventurous and committed to their personal and professional development
- Either for those:
 - Seeking more clarity in their next career steps
 - Craving adventure and traveling
 - Recharging batteries
 - Gaining new life skills
 - Wanting to build on their existing strengths

Our location

VALENCIA, SPAIN
Spain's Valencia named
best city in the world for
foreign residents,
ranking top for its quality
of life, leisure
opportunities and ease of
settling in.





Valencia is by the sea

19 kilometers (12 miles) of
beautiful beaches



Valencia is sunny

average annual temperature
of 17 °C (62 °F)



Valencia is history

founded in year 138 B.C, influenced by Romans,
the Moors and the Christians



Valencia is fun

home to the most popular
fiestas in Spain: Las Fallas.



Valencia is safe

ranked among the safest cities in Europe,
with a very low crime rate



Valencia is healthy

Mediterranean diet, birthplace
of "paella"



Master's certificate
by Florida Universitaria.

A bilingual holistic
program that provides
the necessary tools
to thrive in one's
personal and
professional life

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Valencia, Spain



9 months

MASTER IN PERSONAL EXCELLENCE & SELF-LEADERSHIP

- MODULE 1 – WELCOME ACTIVITIES & INTRODUCTION TO THE COURSE
- MODULE 2 – EMOTIONAL INTELLIGENCE & POSITIVE PSYCHOLOGY
- MODULE 3 – PERSONAL EFFECTIVENESS
- MODULE 4 – COMMUNICATION & PRESENTATION SKILLS
- MODULE 5 – CRITICAL & CREATIVE THINKING
- MODULE 6 – FINANCIAL EDUCATION
- MODULE 7 – LIFESTYLE & WELLBEING
- MODULE 8 – CAREER DEVELOPMENT
- MODULE 9 – FINAL MASTER'S PROJECT



OUR FACULTY

Meet some of our fantastic faculty



Agustín Peralt Personal Effectiveness

Doctor in Business Administration, Agustín is a speaker, executive coach and associate professor in different European universities. Since 2013, he's lead over 100 personal effectiveness projects for multinational companies and professionals all over the world.



Rocio Reolid Pilates & Dancing

Degree in Physiotherapy and Classical Dance, Rocio's been a professional dancer for over 8 years, participating in several shows and musicals. She currently teaches Pilates, Partner Dancing & Jazz in Valencia.



Luis Pardo Professional Communication

Working in the world of communication, marketing and media, since 1996, Luis has developed his career at McCain WorldGroup, becoming its Corporate Strategy Director in Spain. He combines his work with lecturing at various universities, and I actively participates in conferences, panel discussions and ad hoc training courses.



Andrés Minguez Physical activities, martial arts & personal defense

National and international champion in Judo & Sambo. For over 7 years he's managing a sports center specialized in judo and weight training. He is also a Martial Arts and Personal Defense National coach and is a researcher at UNESCO's International Center for Martial Arts for Youth Development, helping children and youngsters in least favored countries.



Rafael Antich Emotional Intelligence

With over 20 years of experience as a cognitive behavioral psychologist, he is Head of volunteers at Desata tu Potencial, a nonprofit association, leading the "Emotional Intelligence teaching program" since 2009, reaching over 5.000 students every year.



Juan Castillo Entrepreneurship

Co-Founder and CEO of GuruWalk, the leading marketplace for free walking tours in the world. Juan has been creating digital projects for over 10 years, with over 100 hired employees and 7 closed projects. He has an MBA and has completed computer science and start up courses in Harvard University and Stanford.

OUR FACULTY

Meet some of our fantastic faculty



Ruth Lezcano
Acting & Improvisation

Dramatic Arts degree, theater actress winner of winning “Best actress” prize in Radio City Short Film festival and “Best supporting actress” Abril prize in 2007 and 2009. For over 18 years she’s been leading a theatrical arts education project, carrying over 300 theatrical representations.



Julian Reyes
Persuasion & Communication

National TV presenter for over 20 years (RTVE), since 2014 he’s developed different leadership & communications programs. He collaborates with Spanish and Latin American universities and has been named as a Top 100 speaker by Thinking Heads in 2022.



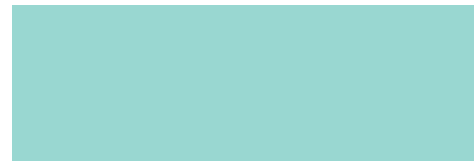
Alejandro Martinez
Financial Markets

Stock Market and Finance Master’s Degree, he’s worked at Morgan Stanley and since 2003 he is CIO and Founding partner at EFE&EFE multifamily office. He’s a speaker at several investment conferences and courses, mentoring startups as a certified investment advisor.



Alain Manzano
Modeling Excellence

Master in Non-verbal scientific communication and degree in Philosophy, he is a certified international advanced coach and trainer in NLP. He teaches leadership, influence, emotional management and communication courses at multinational companies.



TRAVEL EXPERIENCES

*Connect with yourself and
feel connected to a greater
community of people from all
around the world*

THE LIFE CHANGING YEAR GAP PROGRAM



Paris, France 4 days

The most romantic city in the world. In addition to the Eiffel Tower, Paris has countless gorgeous landmarks, monuments and spacious boulevards. The most charming cafés of Europe serve delicious French cuisine delicacies.



Madrid, Spain 3 days

Madrid is the capital of Spain and its largest city. It is a perfect destination for those who love culture and art, thanks to a large number of museums and art galleries. Probably the most lively city in Europe, it is a metropolis where to lose yourself enjoying tapas bars and old cafés.



Rome & Florence, Italy 4 days

Both Rome and Florence are a fabulous mix of archeology, art and religious culture. Rome was the capital of the ancient Roman Empire and home of The Vatican. Florence was the birthplace of Renaissance and its home of impressive works of art such as its Cathedral or the sculpture of David by Michelangelo.



Way of Saint James, Spain 7 days

The Way of Saint James is the busiest, most ancient and celebrated pilgrimage route in the old continent. It leads to Santiago de Compostela in northern Spain. Its origins date back to the year 820 and it represents a unique experience, full of spirituality and culture.

VOLUNTEERING OPPORTUNITIES

THE LIFE CHANGING YEAR GAP PROGRAM

Teenage Emotional Intelligence Education Program. *Desata Tu Potencial*

Students get the chance of both practicing their communication and creative skills, while attendants benefit from practical knowledge in emotional skills and positive psychology. Since 2007 this program has reached over 5.000 students in over 60 high schools.



Food Distribution for Homeless and Low-income Families. *Fundación Ayuda Una Familia*

Collaborate with an NGO that distributes food to homeless people and families who live in poor conditions. This NGO helps 3,000 people and distributes over 7,000 liters of water every week. Here our students may work in funding distributing food and water or even working in the central kitchen



PROGRAM FEES

39.500€

Program fees include:

- Classes and workshops (Master in Personal Excellence & Self-Leadership)
- Pre-travel virtual program orientation
- Airport pick-up in Valencia
- Orientation week
- Exercise and workout supervised classes
- Spanish lessons
- Coaching & Mentoring
- Volunteering activities
- Fully furnished shared apartment
- Group meals during weekdays
- Group trips to Paris, Rome, Florence, Madrid and Santiago
- Planned leisure activities
- Local sim card with monthly data.
- Other house amenities: towels, sheets, kitchenware...

Comparison with other Gap Year Programs:

	The Life Changing Year	Competitor #1	Competitor #2	Competitor #3
Cost	€39,500	€17,000	€30,000	€18,500
Duration	9 months	3 months	3 months	4 months
Equivalent 9-month cost	€39,500	€51,100	€90,000	€41,625
Location	Valencia, Spain	Granada, Spain	Granada, Spain	Sevilla, Spain
Life Skills Classes	✓	✗	✗	Specific courses
Spanish Lessons	✓	✗	✓	✗
Accommodation	✓	✓	✓	✓
Trips	4	5	1	None
Meals	✓	✓	✓	✓
Leisure activities	✓	✓	✓	✗
Master's Certification	✓	✗	✗	✗



INFORMATION & ADMISSIONS

THE LIFE CHANGING YEAR GAP PROGRAM

ELEGIBILITY CRITERIA:

- Must be 18 or older
- High school graduate (no later than September 2023). Might be enrolled in university/college, or a university/college graduate
- Must be fluent in English or be able to read, write and have a conversation in English
- Have a proactive attitude towards problem solving and teamwork abilities

ADMISSION PROCESS

- Dates: February 1, 2023 – July 31, 2023
- Number of students limited to 30

1

Fill out application form and attach the documents required

2

Interview with Canvee Life School team

3

Candidate evaluation and candidature resolution via email

CONTACT INFORMATION

✉ info@canvee.es

☎ +34 649 836 823

ABOUT US

Canvee is run by a Valencian family of entrepreneurs, father and daughter, with over 20 years experience in the fields of education and life-coaching.

Since 2007, and through the non-profit associations Desata Tu Potencial and Fundación Objetivo Felicidad, we've been active promoters of emotional education in schools and universities, reaching over 5.000 adolescents every .

THE LIFE CHANGING YEAR GAP PROGRAM



Juan Planes – Co-founder & Program Director

Degree and in Management and Marketing, a successful entrepreneur, author of 3 books, philanthropist and associate professor in different Spanish universities.

Founder and president of Desata Tu Potencial, a nonprofit organization with over 700 members and 60 volunteers, dedicated for almost 15 years to spread the word about personal and professional development, positive psychology and emotional intelligence.



Esther Planes – Co-founder & Program Coordinator

Honors Double-degree in Business Administration & Finance from UNCW Wilmington (USA) and Universitat de Valencia (Spain). Esther has worked as a financial auditor at a Big4 and as a FP&A and Accounting Manager in multinational companies.

Esther has participated in language immersion programs for 6 years in the USA, Canada, UK and Germany and has lived abroad (USA) for 2 years, studying in university and working.

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