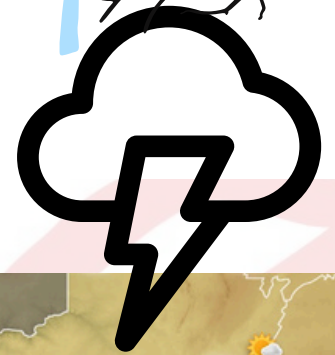


# THE GAPPER

NEWS, NOTES, AND NUGGETS  
FROM THE GAP YEAR CREW

GAZETTE  
EVERY 2<sup>nd</sup> WEEK

# Lights Out



Last week started with a nasty storm rolling through campus. In the early hours of the morning, a massive tree branch crashed into the middle of the quad, jolting students awake from their sleep. Unfortunately, the severe weather caused the power to cut out, leaving the entire campus in total darkness.

Still, every cloud had its silver lining. Later that morning, Gio announced that classes would be canceled for the day. With nowhere to be and the storm raging outside, the students had the perfect excuse to stay warm, cozy, and enjoy an unexpected day off.

This week's career focus was medicine and rehabilitation. The students had the opportunity to join a virtual call with a nurse, where they asked questions and learned more about the daily realities of working in the medical field. They also heard from biokineticists, who explained how they help patients recover physically, mentally, and emotionally after injuries or setbacks. The students learned that biokinetics is about far more than just recovery exercises, it requires patience, compassion, and genuine passion, as you often become a source of support and encouragement throughout a patient's journey.

Last week, our career focus was social media and influencing. Mr Tux visited us and shared his inspiring journey. He explained how he had started as a car guard and worked hard to build himself into a social media influencer, inspirational runner, and business owner. He spoke about the importance of discipline, believing in yourself, and using social media positively to inspire others. His story showed us that success could come from humble beginnings if you stayed dedicated and never gave up.



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# ADVENTURE DAYS

This adventure day was not for the faint-hearted. High above the ground, we took on **acrobranching**, an adrenaline-filled outdoor obstacle course where we clipped into safety harnesses and moved from tree to tree across shaky wooden bridges, swinging cargo nets, daring Tarzan swings, narrow tightropes, and fast ziplines that sent us soaring through the air. Every obstacle pushed us out of our comfort zones and turned the day into a thrilling adventure packed with excitement and adrenaline.

This adventure was absolutely wild! We went **zip-lining** through the Hottentots Mountains, flying over waterfalls and forests like we were in an action movie. At one point, we were nearly 300 meters above the ground, which sounded fun until we looked down and immediately realized majority of us had a fear of heights.

Luckily, the guides were amazing. While some of us were busy screaming, they kept cracking jokes and acting like hanging off a cable in the middle of the mountains was completely normal.

After surviving our “mountain superhero training,” we all got together for a movie night and watched Top Gun. Everyone suddenly thought they were fighter pilots after the movie, even though half of us could barely survive the zip lines earlier that day. It was the perfect way to end an unforgettable adventure.

~ Jeanrie



# THE GAPPER

NEWS, NOTES, AND NUGGETS FROM THE GAP YEAR CREW

# GAZETTE

EVERY 2<sup>nd</sup> WEEK

## PNX GAP YEAR ADVENTURE DAY: ZIP LINING

SPOT THE DIFFERENCES



### BEFORE INTERNSHIP



Find the following words in the puzzle. Words are hidden → and ↓ and ↘

- \* REHABILITATION
- \* EMERGENCY CARE
- \* PHYSIOLOGY
- \* RESILIENCE
- \* COMPASSION
- \* ENDURANCE
- \* ADVENTURE
- \* VITALITY
- \* RECOVERY
- \* WELLNESS
- \* CLINICAL
- \* MOBILITY
- \* STRENGTH
- \* ANATOMY

# Calendar

## UPCOMING "REMINDERS" EVENTS

- JUNE**
- 1<sup>st</sup> - Internship STARTS
  - 16<sup>th</sup> - Youth Day
  - 26<sup>th</sup> - Holiday STARTS
- JULY**
- 19<sup>th</sup> - Holiday ENDS
  - 6<sup>th</sup> - Ianthe Birthday
  - 8<sup>th</sup> - Michelle Birthday
  - 20<sup>th</sup> - Ruben Birthday



# Did You Know?

From today, you have just **176 days** left as gappers, make every day count, stay focused, and be humble to new experiences.



The most relaxing 'Minecraft'-style game soundtracks

Basically, it set the bar for gorgeous and relaxing video game music – but it's not the only collection you could be turning to when you want some chill-out jams. Grab your cucumber face mask, a pint of chamomile tea and press play on these beautiful soundtracks.

[Click here to read more!](#)

**NME**

