

# PN X GAPYEAR

YOUR BEST YEAR TO YOUR BEST LIFE

CAREER EXPOSURE  
ADVENTURE  
LIFE - HOLISTIC DEVELOPMENT

# Hello!



PNXGlobal is a Christian Training Centre also known as “Pneumatix” and its’ campus is situated in Somerset West, near Cape Town, South Africa. It was birthed in 1999 through visionary leader Francois (Cois) and Corné de Kock.

## Mission Statement

PNXGlobal focuses on Character building and Life skills training together with academic and practical training. During the last couple of years, we have seen a huge change in young people with regards to discipleship, respect, integrity, and having a finishing mentality. Because of this, we focus our practical training to address many of these issues. Our training focuses on preparing young people for their future. Our first objective will always be to develop the students in their personal life.

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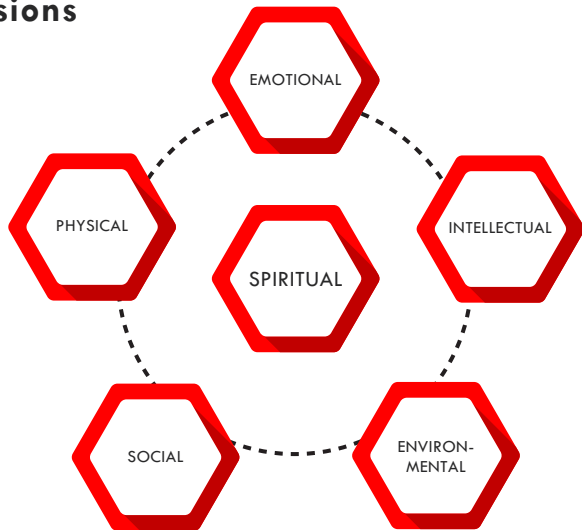
# PNX Gap Year Overview

The MAIN goal of this gap year is for all our students to discover and determine:

- 1) Who am I?
- 2) What does my future look like – Which Career? Study direction? Work?
- 3) Solidifying my relationship with God.

The gap year has a very HOLISTIC approach, because it focuses on the whole-person-development, in other words developing and maturing the individual on EVERY LEVEL: Physically, Emotionally, Intellectually, Spiritually, Socially and Environmentally.

## 6 Facets or dimensions that make up the human being:



A hand holding a camera lens in front of a sunset scene with a canal and trees. The lens is held in the foreground, and the background shows a canal with trees and a church spire under a sunset sky. The lens is held in the foreground, and the background shows a canal with trees and a church spire under a sunset sky.

# GAP Year Focus Areas

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Career

Adventure

Life

# CAREER



# Career Exposure

This is the first and main focus of the gap year. Discover which career/direction the student wants to pursue. Do they want to study? Start working immediately? Study and work simultaneously?

Do something completely different? \_\_\_\_\_

## The Process

Every week we do a NEW CAREER. Sometimes we will cover more than one depending on schedules and availability of the companies/professionals/colleges/universities etc. We cover more than 35 careers in a year.

This is how we do it:

- We visit different universities, colleges, tertiary institutions, organizations, professionals, companies etc. in a specific career and a representative inform the students everything they need to know. It's like an in depth interview with professionals.
- We also put a lot of emphasis on exposing the students to a practical level, so that they have a first-hand experience of what the career entails. In other words, the experience is not theoretical, but also very much practical and therefore much more realistic and educational. With our guidance and help, students have to organize different job-shadowing opportunities at different companies throughout their year to further their practical experience. This will usually entail where the student "shadows" (work as an intern) for a week or longer and gets an even better understanding of this career.
- We have established some very solid relationships with certain partners in different careers that can possibly offer job opportunities and potential financial aid for these students.

- Through the skills development, core values and principles we have integrated into our system, we have created a culture of professionalism. We are proud to say, this contributes immensely to ensuring the student is work-place ready.
- “Career Direct” Aptitude Test by Dr. Denton – Is a 33-page analysis about the student’s interests, behaviors, beliefs, future career and so much more. This test has been revolutionary in helping the student discover and determine who they are and what they want to do in the immediate future.

## Careers Covered

These are the standard Careers covered but can change and adapt according to the most relevant, interesting, and standard careers at that current stage. This decision is ultimately made by the Coordinator of that year’s program.

- ✗ Aviation & Pilot
- ✗ Agriculture, Farming, Horticulture
- ✗ Architecture, Designing, Drafting
- ✗ Arts & Craft, Pottery, Carpentry, Artisan
- ✗ Education & Teaching
- ✗ Engineering, Data Scientist, Software development
- ✗ Events Management, Hospitality, Tourism
- ✗ Finances, Accounting, Business, Consulting
- ✗ Graphic Designing, Fine art, Content manager
- ✗ Health & Fitness, Sports industry, Bio-kinetics
- ✗ Information Technology (IT), Programming, Computer Science
- ✗ Journalism, Photography
- ✗ Media, Television, Radio
- ✗ Medical Studies, Physician, Nursing, Specialists
- ✗ Music, Drama, Dance, Make-up
- ✗ Nature Conservation, Veterinary (Animal Studies)
- ✗ Occupational Therapy, Physio Therapy, Social Worker
- ✗ Psychology, HR, Counselling
- ✗ Theology & Ministry





# ADVENTURE



# The Adventures

- ✘ Skydiving from 9000 feet
- ✘ Bungee Jumping / Shark Cage Diving
- ✘ Snow hunting/Stargazing in Sutherland
- ✘ Road trips all around South Africa
- ✘ Zip lining in the mountains
- ✘ Surfing
- ✘ Stand Up Paddling
- ✘ Sand board Dragon Dune (longest dune in SA)
- ✘ Kayak the Atlantic Ocean
- ✘ Go Karting
- ✘ Table Mountain
- ✘ Hiking and sleeping on Stellenbosch Mountain
- ✘ Cliff Jumping/Kloofing
- ✘ Explore Cape Town and surroundings
- ✘ \*International trip/Travel Southern Africa

**NOTE: All adventures are weather and availability dependent. Terms and Conditions do apply with all adventures. We cannot ensure any adventures as safety and practicality are of first importance.**

**\*The International/Southern Africa trip is not included in the price of the program.**

## What is the Outcome?

Students have so much fun and they learn and grow through these experiences. They also expand their horizons, references, and basic framework. These adventures illuminate their strengths and weaknesses. For example, a strenuous hike on a mountain will challenge their endurance, fitness, teamwork, finishing mentality, leadership, and team dynamics. Skydiving & Bungee Jumping will challenge them to face their fears, think, and cope under pressure, and teach them to overcome obstacles and discover new things about themselves. 

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# LIFE



# The Heart of PNX

This the heart of PNXGlobal, impacting all students to get their hearts, minds, souls and bodies in the right place. We believe in a healthy and balanced life. To live a life devoted to Jesus, to be passionate, driven, focused ambassadors of our Father God. To be disciplined in their lifestyle for example being prompt about time, cleanliness and tidiness, hardworking, respectful, teachable and humble, proud young men and women for who they are and what they do. We want to inspire them to be the best versions of what they possibly can be, serving others and their community in excellence, creating moments to see God at work and following every dream that have been placed in their hearts. 

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## We focus on Character

- PNX Lifestyle and Culture: Once “Pneumatix”, Always “Pneumatix”  
For 23 years PNX’s lifestyle has been part of the student's training, maturing and overall experience. Even though it has grown and evolved tremendously, some things will never change. Part of their training is disciplinary things like:
  - + Cleaning their own rooms, living areas, and quad area to the PNX standard (Inspections)
  - + Teambuilding and orientation.
  - + Sessions like student church, teachings, and training that realign with our mission- and faith statement
  - + Life and soft skills theoretical and practical training
  - + Discipleship, Mentoring, Life Coaching, and accountability sessions.
- We are all walking a journey with every student so that they can feel that they belong and discover themselves. We motivate & challenge them to build a solid, intimate relationship with God and their peers.
  - + Discipleship, Mentoring, Life Coaching - One-on-one sessions throughout the year. This is where the student is checked on a regular basis.

We believe in commitment and investing in every individual. This is to ensure that they are satisfied and content on every level, these sessions are personal but safe. This is a place for the student to confide, be held accountable, and ultimately grow.

- Ministry | Outreach | Volunteering
  - + Every year PNx tours across the country and ministers to thousands of people. This is an amazing time for students as they experience tremendous fulfillment, fun, and growth, especially spiritually.
  - + As part of the gap year students volunteers and serve in their local communities: Shelters and soup kitchens, Schools and Street ministry, old age homes, supporting charity initiatives, etc.

## We focus on **Soft Skills and Life Skills**

These are indispensable skills that we teach:

- ✗ Effective Communication: Active listening, Conflict resolution, Love languages
- ✗ Creative problem solving: Solve any problem
- ✗ Leadership: GLS, Craig Groeschel Podcast, Influencing Peers
- ✗ Financial Planning: Bank accounts, Budgeting, Credit, Debt
- ✗ Time and Stress management: Schedules, Activity logs, Goalsetting
- ✗ Computer literacy: Basic MS Office, Emails, LinkedIn profile, Online reputation
- ✗ Emotional intelligence: Empathy, Positivity, Resilience
- ✗ Health and Fitness: Exercising, Dieting, Sleeping patterns
- ✗ Car Savvy: Learners, Licence, Tyres, Engine Basics
- ✗ Basic Home Maintenance: Plugs, Lights, Grinder, Gardening
- ✗ CV / Job applications: Professional CV
- ✗ Public Speaking: Articulation, Projection, Presentation
- ✗ Acting/Performing: Basics of Entertainment (S/Media)
- ✗ Cooking/Baking: Recipes, interesting dishes
- ✗ Etiquette: Good manners

# We focus on Training

We want to ensure that every Gap year student walks out here equipped with accredited, life-changing courses and so we offer many opportunities for students to get a qualification in many different areas.

- International and National Accredited Online courses and on campus courses that are optional and not included in the price:

\*On Campus Courses, but with additional costs.

\* These courses are optional/ additional and not included in the price advertised.

\* Internationally Accredited Performing Arts courses: Gap year students with a passion for performing arts (music, drama, and dance) can do Trinity College of London, ABRSM, London College of Music, RAD and AIDT introductory programs like the Gr 8 Drama, beginner's level music and dance courses. This will give them a good idea of what this industry entails and also save them time if continuing studies in this field the following year.

- Courses included in the program:

- ✗ First Aid Course Level 3 – the highest level in First aid
- ✗ Journey Of Generosity: An international course that has impacted the world and teaches invaluable principles about Stewardship and Money.
- ✗ “The World Needs a Father” and “Mother’s design” Training: A course about Family / Fatherhood / Motherhood according to the biblical and Godly way. An international course and training that has impacted and changed thousands of families and currently being presented in more than 100 countries.

# R85 500

PROGRAM & ACCOMMODATION INCLUDED | MEALS AND FOOD EXCLUDED



Facilities on campus for basic cooking:  
Microwave, Hotplate, Fridge, Lockers, Communal boiler

Catering Facilities:  
Home cooked – balanced-healthy meals from R50 to R80  
Coffee Shop on campus

Coin operated washers and dryers

Vending machine for sweets and snacks