

WHY TAKE A GAP YEAR?

- Things you want to do
- A break from school
- Time to figure out what next
- Quench thirst to socialise/party
- Earn money to pay for next step

WHY TAKE A GAP YEAR?

- Better grades / different subject
- Apply for a different uni course
- Improve uni app > better offers

What to do if...

10 REWARDS OF A GAP YEAR

1. Travel
2. New Skills/Knowledge
3. Hobbies/Interests
4. Work Experience
5. Volunteering

10 REWARDS OF A GAP YEAR

6. Meet New People
7. Self-Reflection & Planning
8. Confidence/Independence
9. Earn Money
10. May Never Do Again

10 RISKS OF A GAP YEAR

1. Out of Step w/ Friends
2. 'Study Muscle' Atrophies
3. Knowledge/Skills Rust
4. Lose Focus/Momentum
5. Decide to Change Direction

10 RISKS OF A GAP YEAR

6. Improve Univ. Application?
7. Expensive
8. Responsible enough?
9. Mature enough?
10. Independent enough?

GOALS OF A GAP YEAR

*Constructive use of your time
to achieve something important
to YOU.*

GOALS OF A GAP YEAR

- Adventure
- Course & Career
- Worthy Cause
- Money

ACTIVITIES OF A GAP YEAR

Work

Travel

Study

Volunteer

ACTIVITIES OF A GAP YEAR

Work

Travel

Level 3 (1 Yr)
Advanced
Apprenticeship

Study

Volunteer

ACTIVITIES OF A GAP YEAR

Work

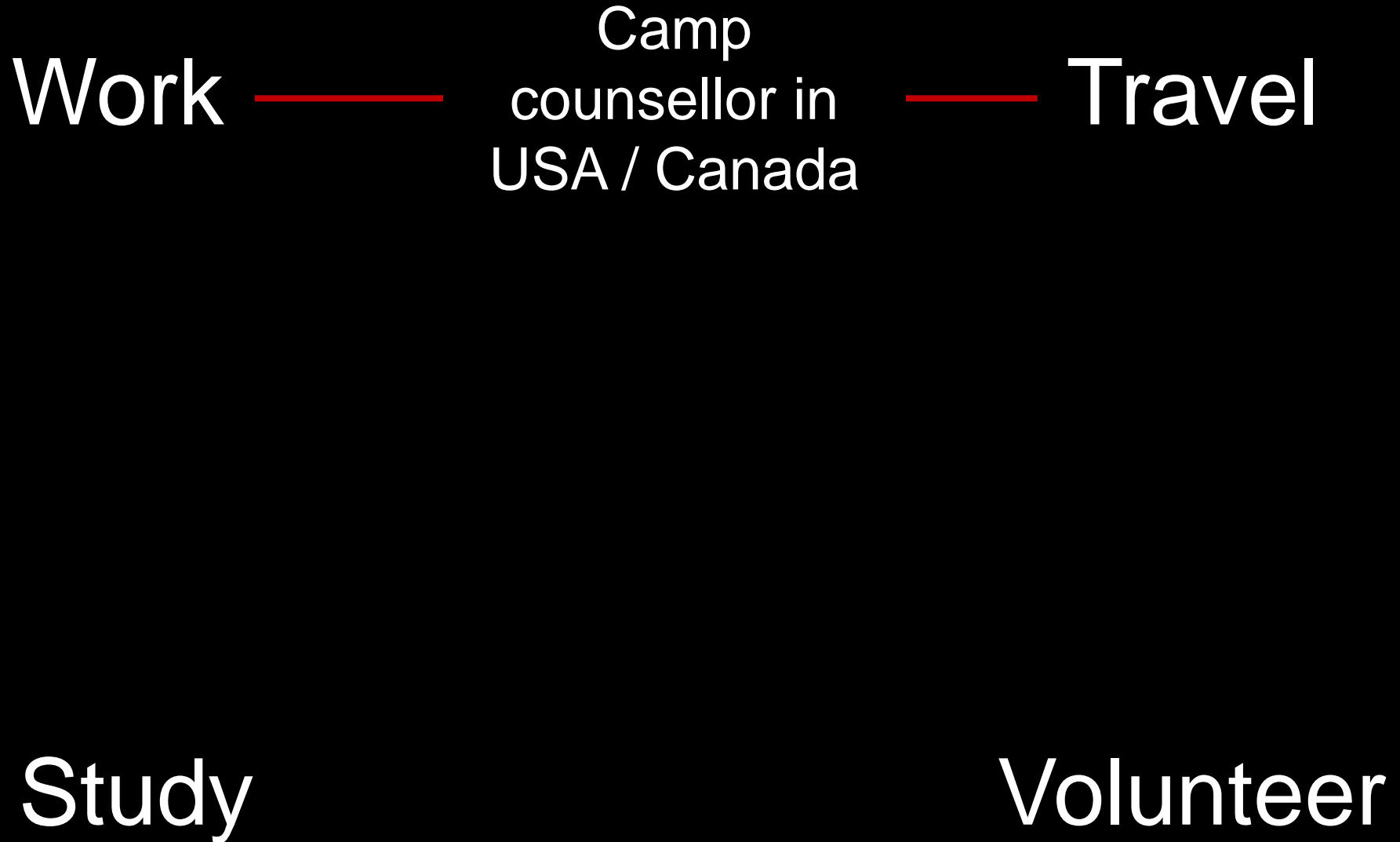
Travel

Turtle
conservation
project in
Costa Rica

Study

Volunteer

ACTIVITIES OF A GAP YEAR



ACTIVITIES OF A GAP YEAR

Work

Travel

Study

Nursing
Placement in
Ghanaian
hospital

Volunteer

ACTIVITIES OF A GAP YEAR

Work

Travel

Arabic language
course in Jordan

Study

Volunteer



ACTIVITIES OF A GAP YEAR

Work

Travel

Arabic language
course and teach
English in a
school in Jordan

Study

Volunteer

ACTIVITIES OF A GAP YEAR

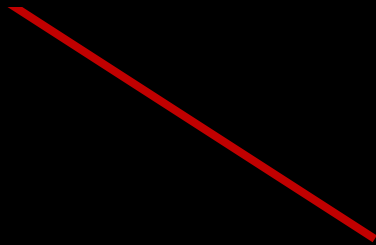
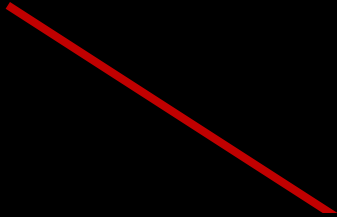
Work

Travel

Work (unpaid)
for a start-up
social enterprise

Study

Volunteer



ACTIVITIES OF A GAP YEAR

Work

Travel

Work (unpaid)
for a start-up
social enterprise
in Africa

Study

Volunteer

COSTS OF A GAP YEAR

- Work: commuting, accommodation/food, clothes, after work social activities
- Travel: Transportation, visas, vaccinations, insurance, accommodation/food, clothing, experiences, social activities, phone, emergency funds
- Study: Course fees, books, accommodation/food, computer, transportation
- Volunteer: Some from Work and Travel

TIPS WHILE ON GAP YEAR

I wish someone had told me to:

- Keep a journal of experiences (DLA: did, learned, achieved)
- Note education/career ideas for the future
- Build a network of people who might prove helpful in future; note their names in photos

CAUTION: GAP YEAR COMPANIES

- Purposeful or Holiday...OR BOTH?
- 'Voluntourism' - Beneficial or Frivolous?
- Due Diligence - Avoid shoddy operators
- Read promo materials with a discerning eye; ask questions; assess value for money
- Balance risks and rewards of traveling to so-called 'dodgy' places

RETURNING FROM TRAVEL

- Reverse culture shock
- Travel bug
- Structures re-imposed
- Superiority complex from 'seeing the world'
- If worked: loss of source of income