



## Gap Year and Travelling

There are plenty of opportunities to take some time out before you go to university. A break in study plans allows you to pause and reflect on what you are really interested in. If used wisely, this time can provide excellent opportunities for work experience which will enhance your CV or university application.

It is worth bearing a few things in mind.....

- **Why are you doing the gap year? What experience do you hope to gain?** - Employers and admissions tutors will want clear, reasoned answers that support your application
- **Decide whether you are going to do your gap year with a gap year company or on your own** – Gap year organisations will cost more but should provide you with the support structure you may need.
- **Are you going with mates or on your own** - If you're going with mates – have some frank discussions about destination, money, expectations and what to do if things go wrong.
- **Plan, Plan and Plan again** – Put the time in to plan your gap year; be sure you get out of it what you need to get out of it.
- **Money** – do you need to get some money together beforehand? Plan well ahead. Will you need to work whilst on the gap year? If so check out work permits and visas etc.
- **Budget** – You will need to work out a budget for your expenses plus a contingency plan should things go wrong.

### Useful websites;

<https://www.frontier.ac.uk/>

<http://www.gapyear.com/>

<http://www.projects-abroad.co.uk/>

<http://www.gapwork.com/>

<https://lattitude.org.uk/>

<https://www.campamerica.co.uk/the-experience>

[www.yearoutgroup.org](http://www.yearoutgroup.org)