

**Gap  
Year**

# What is a Gap Year?

- 'time taken out of education or the workplace, for a purpose' The amount of time for 18-25 year olds can vary from about a month to as long as 15 months.
- It needs to be structured to do it, so that HE and future employers can see the benefits to it.
- A gap year is not right for everyone.
- You should consult widely when considering a gap year -- i.e. your school, your family and the HE Institution of your choice.
- Applying for a deferred place is not the norm.

# Gap Facts...

- Approximately 200,00 young people go on Gaps every year.
- Australia is the number one travel destination.
- Only one in five young people who seriously consider taking a Gap actually go through with it.
- Each young gapper spends an average of £3-£4000 on their Gap experience.
- The first gaps began in the UK in the 1960s
- The ten top travel destinations are: Goa; Krabi and Phuket; Panama; Reykjavik; Kilimanjaro; Sandaka in Borneo; Costa Rica; Nadi in Fiji; North India and Sri Lanka.

# Why Take A Gap Year?

## **Advantages in favour of a gap year before HE include:**

- To have a break, after 14 years of school
- It improves self-confidence and all round personal skills
- To boost your UCAS application
- Apply to university knowing the grades
- You will be more focussed and committed at university
- You may change your course/modules to your advantage
- To raise money for HE
- The opinion is that you are less likely to 'drop out' at university
- Employers look favourably on applications from those who took a gap year (but not just travelling)
- Finding out whether a particular career is really for you
- You might not get another chance

## **Disadvantages include:**

- Your friends will have moved on and you will be a year behind them at university
- Continuity: some mathematics and science tutors advise against a Gap year. Students might go 'off the boil'. Check with the higher education institutions.
- You might not go to university
- Your study skills will have diminished
- You could be at risk of being injured - but so could you at home!
- It could be a let down

# What Can I Do?

- Get a paid job to help out with university costs.
- Volunteer to gain experience and help others.
- Study something to help your future job prospects or to learn a new skill.
- Sign up for an adventure course or take part in an expedition.
- Go travelling to see new countries and cultures.
- Do all of the above!!
- You can do a gap year abroad or at home.

# How Do I Go About It?

- Make a decision before completing your UCAS form.
- Attend a Gap fair and talk to Gap providers.
- Discuss your ideas with other people, especially previous gappers.
- Research: Read up on useful websites and books.
- Start with [www.gapadvice.org](http://www.gapadvice.org)

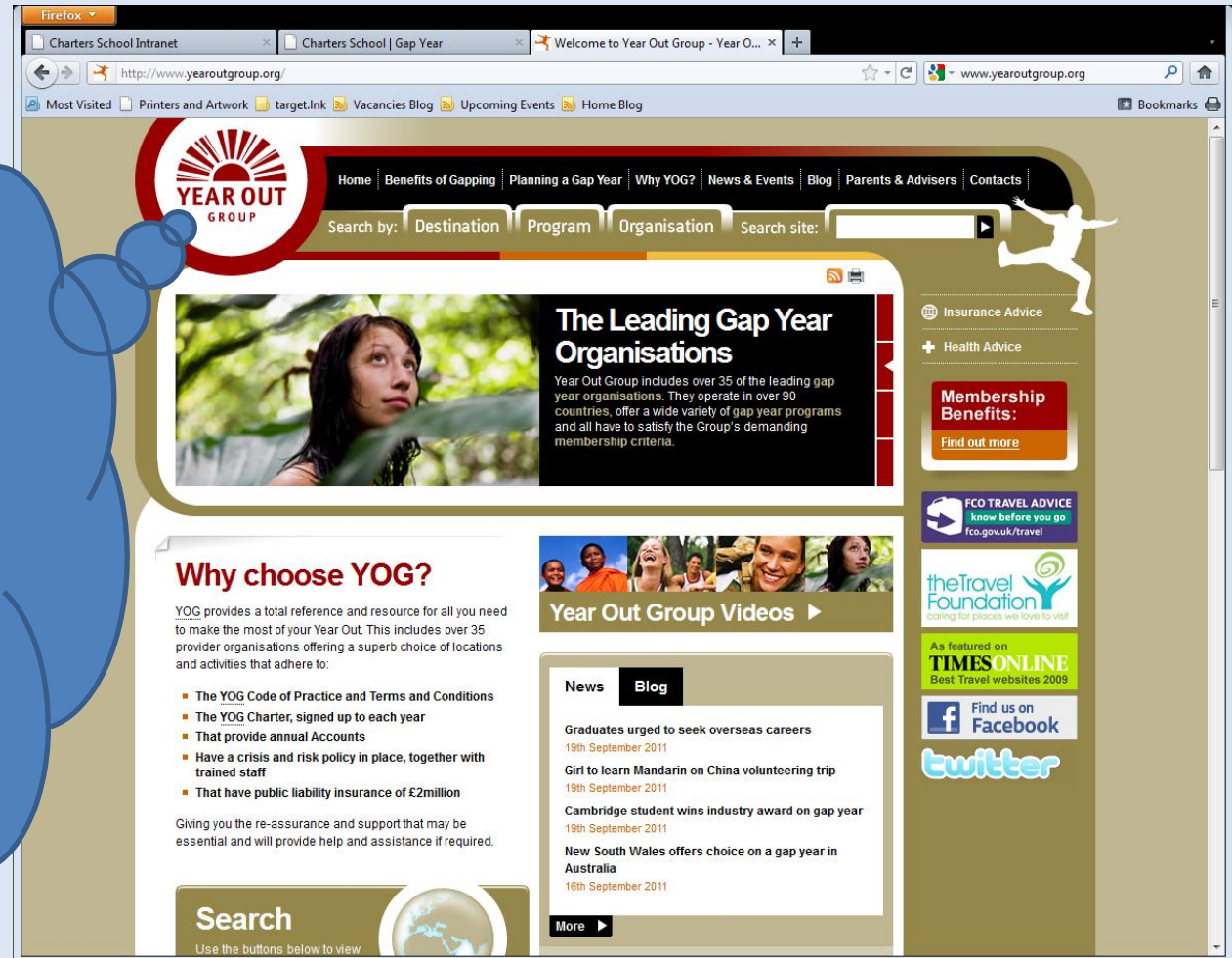
# http://www.gapadvice.org/

The screenshot shows the homepage of gapadvice.org. The browser window title is "Charters School Intranet" and the address bar shows "http://www.gapadvice.org/". The website header includes the logo "gap advice.org" and the tagline "Independent advice on gap years, for people of all ages". The date "Tuesday, 20th September 2011" is displayed. A navigation menu contains links for Home, Young People, Career Breaks, In Retirement, Gap Advisory Service, Planning Tools, In the Media, and Useful Information. Below the menu are five main content boxes: "Level IDEAS" (with a sub-header "You have a look at some great ideas for what to do with your gap year, see IDEAS"), "Gap Year NEWS" (with a sub-header "South East A-level students decide on the future"), "FIND a Placement!" (with dropdowns for Placement Type and Time of Life, and a Search button), "Gap Year SHOP" (with a sub-header "Search for gap year suppliers of flights, insurance, accommodation and much more..." and a Search button), and "Gap TALKS" (with a sub-header "For an impartial gap year talk at a school, college or an exhibition, see TALKS"). Below these are three columns of content: a video player titled "GO FOR IT, TAKE A GAP YEAR!", a section titled "Gap year advice & ideas for all" with sub-sections for Young people, Career breakers & families, In retirement, and Others; and a section titled "Key questions & facts to help" with a "Questions:" sub-header. On the right side, there is a "FCO Travel Advice" section with a search bar, a map of Australia, and a list of links for Travel Summary, Entry Requirements, Local Laws & Customs, and Safety & Security. The footer includes the gapadvice.org logo and the text "Foreign & Commonwealth Office".

Good for general advice and planning your gap year, including how to organise it, with planning tools

# http://www.yearoutgroup.org/

Have projects and programmes that support young people abroad and in the UK



The screenshot shows the Year Out Group website in a Firefox browser window. The browser's address bar displays the URL <http://www.yearoutgroup.org/>. The website features a navigation menu with links for Home, Benefits of Gapping, Planning a Gap Year, Why YOG?, News & Events, Blog, Parents & Advisers, and Contacts. A search bar is located below the navigation menu, with a search button and a search icon. The main content area includes a large banner for "The Leading Gap Year Organisations" with a photo of a young woman and text stating that Year Out Group includes over 35 of the leading gap year organisations. Below this is a section titled "Why choose YOG?" which lists several benefits and provides a search bar. To the right of the main content is a sidebar with various links and logos, including "Insurance Advice", "Health Advice", "Membership Benefits", "FCO TRAVEL ADVICE", "theTravel Foundation", and "Find us on Facebook" and "twitter".

Charters School Intranet | Charters School | Gap Year | Welcome to Year Out Group - Year O... x

http://www.yearoutgroup.org/

Most Visited | Printers and Artwork | target.Link | Vacancies Blog | Upcoming Events | Home Blog

YEAR OUT GROUP

Home | Benefits of Gapping | Planning a Gap Year | Why YOG? | News & Events | Blog | Parents & Advisers | Contacts

Search by: Destination | Program | Organisation | Search site:

**The Leading Gap Year Organisations**

Year Out Group includes over 35 of the leading gap year organisations. They operate in over 90 countries, offer a wide variety of gap year programs and all have to satisfy the Group's demanding membership criteria.


**Why choose YOG?**

YOG provides a total reference and resource for all you need to make the most of your Year Out. This includes over 35 provider organisations offering a superb choice of locations and activities that adhere to:

- The YOG Code of Practice and Terms and Conditions
- The YOG Charter, signed up to each year
- That provide annual Accounts
- Have a crisis and risk policy in place, together with trained staff
- That have public liability insurance of £2million

Giving you the re-assurance and support that may be essential and will provide help and assistance if required.

**Search**

Use the buttons below to view 

**Year Out Group Videos**

**News** | **Blog**

**Graduates urged to seek overseas careers**  
19th September 2011

**Girl to learn Mandarin on China volunteering trip**  
19th September 2011

**Cambridge student wins industry award on gap year**  
19th September 2011

**New South Wales offers choice on a gap year in Australia**  
16th September 2011

**More**

Insurance Advice

Health Advice

**Membership Benefits:**  
Find out more

FCO TRAVEL ADVICE  
know before you go  
fco.gov.uk/travel

theTravel Foundation  
coming for places we love to visit

As featured on  
**TIMESONLINE**  
Best Travel websites 2009

Find us on Facebook

twitter

# http://www.gap-year.com/browse2.asp?catID=1155

Have projects and programmes that support young people abroad and in the UK

The screenshot shows the homepage of gap-year.com. At the top, there is a yellow banner with the text "gap-year.com" and "it should be the best year of your life!". Below this, there is a navigation bar with links for "Most Visited", "Printers and Artwork", "target.Ink", "Vacancies Blog", "Upcoming Events", and "Home Blog". The main content area features a "Welcome to gap-year.com!" message, a "FCO: Greece travel advice" link, and a "News Feeds" section. There are several images and advertisements, including "the gap-year guidebook 2011", "packyourbags.com", and "follow us on twitter" and "facebook". At the bottom, there is a "gap-year planning" section with dropdown menus for "Preparation", "Learning", "Action", and "Extras", and a "gap-year action" section with dropdown menus for "Where", "What", and "Choose", along with a search bar and a "Go" button. The footer contains copyright information and links for "About us", "Advertising Enquiry", "Disclaimer", "Privacy Policy", and "Terms & Conditions".

gap-year.com

it should be the best year of your life!

FCO: [Greece travel advice](#) News Feeds |

Welcome to gap-year.com!

What are you looking for? Adventure? Perhaps travelling and need [hostels](#) for your stay? A gap-year from education? Or maybe you are considering a career break? Perhaps a spell of volunteering? Whatever you're thinking of doing [www.gap-year.com](#) and the [gap-year guidebook](#) have all the reference tools you need. Have a look around! We are now beginning to put together the 2012 edition of the guidebook and eBook: [contact us for more information](#) on how to feature in our leading publications.

the gap-year guidebook 2011

packyourbags.com online store from...

follow us on twitter

join us on facebook

gap-year planning

Preparation Please select...

Learning Please select...

Action Please select...

Extras Please select...

gap-year action

Where Please select...

What Please select...

Choose Please select...

Search Go

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JOHN CATT EDUCATIONAL LIMITED

# http://www.yini.org.uk/

Provide placements in gap year before of during degree. Focus on Engineering, science, IT, e-commerce, business, finance, marketing and logistics

Typically, students earn between £9,000 and £14,000, though some companies will pay more.



The screenshot shows the homepage of the YINI website. At the top, there is a navigation bar with a logo for 'The Year in Industry EDT' and a main slogan 'Work, earn, win. Get ahead.' with a sub-note 'Student work placements organised by YINI'. Below the navigation bar are six colored buttons: 'About YINI', 'Vacancies', 'Apply now', 'Students', 'Employers', and 'Travel'. The main content area is divided into several sections. On the left, there is a large heading 'The Year in Industry' with the tagline 'Setting you on the fast-track to your career.' and a sub-heading 'The Year in Industry (YINI) are the UK's leading student placement experts.' Below this, there are three bullet points: 'We provide high-quality, paid placements for students in their gap year before or during their degree course.', 'We have placements for students interested in all areas of engineering, science, IT, e-commerce, business, marketing, finance and logistics.', and 'Students'. A blue starburst graphic says 'CLICK HERE TO SEE OUR FILM'. Below the 'Students' section, there is a sub-heading 'Students' and a list of bullet points: '- give your CV the competitive edge', '- let you try out your degree or career choice', and '- give you real work experience'. A 'more...' link is provided. To the right of the 'Students' section, there are two columns of content. The first column is titled 'Students' and 'Vacancies' and contains text about working for Shell, Rolls-Royce, QinetiQ, British Energy, L'Oreal or AstraZeneca, and other YINI companies. It also mentions 'YINI has vacancies with 300 companies across the UK working in technology, science and engineering from multinationals to entrepreneurial start-ups.' and a 'more...' link. The second column is titled 'Employers' and contains text about students delivering results and becoming a valuable part of a team. It also offers a rewarding work placement and a 'more...' link. Below the 'Students' section, there is a sub-heading 'Teachers' and text about how YINI can help students make the most of their university experience and get their career off to a flying start. A 'more...' link is provided. At the bottom of the page, there is a blue footer bar with contact information: 'Tel: 023 8059 7061 / info@yini.org.uk' and 'XHTML / CSS / Design by Kite'. A group of diverse young professionals is shown in the background of the footer.

# http://www.gapwork.com/

The screenshot shows the Firefox browser window with the URL <http://www.gapwork.com/>. The browser's address bar and tabs are visible at the top. The website's header features the **gapwork.com** logo and the tagline "The Gap Year Jobs & Volunteering Site". A navigation menu includes links for "GAP YEAR JOBS", "GAP YEAR DESTINATIONS", "GAP YEAR IDEAS", "GAP YEAR VOLUNTEERING", and "INSURANCE & VISAS".

The main content area is dominated by a large banner image of people on a car in a desert landscape. Below the image, the text reads: "Focus on Gap Year Jobs in Australia. Sunshine, beaches, surfing and backpacker jobs! Australia and New Zealand are perennial favourites for gap year travellers for a reason." Below this is a carousel of smaller images with the word "TRAVEL" overlaid.

To the right of the main banner is a search box with a "Search Site" dropdown, a "Keywords" input field, and a "SEARCH NOW" button. Below the search box is a "Latest News" section with an RSS icon and a list of articles:

- 15/09/2011 Gap Year Backpacking on a Budget
- 14/09/2011 Flying to the USA for your Gap Year – Latest Advice on Security Rules
- 13/09/2011 Promotional Fundraiser: Working on Behalf of St John Ambulance
- 05/09/2011 Work your Way through your Gap Year with PGL
- 30/08/2011 Gap Year Bookings Surge Over the Weekend

A "View More..." button is located at the bottom of the news list. On the far right, there are vertical social media buttons for "facebook" and "twitter".

At the bottom of the page, there are three columns of featured content:

- Top Backpacker Jobs:** Teaching Assistants Required on Zanzibar Island, Tanzania
- Top Gap Year Placements:** Health Internships Available in India
- Features & Guides:** How To Work Abroad - an Introduction

# http://www.gapyearjobs.co.uk/

gap year **JOBS**

WANT THAT DREAM JOB?

Home Search My Alerts My Profile My Jobs Resources Help & FAQs Log in

Recruiters: Log in or Find out more

search

e.g. sailing instructor

in

e.g. France

go!

[more search options](#)

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your email address

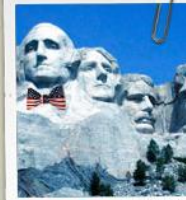
go!



**DOSH** Earn money in your gap year



**GIVE** Volunteer your time and make a difference



**TRAVEL** Work your way around the world

### the latest jobs

Sign up to job alerts, straight to your inbox! [more](#)



### top job

**Door-to-Door Fundraiser** Select your own start date & commit to a minimum contract of only 4 consecutive weeks but stay for as long as you like [Find out more](#)

### top employer

**In2action** Over 18, enjoy sports & activities, have an ability to work with kids & adults, then In2action may be what you're looking for. [Find out more](#)

Employers

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# Gap Year Web Sites

- <http://www.gapadvice.org/>
- <http://www.gapyear.com/>
- <http://www.yearoutgroup.org/>
- <http://www.yini.org.uk/>
- <http://www.gap-year.com/>
- <http://www.gapwork.com/>
- <http://www.gapyearjobs.co.uk/>
- <http://www.realgap.co.uk/>