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WHY CHOOSE A GAP
YEAR?



MY JOURNEY

- Left school in 1990 with 3 A Levels
- Graduated in 1996 with BA (Hons) in French with Commerce from Manchester and a Maitrise in Commerce from Université Blaise Pascale, France



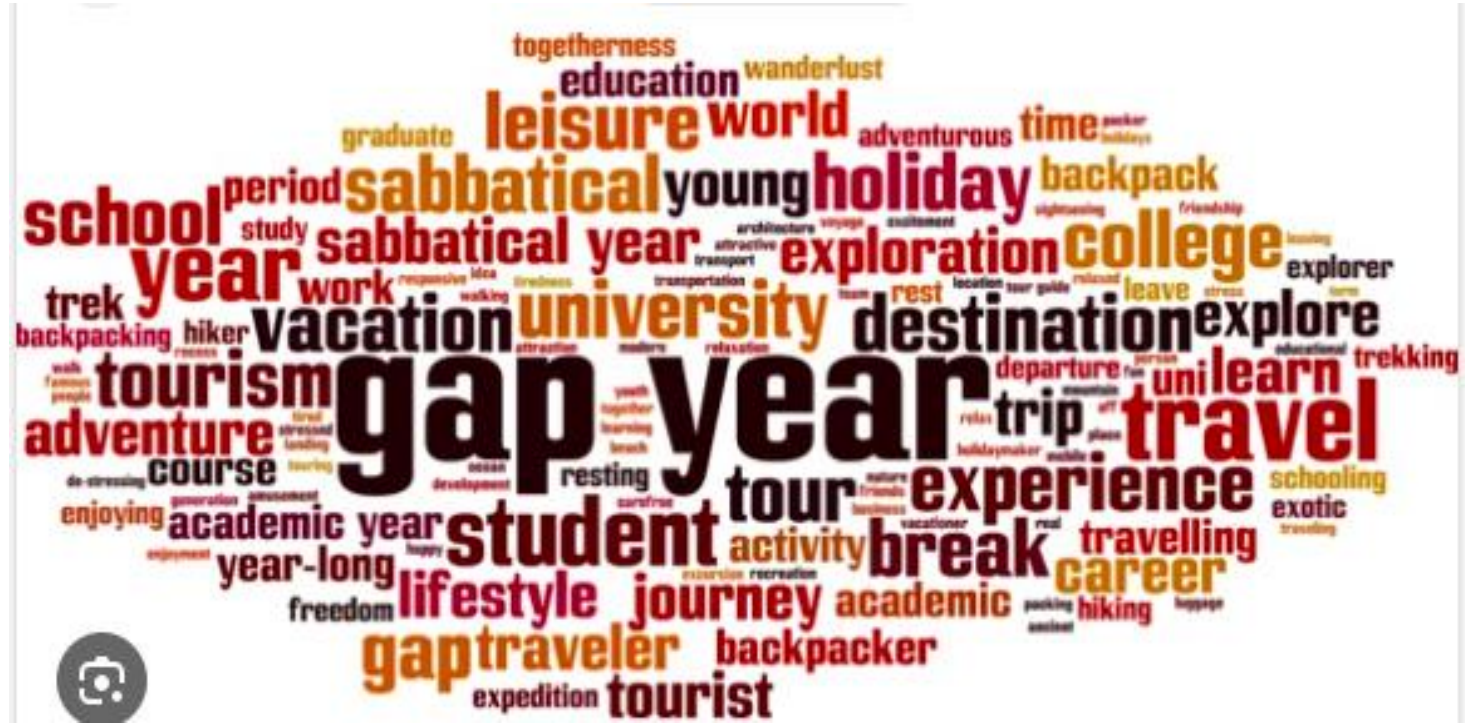
My gap year.....

- Royal Sun Alliance Insurance
- Au-pair in Belgium
- Au-pair Provence, France

What my gap year gave me.....

- Real-life experience
- Personal growth and self-discovery
- A break from academics helped me to reflect on what I really wanted to study!
- Contacts and lifelong friends
- Made me appreciate my university experience more once I got there
- Increased independence and life skills
- Helped me work out what I did NOT want to do.





“I was so grateful to have been encouraged to take a gap year. I had amazing experiences and created memories and connections that will last me my whole life – and I would encourage anyone to do the same if you can.”



This is the pathway for you if.....

- you are feeling a little burnt-out academically
- you want space to pause, reflect and re-charge mentally
- need time to plan and consider your next steps
- want to potentially earn some money to save for your next steps
- you want to meet potential lifelong friends and create connections across the globe
- you want to develop skills which would be highly valued by future employers



How to plan;

- Define your goals
- Set a timeline you can stick to
- Create a budget
- Choose activities and destination
- Get advice from former gap-year students, teachers, careers advisors



Useful websites:

www.gap360.com

www.gapforce.org

www.gvi.co.uk

