

There are many websites which provide useful information on taking a year out, they are:

www.gapyear.com
www.lattitude.org.uk
www.gap-year.com
www.yearoutgroup.org
www.do-it.org.uk
www.yini.org.uk
www.projecttrust.org.uk
www.raleighinternational.org
www.projects-abroad.co.uk

Where to go for more help

Contact the Careers Service if you need support or advice:

www.careers.gg
Telephone: 733044
Email: careers@education.gov.gg



Taking A Year Out



In your year out, you could do anything:

- volunteer abroad
- do some work experience here or in the UK to build up your skills
- see a bit of the world

Taking a gap year is a good way of gaining more experience in new environments before going on to further study at University or living away from home.

Why take a year out?



Advantages:

- To have a break after 14 years of school
- It improves self confidence and all round personal skills
- To boost your UCAS application
- Employers look favourably on applications from those who took a year out
- To find out whether a particular career is really for you
- To save some money to support yourself at Uni
- To give something back to the community
- To see different places and experience different cultures
- You might not get another chance!

Disadvantages:

- You may not be able to find employment
- Some people don't go to Uni after their year out
- Still need to fund raise and pay for many year out projects abroad

What could I do on a year out?

Volunteer

From helping orphans in India to working in the rain forests of South East Asia there are many opportunities to volunteer at home or abroad.



Year in industry

Spending a year working would give you an insight into the world of work. You would meet new people and learn new skills. It's also worth noting that some of the students that prove themselves are awarded sponsorships for their time in higher education.



Work abroad

Finding paid work abroad is your ticket to seeing the world and gaining work experience. From working in the summer camps in America or Canada, to working and travelling around Australia and New Zealand, there is something to suit everyone.