



ASSOCIATED SIXTH FORM

ST AIDAN'S & ST JOHN FISHER, HARROGATE



MIND THE GAP

(YEAR)

A Gap Year – the basics...



Gap Year Pros



- Gives you time to reflect on your next steps
- Can prepare you for a university/college course
- Can enable you to experience industry
- Offers and opportunity to earn and save money
- Enhances your CV and your employability skills
- It's good fun!

Possible Cons

- Distracting?
- Lose momentum?
- Reduces your competitive edge?
- Difficult to re-engage with study?
- Expensive?



Gap Year – averages



- 200,000-250,000 young people take a gap year
- 27,500 students defer their degree
- 140,000+ travel abroad during the 12 months
 - the Far East/Australia are the most popular destinations
- It can cost up to £22,000+ for a travelling 12 month gap year

Gap Year Planning

- Start well in advance
- Focus on goals
- Consider longer-term implications, e.g., resits, UCAS applications
- Tackle the logistics
- Be organised!



Example Gap Years



- Care Assistant in a residential home to gain experience for Medical School
- Engineering firm internship before a MEng in Electrical Engineering
- Volunteer sea turtle conservationist in New Zealand before studying Drama
- Year in Industry placement with Procter and Gamble before studying Chemical Engineering
- Chalet host in the French Alps

Foreign Travel Costs

- Programme fees, if using
- Flights and transportation
- Accommodation
- Equipment
- Spending money



UCAS Applications



Ex-students can seek help from school to apply/reapply to UCAS:

- Apply early in Sept 2022
- Careers support is available
- Meet school deadlines
- Be organised!

Further Reading

- [7 steps to the ultimate gap year](#)
- [National Careers Service advice](#)
- [Internships explained](#)
- [Year in Industry](#)



Need Further Help..?

Book a
one-to-one
careers
appointment

- Call up to the department
- Emailcareersstaff@staidans.co.uk
- Call 01423 815834

