



Your Future. Your Adventure.

Discover Your Gap Year

Lulu's Capstone Project

Why Take a Gap Year?

A gap year offers the chance to step outside the classroom setting and gain valuable life experience before starting university or a career. It can help you develop independence, confidence, and maturity while exploring new opportunities and discovering your interests.

Key Benefits to a Gap Year

- Explore new cultures and broaden your global awareness.
- Gain valuable work and life experience.
- Discover your interests and future career goals.
- Return more focused and motivated.
- Gain more independence and maturity.

Types of Gap Years

There is no single way to spend a gap year, and many students combine different experiences to create a journey that suits their goals and interests. Some of the most common types of gap years include:

Travelling

Ideal for those who need a break and want to explore new places, experience different cultures, learn languages, or simply broaden their perspective of the world.

Working

Perfect for those who want to gain professional experience, build their résumé, explore a potential career field, or save money for future studies and plans.

Volunteering

A great option for students who love helping others and want to make a positive impact while gaining meaningful volunteer experience.

More Opportunities Include...

- Working abroad - Earn money while experiencing new cultures and travelling more extensively.
- Au Pair - Live with a host family and care for children while experiencing daily life in another setting.
- Teaching English - Immerse yourself in a new culture and connect with locals while earning money.
- International Internships - Receive valuable work experience, professional connections, and insight into working globally.

First-Hand Experiences

“Travelling or not I think a gap year is the perfect window to try and find the start of a path for yourself.”

-Maeve, taught English in Jordan, then travelled with friends and family.

“A gap year allows you to take the time to get to know yourself a bit better (especially if you move out/travel) and allows you to make a more informed choice about where and for what you go to university for, and even if university is for you.”

-Delfina, worked and travelled through New Zealand, Australia, and Europe.

“A gap year really opens your eyes, and allows you to gain new experiences before going to university. Personally, it inspired and motivated me to go to university afterwards.”

-Colleen, went on an exchange year to Portugal.

Helpful Resources



Many gap year opportunities can be arranged independently or through separate organizations. Organized programs often include accommodation, transport, meals, and activities, making travel easier, safer, and providing support throughout your trip. However, they usually require an upfront fee and offer less flexibility than planning your own journey. The right choice depends on your budget, travel style, and goals for your gap year!

More Things to Consider...

Safety

- Research your destination's laws, customs, and culture before travelling.
- Check for any health requirements, including vaccinations and medical advice.
- Arrange comprehensive travel insurance before leaving.
- Keep important documents, such as passports and visas, secure and protected.
- Be aware of local safety advice and precautions.

Visas

- Many countries require tourist visas for travellers and working holiday visas for those wishing to work abroad.
- Research the visa requirements for your destination.
- Understand what your visa allows you to do.

Resources



Travel advice and advisories by destination (check local safety precautions, laws and culture, and entry and exit requirements)



Your Gap Year Awaits...