

# Taking a Gap Year...? Make it worth your while!



quest overseas

Whether you've always planned a Gap Year, or whether results have meant a change of plans; with tuition fees rising in 2012 it is even more important now that your Year Out is a beneficial experience for you. One that has positive impacts on your university life and career.

## Do something genuinely worthwhile!

DON'T just volunteer for the sake of it - search out a project that is genuinely sustainable & worthwhile. This will be more beneficial to you in the long term.

Knowing you are making a positive difference is inspiring and will be a more rewarding experience for you.

Taking part in a truly sustainable project is a fantastic learning opportunity - giving you the chance to really appreciate the problems faced by different people, in different countries and an insight into how these problems can be solved.

- Ask questions....and lots of them! [www.ethicalvolunteering.org](http://www.ethicalvolunteering.org) can help you with this.
- Look for organisations who interview their volunteers.
- Teaching placements need to be long term - Is it beneficial for a child to have a different English teacher each month....?!

## Get some work experience!

Paid employment, internships or volunteer work, in the UK or abroad - holding down a steady job looks great on your CV & UCAS form and shows maturity and independence.

Investigate potential career options; try out different jobs to work out what you really find interesting and ensure that you have applied for the right course at university.

Universities will often look for students who have made the effort to undertake relevant work experience to show their commitment to over-subscribed courses.

- Deloitte, Accenture, Bank of England, BBC, NHS, Rothschild, Ernst & Young, KPMG, Arup, Arsenal Football Club, Barnados, British Red Cross and Christian Aid are amongst some of the big organisations and companies offering work experience or specific Gap Year internships.

## Sell your Gap Year!

Focus on the transferable key skills you have acquired; leadership, teamwork and communication skills.

- <http://career-advice.monster.co.uk/cvs-applications/cv-advice/how-do-i-include-my-gap-year-on-my-cv/article.aspx>

- [http://www.prospects.ac.uk/gap\\_year\\_selling\\_your\\_experience.htm](http://www.prospects.ac.uk/gap_year_selling_your_experience.htm)

Need some advice or help? Don't hesitate to contact us on 01273 777206,  
email [info@questoverseas.com](mailto:info@questoverseas.com) or use the "Live Chat" on our website  
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