

Lesson plan for gap year topic - duration 30 minutes+

Learning objectives

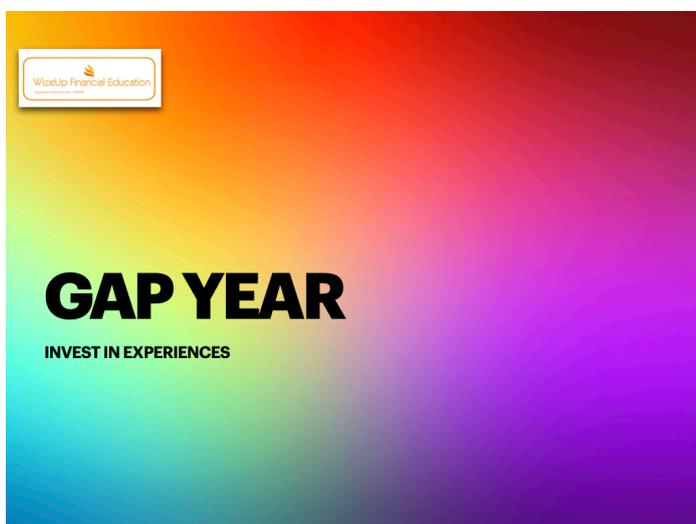
- To understand the pros and cons of taking a gap year
- To advise on some ways of organising a gap.

Resources

- WizeUp powerpoint presentation
- Videos
- Kahoot! quiz

Content & teaching activity

Slides



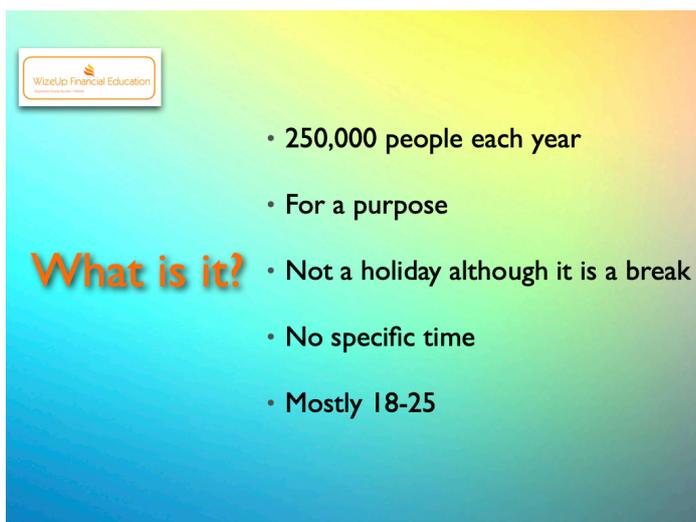
•**Starter**

Historically about 15% of UK students take a gap year.

This may well be much lower this year because of Covid.

See how many students are thinking about taking one.

Ask them why.



•Gap year is the wrong word - can be anything from 1 to 15 months in duration.

•It should always be for a purpose such as self improvement, trying different careers - shouldn't be viewed as a long holiday.

•Most people taking a gap are between 18 and 25

When?

- Most often before university
- Looks good on UCAS and CV
- Time to reflect on chosen course
- Improve personal development
- Opportunity to try a career
- Only chance?

- Most popular time for a gap is between school and university.
- This means that it will go onto your UCAS application and CV at the right time.
- It will give you time to reflect on whether the course you chose will be the right one for you.
- It might be the only chance you get as it is very difficult to take time off once you embark on a career.

But...

- Year behind
- Studying skills dulled
- Friends may have moved on
- Increased fees?
- Miss family
- May not enjoy it

- If you go on a gap you could be a year behind your friends and peers - this will go all the way to the workplace.
- There is a chance that the fee structure for university may have changed by the time you return.
- If you are taking a year out there is a chance that you might not enjoy it and find yourself kicking your heels for a year - you can't start a university course half way through.

Other times

- Short gap between A levels and Uni
- After University before work
- During work

- There are other times to take a gap.
- A short gap of up to 13 weeks between school and university.
- After university but before work - might mean you miss out on a great job.
- During your career. Can be difficult to get that much time off - could have a family by then

Budget

- At least £5,000 to start
- Travel
- Food
- Accommodation
- Insurance
- Working holiday visa scheme:
- Australia/N.Z./Canada
- Cards

- You will need money to start off.
- Around £5k is an ok amount.
- You may get away with less if you have a paid job to go to.
- This should cover travel, food, accommodation, entertainment and insurance.
- Difficult to get a visa for paid work outside of the working holiday visa scheme - ie Australia/NZ and Canada.
- Use a selection of cards rather than taking cash.
- Money can be added to cards remotely.

Insurance

- Health
- Camera/phone/laptop
- All countries visited
- Dangerous sports

- You will need adequate insurance to cover those countries that you will visit AND those that you MAY visit.
- EHIC cards no good now we have left Europe.
- Cover your belongings too - don't forget clothes.
- You are unlikely to have insurance for dangerous sports included - you can normally buy it at the event site.

Health

- Vaccinations pre departure
- Declare medical conditions
- Pre check facilities
- iamat.org

- Ensure all vaccinations are up to date, complete and relevant.
- You MUST declare any existing medical conditions to your insurers or you may find that you are not covered and you have wasted you money

Travel

- Divide must see from rest
- Don't assume chain link
- Research cheapest options
- Build in flexibility
- Use agents - free!
- Book first night's accommodation

- When planning divide the must see places on your trip from those it would be nice to visit.
- Use the internet and also specialist agents to research the best travel options.
- Build in some flexibility into your schedule.
- Don't assume you will be able to daisy chain your trip cheaply.
- The low cost option may involve many more hours or days travelling.
- Pre-book first couple of nights accommodation in a new place.

Safety

- Talk to others
- Check water/food
- Alcohol
- Drugs
- Money for emergencies
- Let people know

- Safety is paramount.
- Talk to as many people who have made the same trip as you as you can before you set out.
- Be careful of water hygiene - use bottled water if in doubt.
- Observe local customs for alcohol consumption. Alcohol may be very different from what you are used to.
- Drugs should be avoided at all times - many places have a death penalty just for possession.
- Keep some cash back for emergencies.
- Let people know your itinerary and when you will be next in contact - stick to it!

Arrival

- Communication
- Culture shock

- When you arrive be prepared for a huge culture shock.
- It is ok to feel overwhelmed at first.
- It's normal to miss home initially.
- Respect local customs and ways of life.
- Don't expect to be able to be understood in English.
- Take phrase book - google translate needs the internet - it might not be available!



- You may have a lot of trouble adapting when you return.
- Your values may well have changed.
- It's not unusual to resent some things.
- You may have lost some family members whilst you were away - you may have new ones!
- Make sure to update your CV or UCAS application to reflect your new transferable skills.

Could show a film from the website here is time allows

Test Knowledge

Kahoot! Quiz on the website

Plenary

Discuss what students would like to do on a gap year

What do they want to get from it?

Is there a place they really want to go?

Plan a gap