



# HOW SHOULD I SPEND A GAP YEAR?

Listed below are a variety of gap year organisations which offer opportunities that may be of interest. It has been compiled for ease of reference and will hopefully be a good starting point for you to start to explore some of the varied opportunities which are available, should you decide that a year out before university or the world of work is the right option for you.

\*Ampleforth College does not accept any responsibility for loss or damage arising from your son or daughter's participation in any of these projects. We therefore strongly advise you to satisfy yourself as to the safety and suitability of any project, as well as the competence, experience and trustworthiness of any organisation, by making your own enquiries and seeking your own references. For insurance reasons, we are unable to make arrangements on your behalf.

**GAP YEAR IDEAS**

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**ORGANISATIONS OF INTEREST**

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**OPPORTUNITIES FOR TRAVEL**

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**CULTURAL ENRICHMENT**

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**VOCATIONAL TRAINING AND WORK PLACEMENTS**

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## Adventure & Expedition

**Oasis Overland** - <https://www.oasisoverland.co.uk/>

Inspirational overland adventure trips that explore spectacular places in the world such as South America, Africa, the Middle East, Central Asia, Egypt and Morocco



**Gap Force** - [www.gapforce.org](http://www.gapforce.org)

Help you to put together expeditions and adventures all over the world



**The Arbernethy Trust** - [www.abernethy.org.uk](http://www.abernethy.org.uk)

Christian outdoors adventure training group with 4 centres across Scotland offering various options for school leavers



**Gap Year Canada** - [www.gapyearcanada.com](http://www.gapyearcanada.com)

Providing adventurous and outgoing people with the opportunity to discover the lively town of Banff and experience living and working in the Canadian Rockies



## Volunteering in the Developing World

**Pod** - [www.podvolunteer.org](http://www.podvolunteer.org)

A not for profit organization in the developing world. Volunteers are needed to provide skills and extra resources to local projects, including teaching, childcare and sports coaching





**Project Trust** - [www.projecttrust.org.uk](http://www.projecttrust.org.uk)

A not for profit organization providing Gap Year opportunities for 17-19 year old school leavers.



**Latitude Global Volunteering** - [www.lattitude.org.uk](http://www.lattitude.org.uk)

3-12 month supported overseas volunteering opportunities across the world for 17-25 year olds.



**Oyster Worldwide** - [www.oysterworldwide.com](http://www.oysterworldwide.com)

Volunteering for this charity can involve working with rescued animals, conservations, trekking, skiing, teaching, sports, childcare and medical work



**Global Volunteer Projects** - [www.globalvolunteerprojects.org](http://www.globalvolunteerprojects.org)

Gap year projects, teaching projects, journalism work experience and medical postings



**Camps** – [www.campsinternational.com](http://www.campsinternational.com)

Gap year programmes which are uniquely co-located within communities and wildlife areas, away from the main tourist circuit, enabling all of their gap year volunteers to become part of the local community and experience complete cultural immersion as a guest, not a tourist!



**Global Vision International** - [www.gvi.co.uk](http://www.gvi.co.uk)

Volunteer abroad on a variety of programmes including critical community development and environmental conservation projects.

**Street Child** - [www.street-child.co.uk](http://www.street-child.co.uk)

A UK charity that aims to create educational opportunities for some of the most vulnerable children in West Africa.



**The Leap** - [www.theleap.co.uk/](http://www.theleap.co.uk/)

The Leap runs a variety of projects which are a mix of community, conservation, adventure and culture in many countries around the world.



**SEED Madagascar** [www.madagascar.co.uk](http://www.madagascar.co.uk)

SEED Madagascar is a small charity that reinvests 91% of its income into its projects in Madagascar. Volunteers help to manage a wide range of sustainable development and conservation projects within the town of Fort Dauphin, as well as with numerous rural communities across the Anosy region.

**Crees** - [www.crees-manu.org](http://www.crees-manu.org)

This is a not-for-profit organisation which aims to protect the Manu biosphere reserve in south eastern Peru. Volunteers are needed to help protect the reserve by reducing deforestation, creating sustainable arboriculture projects and setting up micro businesses.



**Teach Gambia** - [www.teachgambia.com](http://www.teachgambia.com)

Teach Gambia offers you the opportunity to a fully structured teaching programme to experience the magic of Africa, whilst exploring it's native species.



**Kings World Trust for Children** <http://kingschildren.kingsschools.in/>

Kings World Trust for Children run a successful volunteering programme which welcomes skilled and unskilled volunteers of all ages to come and work with us in Tamil Nadu, India, supporting the lives of children.





**Raleigh International** - [www.raleighinternational.org](http://www.raleighinternational.org)

A sustainable development charity that organises volunteering expeditions in Costa Rica and Nicaragua, Tanzania, Borneo and Malaysian India.



**Frontier** - [www.frontier.ac.uk](http://www.frontier.ac.uk)

This is a non-profit conservation and development non-governmental organisation dedicated to safeguarding biodiversity and ecosystem integrity and building sustainable livelihoods for marginalised communities in the world's poorest countries. They offer a range of gap year possibilities.



**Letzlive** - [www.letzlive.org](http://www.letzlive.org)

Become a tutor in a school in Australia, New Zealand, Thailand or the UK.



**Gap 360** - [www.gap360.com](http://www.gap360.com)

Adventures and volunteering aboard.



**Projects Abroad** - [www.projects-abroad.co.uk](http://www.projects-abroad.co.uk)

Projects Abroad offer over 100 generic placements and a wide choice within these placements, for example law and human rights internships, working with children in orphanages and care centres, teaching, coaching sports in schools, business and international development projects.



**Tearfund** - [www.tearfund.org](http://www.tearfund.org)

This is a Christian charity that offers volunteering projects around the world.

**Outreach International** - <https://outreach-international.org/>

Outreach International organises gap year volunteer projects in many countries which can involve working with children in schools and orphanages, with animals in a rescue centre, in rain forest and marine conservation, teaching English or art and craft or medical related projects such as physiotherapy, or sports-related projects like coaching football. They match their knowledge of projects to people's experience, preferences and volunteering goals, to ensure the best fit.



**Volunteer Vacations** - [www.volunteervacations.co.uk](http://www.volunteervacations.co.uk)

They provide opportunities to volunteer in many countries offering a range of projects. Also, if you love the game of rugby and want to travel in Africa and make a difference to disadvantaged children and communities, then a volunteer placement with SKRUM might be for you.



**VSO ICS** - [www.vsointernational.org](http://www.vsointernational.org)

VSO is a UK government funded programme providing volunteer placements to 18-25 year olds and Team Leader placements to 23-35 year olds in some of the poorest communities around the world.



**CAFOD** - [www.cafod.org.uk/Education/CAFOD-Gap-year](http://www.cafod.org.uk/Education/CAFOD-Gap-year)

Cafod runs a programme called "Step into the Gap" which makes arrangements for volunteers to work both in the UK and abroad.



**Order of Malta Caravan** – [www.orderofmalta-caravan.com](http://www.orderofmalta-caravan.com)

CARAVAN allows the chance to spend time abroad and experience the joy of caring for the sick and the poor. Additionally, students are enrolled at the Jesuit University of Beirut to take classes in Middle Eastern Studies. They also do field trips and travel the country.





**Africa Conservation Experience** - [www.conservationafrica.net](http://www.conservationafrica.net)

Conservation volunteering placements and veterinary work experience opportunities for wildlife volunteers in southern Africa.



**Africa and Asia Venture** - [www.aventure.co.uk](http://www.aventure.co.uk)

Gap year and summer volunteer projects in Africa, Asia and Latin America involving teaching, sports coaching and community work.



**Samara Wildlife Volunteer Programme** -

<https://www.samara.co.za/blog/samara-wildlife-volunteer-programme/>

Samara Private Game Reserve in South Africa is a hub of conservation and animal re-introduction efforts in the Great Karoo basin. As a volunteer you will work on on-going wildlife research and management projects as well as assist with community development and environmental education programmes.



**Quest Africa** - [www.quest-africa.co.za](http://www.quest-africa.co.za)

Gap year programmes in Africa designed to help people become aware of their strengths through an experiential learning programme.



PURPOSEFUL GAP TRAVEL

**Culsans** - <https://culsansgaptravel.co.uk/>

Combining fun, adventure, travel, culture and an all rounded and lasting education in conservation, with excellent networking opportunities. Creating Conservation Ambassadors, supporting local business and developing your personal skill set.

## Sailing & Diving Expeditions

**Rubicon 3** - [www.rubicon3.co.uk](http://www.rubicon3.co.uk)

Rubicon 3 offers sailing holidays full of adventure that include top quality training and time to head ashore and explore the world's most incredible places. No previous experience required.



**Love the Oceans** - [www.lovetheoceansorganisation.wordpress.com](http://www.lovetheoceansorganisation.wordpress.com)

They offer a volunteer programme that gives individuals the chance to work alongside their leading marine biologists and oceanographers helping with conservation and research. Volunteers gain experience through their research, education and fish IDing programmes over the space of 5 weeks.



## Cookery/Fashion Courses

**The Orchards Cookery School** - [www.orchardscookery.co.uk](http://www.orchardscookery.co.uk)



**The Avenue** - [www.theavenuecookeryschool.com](http://www.theavenuecookeryschool.com)



**Leiths** - [www.leiths.com](http://www.leiths.com)



**Ballymaloe Cookery School** - <http://www.cookingisfun.ie/>



**Conde Nast College of Fashion & Design** - [www.condenastcollege.co.uk](http://www.condenastcollege.co.uk)





## Learning a Language



**Don Quijote** - [www.donquijote.co.uk](http://www.donquijote.co.uk)

Learn Spanish in Spain and Latin America



**Education First** - [www.ef.co.uk](http://www.ef.co.uk)



**ESL Language Travel** - [www.esl.co.uk](http://www.esl.co.uk)

Choose from 9 languages in 50 accredited EF International Language Campuses around the world.



**Salamanca University Spanish Courses** - <https://www.salamanca-university.org/>

## Work Experience in Business, IT, Medicine & Law

**Twin Work & Volunteer** - [www.workandvolunteer.com](http://www.workandvolunteer.com)

They are specialists in responsible travel, volunteering, internship and paid work experiences. They offer 40 hand picked programmes in more than 15 countries around the world.



**The Year In industry** - [www.etrust.org.uk](http://www.etrust.org.uk)

This organisation provides up to a year's employment during which young people can gain valuable work experience. They receive full support from The Year in Industry through a year-long mentoring service. Participating companies have included Network Rail, Procter & Gamble, Rolls Royce, Shell Global Solutions, University of Manchester and many more.



**IBM** - [https://www.ibm.com/uk-en/employment/school\\_leaver.html](https://www.ibm.com/uk-en/employment/school_leaver.html)

IBM's gap year placements offer 12 months' worth of work experience with a world-leading company, broadening students' horizons and giving them a head start in their career.



**Gap Medics** - [www.gapmedics.co.uk](http://www.gapmedics.co.uk)

Gapmedics provide overseas hospital work experience for medicine, nursing and midwifery placements in Africa, Europe and the Caribbean.



## History of Art & Antiques

**Art History Abroad** - [www.arthistoryabroad.com](http://www.arthistoryabroad.com)



**John Hall Venice** - [www.johnhallvenice.com](http://www.johnhallvenice.com)





## Skiing & Snowboarding

**Ski le Gap** - [www.skilegap.com](http://www.skilegap.com)

Ski le Gap offers skiing adventures which include instructor courses and snowboarding in Canada.



**Nothinbutsnow** - [www.nothinbutsnow.com](http://www.nothinbutsnow.com)

Ski and snowboard instructor training courses in Canada.



**Peak Leaders** - [www.peakleaders.com](http://www.peakleaders.com)

Ski and snowboard instructor courses and improver camps.



**Nonstop** - [www.nonstopsnow.com](http://www.nonstopsnow.com)

Nonstop Ski and Snowboard run ski and snowboard instructor courses, camps and holidays in western Canada, New Zealand and France.



## Drama

**Work Experience at Chichester Festival Theatre** - [www.cft.org.uk/jobs](http://www.cft.org.uk/jobs)

## Army/Leadership



**British Army** - <https://apply.army.mod.uk/how-to-join/entryoptions/gap-year-commission>

Complete 8 weeks of paid training at the Royal Military Academy Sandhurst (RMAS) as a young officer and be given title of Second Lieutenant. After that, you'll serve with some of the finest officers and soldiers in the world for the rest of your gap year.

## Gap Year Scholarships & Awards

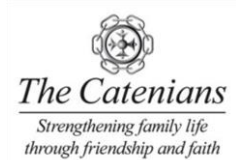
**The Bulkeley-Evans HMC Scholarship Awards - [www.hmc.org.uk/about-hmc/gap-year-scholarships/](http://www.hmc.org.uk/about-hmc/gap-year-scholarships/)**

This organisation gives financial awards to students for gap year projects. Follow the link for the applications process.



**Catenian Association Bursary Fund – [www.catenianbursary.com](http://www.catenianbursary.com)**

Each year the fund gives cash grants to young Catholics to those aged 16-24 who work as helpers or volunteers on projects around the world.



## Faith based opportunities

Contact the Careers and Vocation Department for more information about opportunities offered through FaceFaw.

[amanda.toone@ampleforth.org.uk](mailto:amanda.toone@ampleforth.org.uk)

[clare.tidmarsh@ampleforth.org.uk](mailto:clare.tidmarsh@ampleforth.org.uk)

**Manquehue Movement - <http://www.manquehue.org/mam/english/>**

Please contact Fr Ambrose for further information about spending 6 months with the Manquehue Movement in Chile, working in one of their three schools in Santiago and living and praying with members of this lay Benedictine movement.



**St Cassian's – The Kintbury Experience - [www.thekintburyexperience.com/the-team.html](http://www.thekintburyexperience.com/the-team.html)**

Take a Catholic Gap Year in Kintbury, Berkshire. A centre which runs retreats for schools and confirmation groups, led by four core staff, and a team of volunteer gap year students, together with two Lasallian brothers amongst the community.





## Gap Year Advice

Mind the Gap Year - [www.mindthegapyear.com](http://www.mindthegapyear.com)

Information about travel safety and insurance.



**Caroline's Rainbow Foundation -**

<http://carolinesrainbowfoundation.org/>

Caroline's Rainbow Foundation is a registered UK charity, working to raise awareness of the importance of safer travel to anyone going travelling. CRF works with the education sector, the Foreign Office and other organisations to provide easily accessible and helpful information about safe travel.

## KEY QUESTIONS TO ASK:

- **How much time have I got? Produce a personal calendar of your plans.**
- **What do I want to do? List activities – work, volunteering, expeditions, cultural exchange, backpacking.**
- **Where do I want to go? Europe, Africa, Asia, Round the world?**
- **Which company or provider? Read their code of practice and check their terms and conditions, insurance policies, health & safety, support and supervision documents etc. closely.**
- **What is their programme?**
- **Do I want to be alone or in a group?**
- **What is the selection process?**
- **What is the likely total cost and where does the money go?**
- **What safety provision and support will there be?**
- **Will there be a pre-briefing before I leave and a de-briefing when I return?**
- **CHECK YOUR OWN MOTIVATION FOR YOUR DECISION MAKING PROCESS – HAS YOUR PLAN BEEN MADE WITH YOUR HEART OR YOUR HEAD?**

## MORE INFORMATION AVAILABLE HERE:

[www.gov.uk/gap-year-foreign-travel-advice](http://www.gov.uk/gap-year-foreign-travel-advice)

[www.prospects.ac.uk/gap\\_year.htm](http://www.prospects.ac.uk/gap_year.htm)

[www.theguardian.com/education/gapyears](http://www.theguardian.com/education/gapyears)

[www.theguardian.com/travel/gap-year-travel](http://www.theguardian.com/travel/gap-year-travel)

**IF YOU CAN RECOMMEND A GAP YEAR ORGANISATION THAT HASN'T BEEN MENTIONED, DO PLEASE GET IN TOUCH**

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