

TRAVEL / GAP YEAR

With careful planning, this can be a really sensible choice if you are unsure about what you want to do post-18, or just don't feel ready for the next step, particularly if it involves leaving home.

If you have applied to university but subsequently decide you would like to take a gap year, for most courses it is possible to defer for a year. You will need to contact your university admissions team to discuss.

Equally, if you are hoping to secure an apprenticeship but have found this difficult, you may want to take a year out to gain some experience ahead of applying again as opportunities arise – remember, apprenticeships become available throughout the year, not just in September.

If you are feeling adventurous, there are lots of organisations that will help you to undertake volunteering abroad. Some will have a small cost which is often covered by fundraising, others may be free on the basis you are completing projects on arrival.

There is further information on gap years on the UCAS website:

<https://www.ucas.com/alternatives/gap-year/gap-years-ideas-and-things-think-about>
