

Use this Check-list when planning your gap year

Look at who can take part and how they are selected?

- What is the age range of participants?
- What are the selection criteria and procedures?
- How many participants will there be on my programme?

Look at WHO will benefit from the activity?

- What will I gain from the activity?
- Who else will gain from this placement?
- Why are young people from the UK needed on this programme? Who asked for their involvement?
- Will the programme continue after I have left?

Look at exactly HOW you will spend your time?

- How has the programme been chosen, planned and vetted?
- Has a responsible member of the organisation personally checked the placement?
- What exactly will I be doing?
- Will I be alone or in a group?
- Is there any written agreement between the organisation and me?
What are my responsibilities? What is expected of me? Is there a code of conduct for participants?

COST

- Look at precisely what the programme costs?
 - What does it include?
 - Do I need to budget for extras?
- Where does the money go?

Look at the Organisation itself

- How long has it been in existence?
- How does it plan its activities?
- Is the organisation financially sound?
- Can I speak to previous participants?

Research is key to a successful gap year, planning a gap year is a big commitment so make sure you get it right.....