



GAP - 'Great Adventure people'

**How the youth and students in the UK spend
their GAP year**

WHAT IS A GAP YEAR?

A **gap year** is an expression associated with taking time out to travel between life stages. It is also known as **sabbatical**, **time off** and **time out**, referring to a period of time (not necessarily 12 months) in which students disengage from curricular education and undertake non curricular activities, such as travel or work.

How Many Young People in the UK take a GAP Year?

- Approximately 35,000 young people defer entry to University in the UK each year and that has been on a steady increase.
- Many young people do not bother to defer at all, they apply to university whilst they are on their gap year.
- The increase in UK tuition fees in 2012 is also likely to push up the number who go on a GAP year, potentially never go to university at all.
- There are also thousands who take a gap year before going into work (either after or instead of university).
- **Estimate that 230,000 UK young people take a GAP year at a cost of £3,000 - £4,000 each.**

How do young people decide where to go
and what to do?

Advice of friends, social media and 'the
web'

[Thorn Tree travel forum](#) / [The Lobby](#) / [Gap Year & Round the World Travel](#)

Gap Year Advice?

Replies: 4 - [Last Post](#): Apr 15, 2012 9:16 AM Last Post By: lucapal

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[bittenbythebugyolo](#)



Apr 14, 2012 7:08 PM
Posts: 2

Gap Year Advice?



Hi all,

I'm taking a gap year beginning September(2011) this year till August(2012).

I have a lot of experience traveling however I am quite young and this will be my first real excursion alone so naturally i'm nervous. My budget is small but I plan on working abroad if needs be.

I have no clear plan as of yet but I know I will be going to [India](#) for a few months with a friend. I'm considering going to [Bali](#) from there returning to [Europe](#) and inter-railing from [Greece](#) up to [Croatia](#) then into [Italy](#) and if my funds allow a trip to [South America](#).

I would be grateful for any suggestions of places to visit along my rough guide and any advice anyone may have on traveling alone.

Regards,
Katie

[lucapal](#)



Apr 15, 2012 3:21 AM
Posts: 4,949

1



First...where are you starting from?

Second....how much is your 'small'budget?

Third...are you planning on buying tickets as you go or are you going to get a RTW ticket?

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One Way Ticket or RTW Ticket?

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One Way Ticket or RTW Ticket?

13 February 2012 10:14 AM

willow1306

GAPPER



Total Posts: 12

Joined 2012-02-04

Please can anybody advise if I would be best to buy a one way ticket to destination number 1 and then buy individual tickets from there on out OR to get all my trips organised ahead of time in a RTW ticket?

Thanks

15 February 2012 11:07 AM

#1

Seth_Karlo

SUPER GAPPER



Total Posts: 66

Joined 2011-01-09

My original trip was to be 6 months, with 6 countries and a quick tour through Europe.

I've now been travelling for a year, with another 5 months to go, minus Europe. Plans change. Not having a place to be is part of the joy of travelling for me. If I had constraints on where I had to be at a certain time I don't think I would love it as much.

Just me though.

15 February 2012 07:19 PM

#2

willow1306

GAPPER



Total Posts: 12

Joined 2012-02-04

Thanks!

I'm still trying to pull together the most logical order to travel in - not very rock and roll, I know, but funds are limited andi just want to GO as soon as!

I'm hoping to save money by working in Oz but its so tempting to stop a couple of times on the way....

GAPYEAR.co Forum

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Liam Burns

NUS President

Adam Smith

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59 marieclaireuk @marieclaireuk

19 Apr

Win a trip to Uganda with @TommyHilfiger by letting us know your promise for a better future bit.ly/HI1pPW #makeapromise

Promoted by Promise Collection



43 Matty Macdonald @MattyAzkalero

2h

@willfreeman_ Ah, what are you **planning** on doing for your **gap year?**

from Calderdale, Calderdale



44 Rupali @roopsydaisy_

19h

@SubhanKhann what are you **planning** to do during your **gap year?** (:



43 dominic mclaren @dominicmclaren

23 Apr

@jinnieeKim What you **planning** on doing during your **gap year?**

In reply to @immayellow



36 Gap Year Travel @gapyear

23 Apr

If you re taking a levels or GCSE's this **year**, why not start **planning** a **gap year** for when you finish? Visit gapyear365.com : }



38 Ahmed Yossry @Ayossry

21 Apr

I achieved nothing of what i was **planning** to do after graduation. Can i pretend that i was having a **gap year** by choice?



52 Chris Stevens @BckPackerBanter

21 Apr

Gap Year Planning; Where in the World? su.pr/1kqYTA #TTOT



14 Harry Daniel @HarryJDaniel

20 Apr

Is the Bank of England waking up to inflation? ow.ly/ao605 Don't bet on it!

Plan Your Trip



Most popular routes

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[Americano](#) - go North from South from £939

[Wild At Heart](#) - through Africa to Asia from £999

[Round the Block](#) - India & Asia highlights from £729

[Jumbo Jetsetter](#) - see the world in style from £1439

Kwikfire Kiwi route

[Contact us to book your trip](#)



Where Do I Start?

Is organising your trip doing your head in? Take a look at the following guides for all you need to know about planning a gap year:

- ▶ [What is a Gap Year?](#)
- ▶ [Ultimate Planning Guide](#)
- ▶ [Beginner's Guide to RTW Flights](#)
- ▶ [Where Shall I Go? View Travel Guides](#)

Ultimate Must-Dos for 2012



1. Ride the Death Road in [La Paz](#)
2. Channel Your Inner Arctic Explorer in [NZ](#)
3. Dive into the Great Blue Hole, [Belize](#)
4. Track Majestic Mountain Gorillas in [Uganda](#)
5. Watch the Sun Rise from the [Roof of the](#)

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or call the Gap Daemon team at STA Travel on 0871 230 8509

Check List

Before you go, make sure you've got these things sorted:

- ☒ Check your [passport](#) has at least 6 months validity

Volunteer

Volunteering and CVs go together like fish and chips; no wonder it's so popular with gap year travellers

- ▶ [Stuff You Should Know Before You Start](#)
- ▶ [What Can You Get Out of It?](#)

DEDICATED
GAP YEAR
SOCIAL MEDIA



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144k

Likes



Events

3

Highlights



Post



Photo / Video

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<http://sta.travel/LLsh6e>

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Gap year

Gap year travelling is a trip of a lifetime. We hope you will find useful advice and information in this section to make sure your gap year is the best it can be.



From top tips on [insurance](#) and [money](#) to advice on [staying healthy](#) and getting the right [visa](#), you will find all you need to know to plan the safest and most enjoyable gap year travel.

Gap year planning

So you've decided to plan the be all and end all of all gap years, the show stopping trip, the year that will change your life, but did you realise how much goes in to planning it, do you know where to start?



- [Gap year visas and passports](#)
- [Gap year advice](#)
- [Gap year health](#)
- [Gap year insurance](#)
- [Gap year local laws and customs](#)
- [Gap year money](#)

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Flight + Hotel

From:

Departing:

Time:

Returning:

Time:

I need a hotel for part of my trip

	Adults (18-64)	Seniors (65+)	Children (0-17)
Room 1	<input type="text" value="2"/>	<input type="text" value="0"/>	<input type="text" value="0"/>

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those in the know with our
TV interviews
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Business Class
from £2899.



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from £577 in
Economy
& £1849 in
Business Class



Singapore
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Australia from
£759 or
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from £3399

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Number of travellers

1

Traveller 1

- **Student**

- **Under 26**

268

Multi-Channel retailer



**High Street
Stores**



**High Street
Stores**

How do young people decide where to go
and what to do?

Advice of friends, social media and 'the
web'

Travel organisers – online and offline

Longer term career aspirations

- Impression on Universities
- Impression on Employers

Impression on Universities

- Looked upon favourably by Universities
- ‘Gappers’ often more motivated and more mature when they return
- Some volunteering projects attract UCAS points

Impression on Employers

Employers look favourably on 'Gappers'

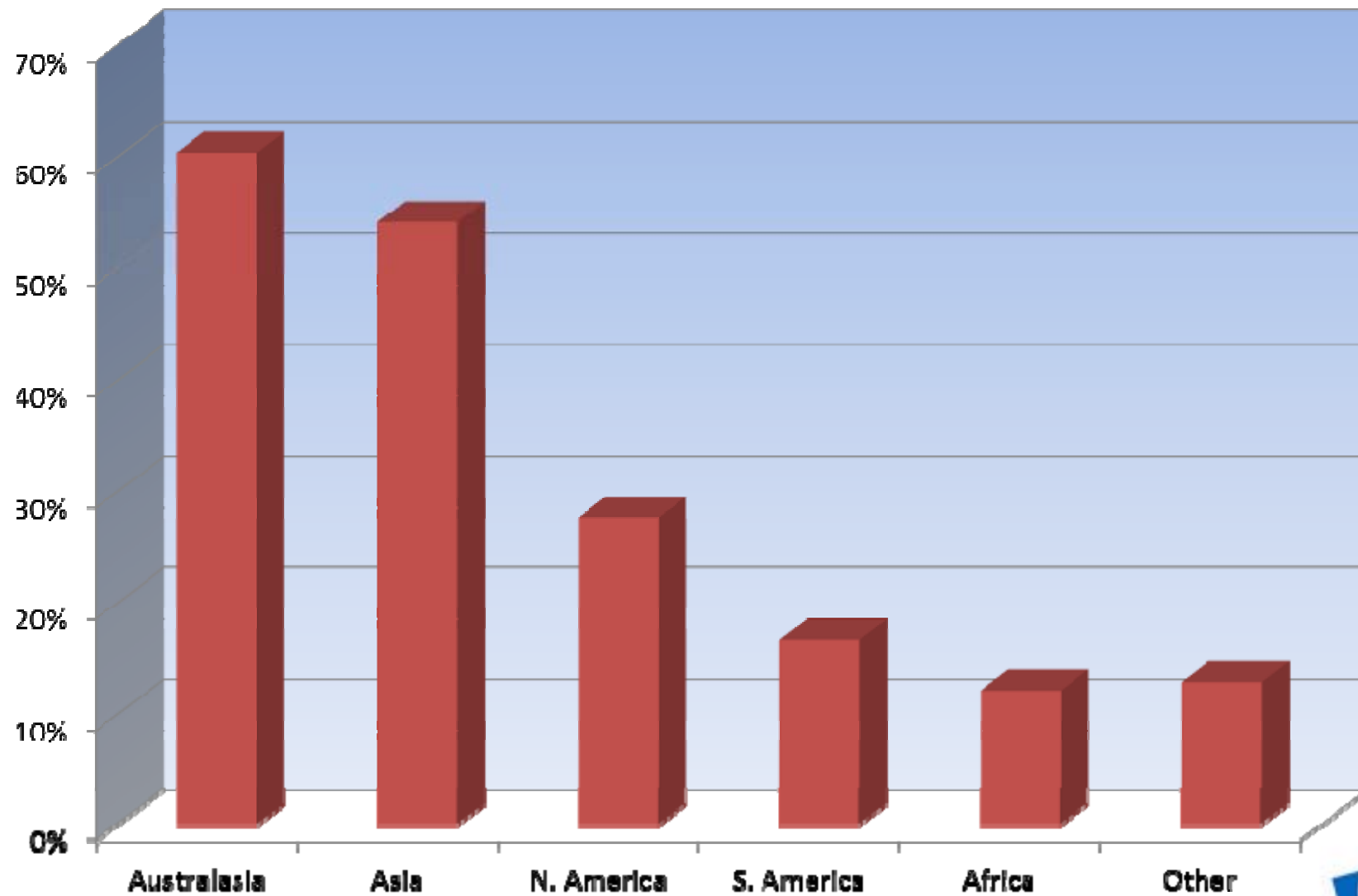
'Gappers' can be more self reliant.

Employers see the benefit in soft skills

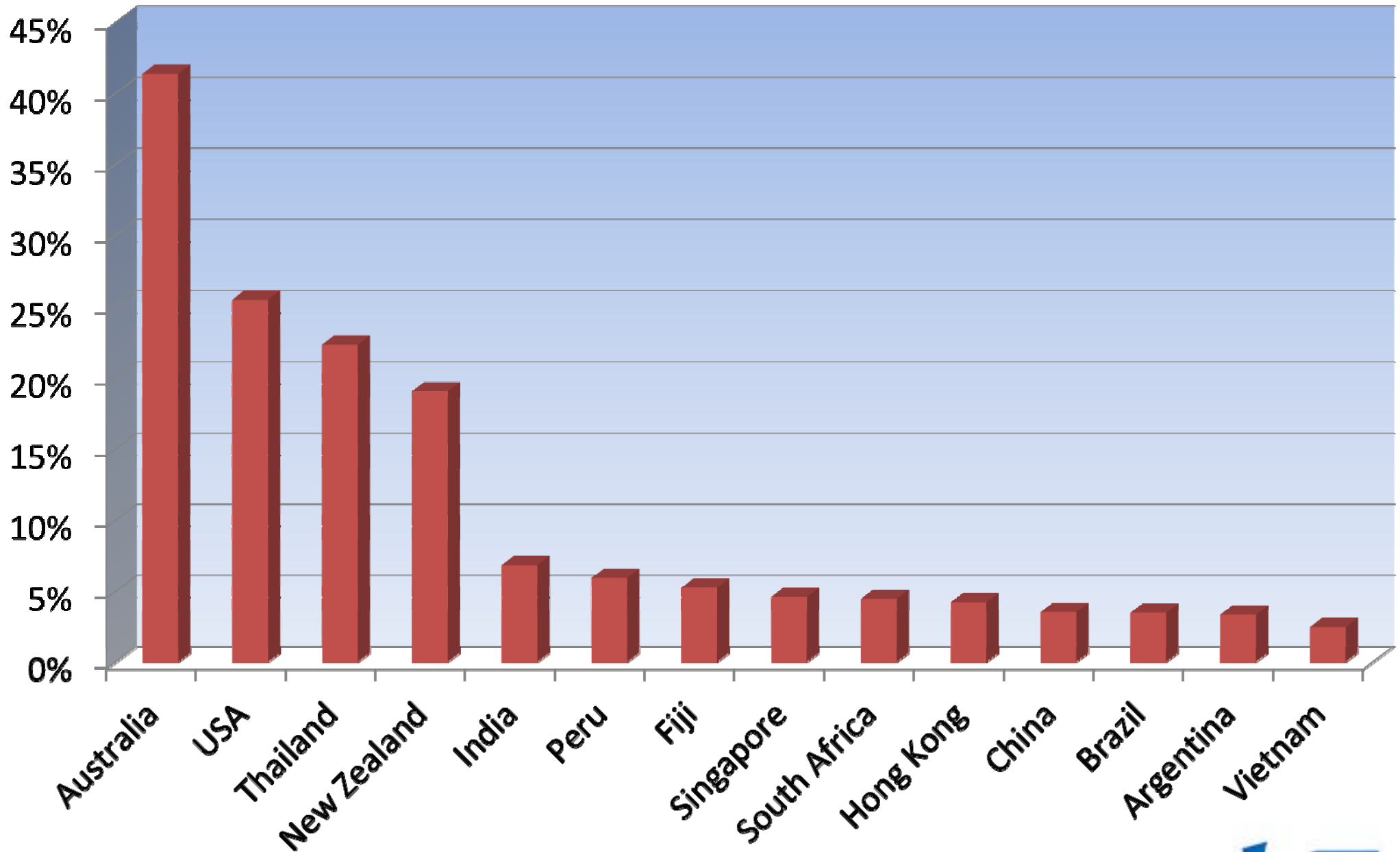
Structured activities and advance planning are important

- Work placement
- Volunteering

Continents Visited by UK GAP Year Students



Visits by Country



ST PETERSBURG overland to HONG KONG • SYDNEY overland to CAIRNS •
 AUCKLAND • FOI • LOS ANGELES overland to SAN FRANCISCO • UK

Planes Overland Section Stop

SAN FRANCISCO
 LOS ANGELES

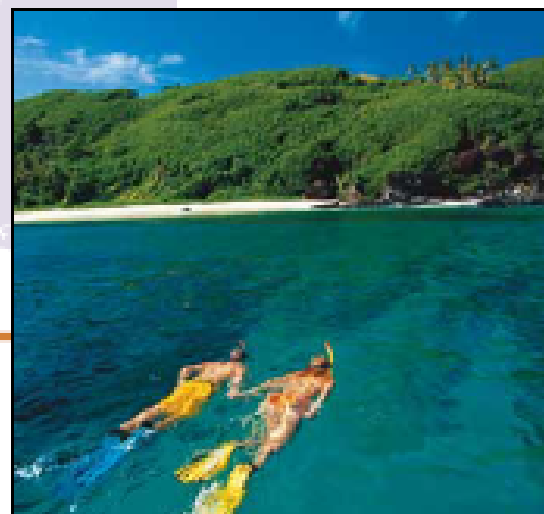
to SAN FRANCISCO

of awesome; the heartland of
 pinnacle of perfection. Gasp at the
 I through Death Valley, and snap
 the almighty Yosemite NP and if that's
 in Los Angeles, Las Vegas, and San
 along the graceful Route 66.

CALIFORNIA 8 days from **£635**

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 ose; because it doesn't get much
 ar than Fiji! Enjoy 12 days making
 self look fantastic, while you
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 anting Islands. Get your trunk on in
 trunks on Beachcomber Island, before
 ing through the sea with manca rays,
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UK

ST PETERSBURG

ST PETERSBURG to BEIJING

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THE VODKATRIN 21 days from **£2,065**

BEIJING

HONG KONG

SYDNEY to CAIRNS

Sidle out of Sydney as you drift northwards, towards the bright nights of Cairns in Queensland. Along the route, you'll bob around Byron Bay, blast around Fraser Island, swan around the Whitsunday Islands and let loose in Airlie Beach, before diving along the Great Barrier Reef! This is Australia's coast at its very best and yes, don't worry, you will get to cuddle a koala!

ISLAND SUNTANNER
 14 days from **£1,255**



BEIJING to HONG KONG

This is tick-list China at its best as you follow the ancient path of the Great Wall of China through the heartland of history. Beijing Square, before opening up to the Forbidden City. Stare at the warriors in the Terracotta Army, ponder with a panda in the mountains, and cap it all off with a river cruise and a hoot around Hong Kong.

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 verland to DARWIN • SINGAPORE • MUMBAI • UK

ations — Overland Section — Stop



RES to SANTIAGO

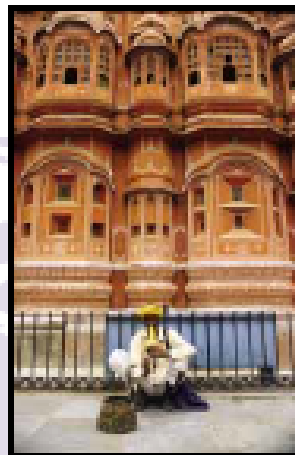
Chile and Argentina's soft centres, with a 13-day loop
 to Santiago. Tango until your toes tingle, before
 paragliding above Bariloche in Upper Patagonia.
 seafood, slabs of chocolate and chunks of
 steak to fuel an adventure of a lifetime. Oh, and did we
 rafting?

SOJOURN 13 days from **£749**



RIO DE JANEIRO to BUENOS AIRES

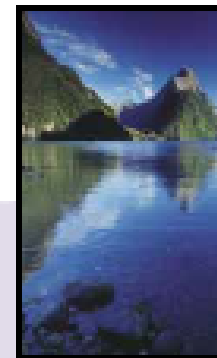
Proving the theory that South America is the capital
 of fun, we blaze a trail through the continent's
 most famous capital cities, as you go in search of
 the almighty Iguazu Falls. Kick it off in the
 razzle of Rio, before enjoying the cool culture of
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 freestyle adventure all the way through.



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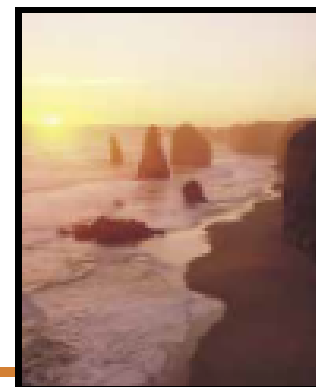


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 tear up the bus pa
 the engine for a ri
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 playground: New Z
 way you fancy; mo
 as you wear your
 Auckland to south

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 journey from Melbourne to Alice. Sample the freshness of the Great Ocean
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 ancient legends of Australia's Red Centre.

MELBOURNE TO ALICE SPRINGS 11 days from **£635**

DARWIN

MELBOURNE

SINGAPORE

MUMBAI

UK

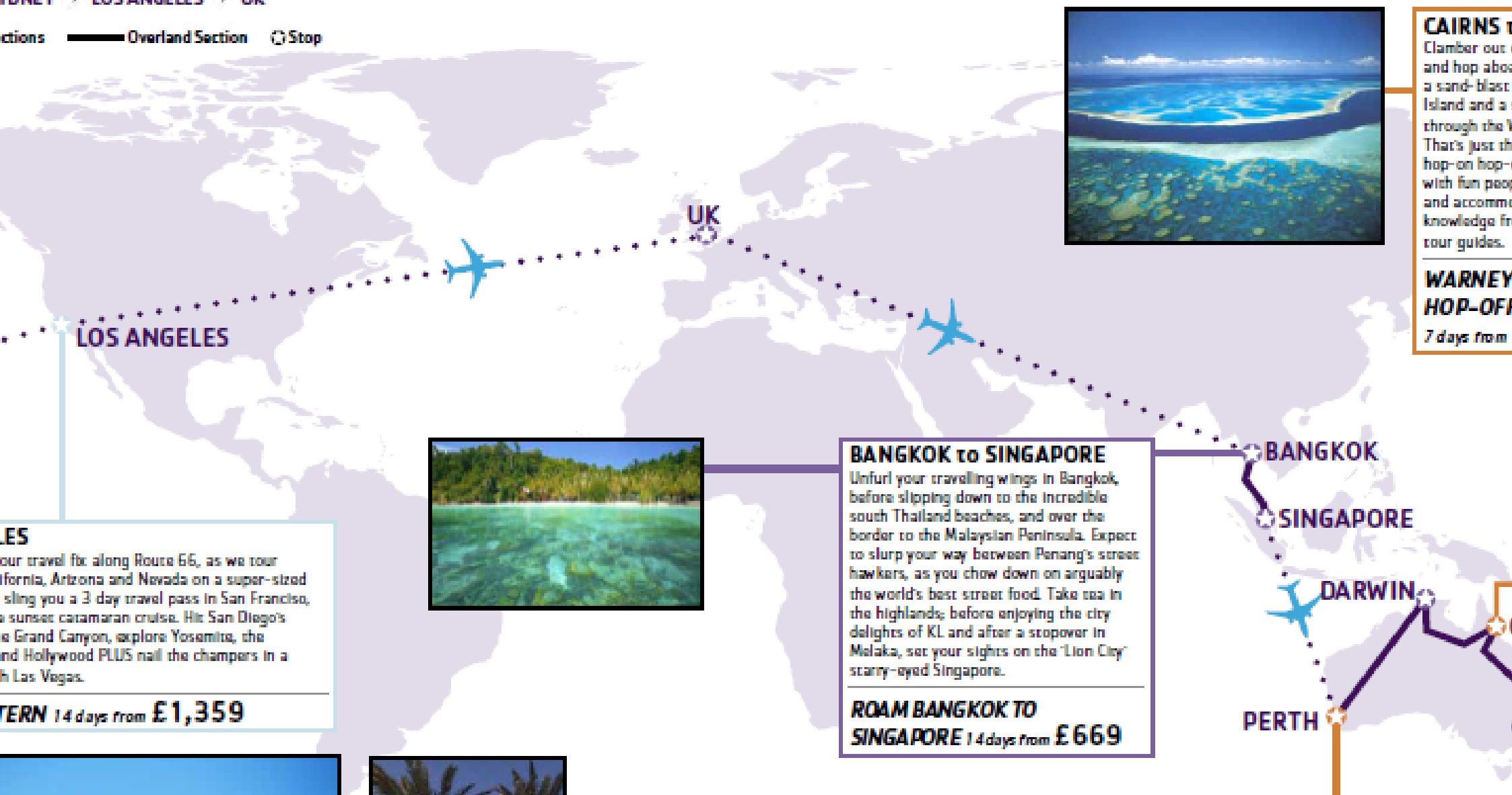
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UK overland to **SINGAPORE** ✈️ **PERTH** overland to **DARWIN** overland to **CAIRNS**
SYDNEY ✈️ **LOS ANGELES** ✈️ **UK**

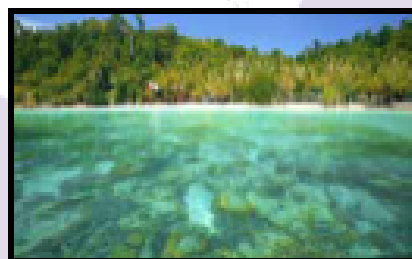
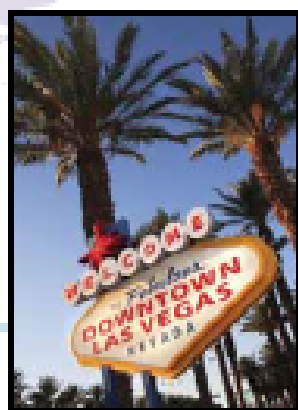
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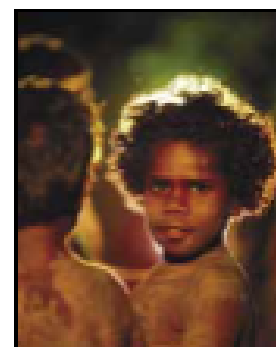
PERTH 14 days from **£1,359**



BANGKOK to SINGAPORE

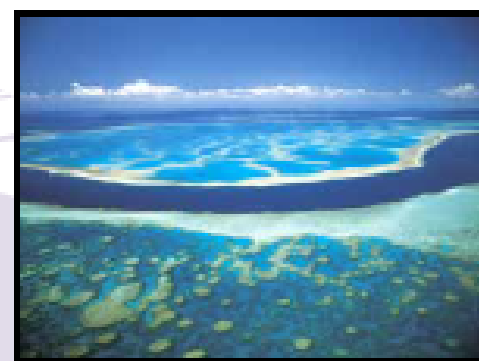
Unfurl your travelling wings in Bangkok, before slipping down to the incredible south Thailand beaches, and over the border to the Malaysian Peninsula. Expect to slurp your way between Penang's street hawkers, as you chow down on arguably the world's best street food. Take tea in the highlands; before enjoying the city delights of KL and after a stopover in Melaka, set your sights on the 'Lion City' scary-eyed Singapore.

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CAIRNS

Clamber out of the rainforest and hop aboard a sand-blasted Island and a through the V. That's just the hop-on hop-off with fun people and accommodation knowledge from our guides.

WARNEY HOP-OFF

7 days from

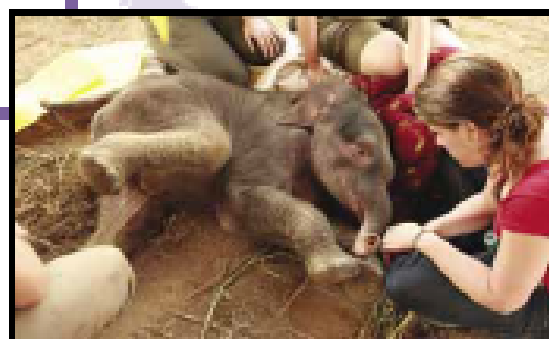


BANGKOK

...ing gets you closer to
...ure, than dropping the
...pack and mucking in
...n help is needed, and this
...ntour is the perfect place
...rove it. You'll exchange
...ish lessons for Thai, while
...ing out with village life.
... a stroll through the
...ant village, and slow...
... down... with some
...itation lessons from local
...ks. And remember, this is
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...n invigorating landscapes
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MEANINGFUL TRAVEL EXPERIENCE

Days from **£705**

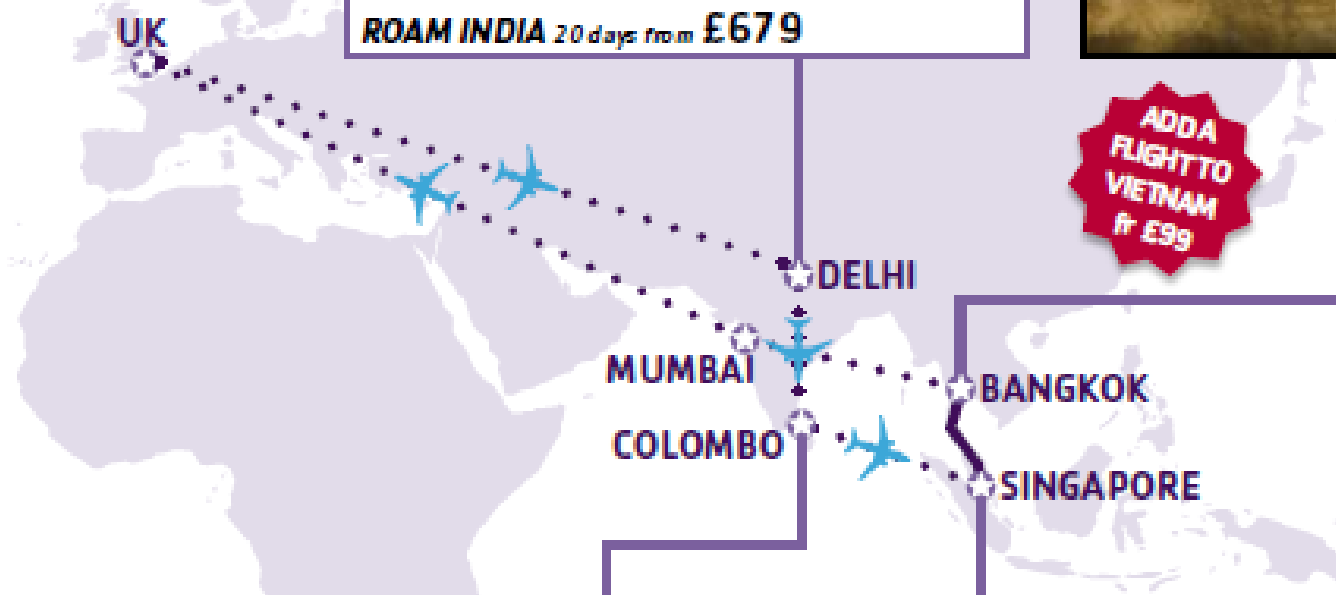


DELHI

After ducking and diving your way out of India's charismatic capital, Delhi, you'll be set atop a cheery camel in the Thar Desert of Rajasthan. Explore the Blue City of Jodhpur, the Pink City of Jaipur, the White City of Udaipur and the orange-with-yellow-spots city of Pushkar (OK, we made that one up). Along the way you'll see your imagination alight in front of Agra's Taj Mahal, before a slow stroll along the Ganges in the holy (and multicoloured) city of Varanasi.

ROAM INDIA 20 days from **£679**

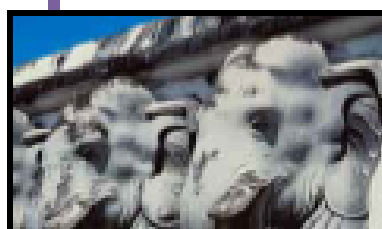
**ADD
FLIGHT TO
VIETNAM
fr £99**



COLOMBO

Get your Ceylon on as we loop you round Sri Lanka's most iconic highlights: take in the Lion's Rock, Sigiriya, then fill up on Buddhist treats in Kandy, before putting your feet up in the tea country hill town of Nuwara Eliya, where culture blooms among the roses.

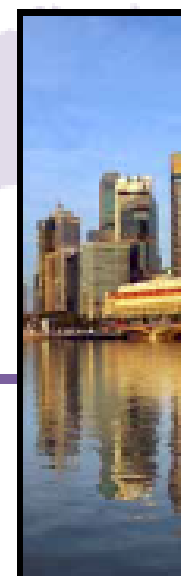
SRI LANKA HIGHLIGHTS
6 days from **£375**



SINGAPORE to BANGKOK

Sweep up Singapore as you clamber up the Malaysian Peninsula and beyond, to the bright lights of Bangkok. Visit meek Melaka, before taking on the dazzling heights of Kuala Lumpur. Wind through the Cameron Highlands on your way to Penang, where you'll refuel on char kway teow and spicy laksa before cooling off in the Ang Thong National Marine Park of southern Thailand and heading back to bustling Bangkok.

COLOURS OF ASIA
14 days from **£789**



UK overland to JOHANNESBURG • BANGKOK overland to HANOI •

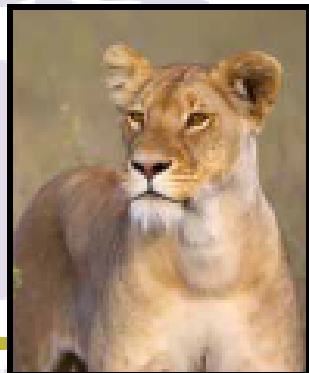
overland to BEIJING • UK

Sections — Overland Section — Stop



JOHANNESBURG

Explore the Serengeti and Ngorongoro Crater in the morning, before relaxing on the glorious Zanzibar. You'll visit a spice plantation, Stone Town, before the Great Rift Valley of the border to the shores. Soak up Victoria Falls, the banks of the Chobe River, and Kruger National Park before Johannesburg.



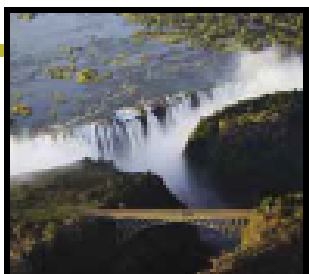
JOHANNESBURG ADVENTURE
from £1,069



JOHANNESBURG

Soak up the township of Soweto from the comfort of your saddle; you'll meet the people and hear their stories in the heartland of western Johannesburg.

CYCLE SOWETO from £88



JOHANNESBURG

NAIROBI

BANGKOK

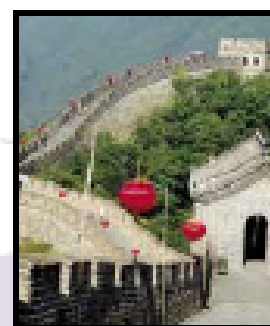
HONG KONG

HANOI

BEIJING

UK

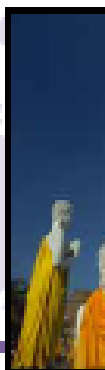
ADD A
FREE STOP
IN ABU
DHABI



HONG KONG to BEIJING

It'll be hello Hong Kong and bye bye Beijing, as you tour their ancient and modern worlds. Cycle through the mesmeric Yangshuo countryside, take Tai Chi and chipping away with chopsticks. Float through the Three Gorges Dam on the Yangtze River before heading to Xian for an audience with the Terracotta Warriors, and finally a steaming Shanghai for China's barmy capital, Beijing.

ROAM CHINA 18 days from £949



BANGKOK to HANOI

Get the best of two kingdoms, as you slow down through Cambodia and Vietnam. You'll visit the Angkor Wat complex, and spice Phnom Penh. Enjoy the sunny shores of Siem Reap, and Nha Trang in Vietnam. Cook up a spicy meal before a tour of regal Hue, and a cruise on the Perfume River before a reluctant handover to Hanoi.

ROAM CAMBODIA & VIETNAM

20 days from £869



Most popular Gap Year Elements

- Round the World flights
- Group touring (often booked as individuals)
 - Asia, Latin America, Africa, Europe
- InterRail
- Working overseas – Working Holiday Visas, TEFL, starter packs in Australia
- Volunteering

STA Travel Offering

- Exclusive air product for young people
- Touring and accommodation targeted at the gap year traveller
- Partner with specialist organisations to offer both volunteering programmes as well as helping with working overseas

Summary of UK Gap Year Market

over 230,000 participants and likely to grow
social media and the web a key factor in the
planning process
...face to face bookings still dominate
Oceania and Asia are the key destinations
(including Europe)
structure to a Gap Year seen as being
increasingly important for future prospects

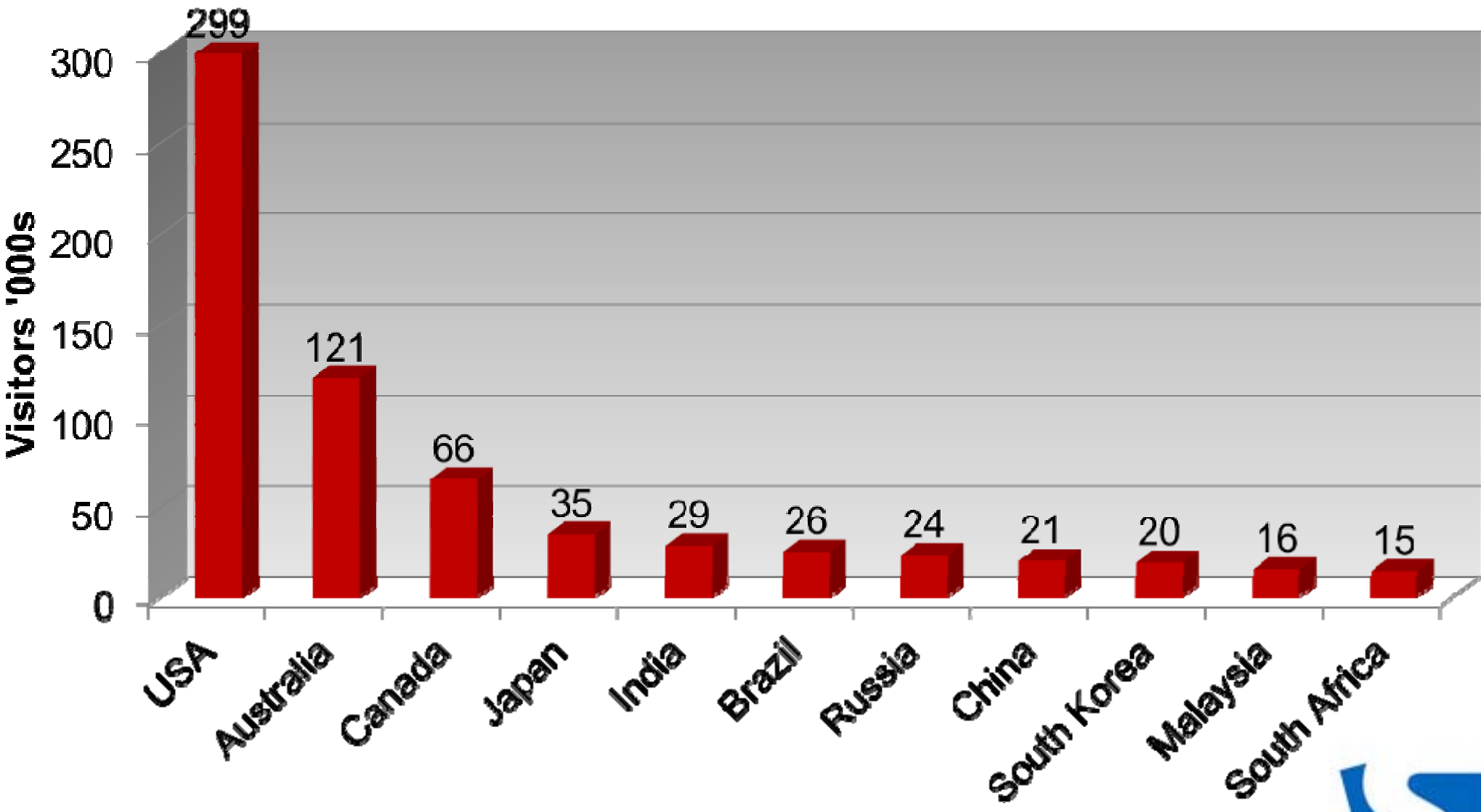
GAP Year Market to the UK

London is the number one GAP year destination city

Australian/New Zealand Working Holiday market
historically strong and encourages longer trips due to
ability to earn in the UK

London/UK often seen as a starting point for touring
Continental Europe

Visitors to the UK aged 16-24 by Country of Origin





Key Cities visited

London

- City tours, theatre
- Day trips to Bath, Windsor, Stonehenge

Edinburgh

Dublin

UK Large Group Touring

Most popular tour covering the whole country (18 day
or covering everything from London to Scotland and
incorporating Ireland)

Two popular 3-7 day tours covering regions

Sales

Cornwall

Scotland

Scottish Islands



UK Summary

Strong inbound GAP year market

Cities/historic sites are the key attraction

Working Holidays remain popular for
Australian and New Zealand nationals

TRAVEL

50