



AU PAIR GAP YEAR YOUR CHANCE

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WHAT IS A GAP YEAR?

You do a Gap Year when you decide to take time off from school or university to pursue other experiences and adventures and learning opportunities.

When you make a choice like this, all kinds of possibilities open up:

- To explore the world
- To discover new sides of yourself
- To acquire new input and new abilities for the next steps in your education and career

02/

A GAP YEAR AND AU PAIRING - WHAT'S THE CONNECTION?

Au pairing has been providing young people with Gap Year experiences before the term “Gap Year” ever existed.

When you decide to be an au pair, you are going outside the limits of traditional educational structures to gain new abilities and insights for your future.

The benefits of au pairing are classic Gap Year benefits:

- New cultural skills
- Enhanced language abilities
- Greater self-confidence and general competence



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AND WHAT CAN A GAP YEAR DO FOR YOU?

There are so many benefits. Here are just a few of them:

Learn a new language. A second language will open doors for you your whole life long.

Discover your true interests. A Gap Year gives you time and space to get to know yourself in a deeper way.

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HOW DOES A GAP YEAR WORK?

A Gap Year involves stepping away from your planned educational track and consciously choosing something different for a defined period of time.

Of course, this time doesn't have to be for a whole year. A semester or a summer can also provide the space for a terrific Gap Year experience.

The main thing is you choose something stimulating and different that will bring you new perspectives.

Au pairing offers a well-established – and distinctively self-financing – way of realising a Gap Year.

Develop new life skills. Gappers (and au pairs) report increased self-confidence, improved communication skills, and greater flexibility when meeting new challenges.

Get ready for your next step – whatever it may be. A Gap Year will help you to develop the independence and maturity you need to really make the most of things when you get back.

Have fun and make great friends. When you do a Gap Year, you'll be meeting other young people who are also seeking adventure and new ways to develop – just like you. This makes for special experiences and terrific new relationships.

Improve your job prospects. Participating in a Gap Year is a way of demonstrating the qualities that many employers are looking for: initiative, curiosity, flexibility, open-mindedness, and a willingness to try something new.

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WHAT DO EDUCATORS HAVE TO SAY ABOUT DOING A GAP YEAR?

“Going overseas helps to cultivate a type of independence and self-confidence that staying close to home in a familiar environment probably does not ... Taking the traditional kind of gap year after high school helps students to take full advantage of their time in college.”

Joe O'Shea, Director of Florida State

University's Office of Undergraduate Research

“The prevailing wisdom is that kids are going to lose their hard-earned study skills if they take a gap year. The opposite is true.”

Bob Clagett, former Dean of Admissions Middlebury College

“The feedback from students almost all the time has been that this experience [of a Gap Year] was transformative. The more life experience you bring, the better off you are in school.”

William Fitzsimmons, Dean of Admissions Harvard University

What would you get from a Gap Year?

Take our test and find out!



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ORGANISING A GAP YEAR - FIRST STEPS

- Make a list: What do you want to experience during your Gap Year?
- Check out different Gap Year options. Could au pairing be the way to realise your Gap Year goals?
- Talk to your parents – it's always good to have some back-up!
- Get some inspiration from other young peoples' Gap Year experiences:
www.aupairworld.com/en/experience
- Are you ready for an Au Pairing Gap Year? Then put AuPairWorld to work for you. We've got great resources to help you on your way!