

# Gap Year Planning



## Step 1: Get clear on your why

Why is a gap year appealing to you? **OR** What is the appeal of a gap year?

What will your gap year help you accomplish?

Common reasons/goals often include:

- Want to travel
- Tired of school
- Want to get work experience
- Concerned about finances
- Unsure of career direction
- Feel unprepared

## Step 2: Decide how you want to spend your gap year (research)

- Working
- Traveling
- Volunteer
- General interest courses/learning
- Combination of above

What plans do you have in place?

What more do you need to know?

Resources for research:

[ALIS](#) - Explore Occupations in Alberta

[ONet Interest Profiler](#)

[16 personalities quiz](#)

[Volunteer Lethbridge](#)

### **Step 3: Where**

Where will you spend your gap year: at home, independently, or abroad?

How long will you be gone?

### **Step 4: Budget**

What is the cost of living? (Rent/food/utilities/transportation, etc.)

If going abroad, what transportation costs will there be to get to your destination? Will any type of visa be required (work or visitor visa, etc.)?

What are inventories?

What will be your approximate income (if any) during this time?

--

Resources:

[Budget Worksheet](#) (with downloadable spreadsheet)