

www.myplatform2.com

A global volunteering scheme for 18-25 year olds in the UK who wouldn't otherwise be able to afford to volunteer in a developing country. Funded by the Department for International Development and run by Christian Aid, Islamic Relief and BUNAC.

Exodus and **WWVS** software available at our Suffolk Youth and Connexions centres.

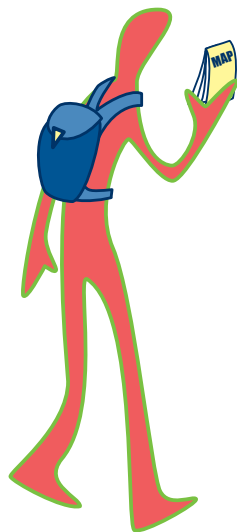
Exodus provides information on international careers, living, working and studying opportunities in Europe, USA, Australia and Canada.

WWVS (Worldwide Volunteering Services) has an extensive listing of volunteering programmes from around the world.

If you are planning a gap year before starting higher education, you will need to apply to university first and ask to defer your entry to the following year.



Connexions Direct advisers are available to offer information, advice and support to young people aged 13-19 between 8am and 2am everyday. You can call them on **080 800 13219**.



Youth and Connexions

We offer impartial information, advice, guidance and support for young people aged 13 – 19 and up to 25 if they have additional needs.

You can talk to one of our advisers or youth workers about what you want to do. They will talk to you about the options available and help you, if you need it. **www.thesource.me.uk**

Other leaflets

We have a range of other leaflets listed below available in youth clubs, schools, colleges, drop in centres or by phone and email.



Plus, you can **TEXT** the word **SOURCE**, followed by your name, address, postcode and the leaflet you want to **60006** – it's that easy!

- ▶ Benefits for young people seeking work
- ▶ Choose your own path - choices after Year 11
- ▶ Fighting the stress of exams
- ▶ Finding work
- ▶ Free time – what to do in your spare time!
- ▶ Getting ready for exams (revision techniques)
- ▶ Guide to qualifications
- ▶ HE student finance (plus tips on managing your money)
- ▶ Healthy living
- ▶ Help and advice on lifestyle questions
- ▶ How to apply for jobs online
- ▶ Personal safety outside and online
- ▶ Preparing for an interview
- ▶ Starting work
- ▶ Travel and transport (plus owning a vehicle)

You will be charged the cost of a standard text message and your text will be used for this purpose only.

www.thesource.me.uk

by young people, for young people

Contact us

You can always visit our drop-in centres, call us on Freephone **0800 085 4448** or email **youthandconnexions@suffolk.gov.uk**

It's all about services for young people!

Youth and Connexions is part of the Youth Offer for young people in Suffolk. Find out more at **www.thesource.me.uk/suffolkyouthoffer**

إذا كنت شاباً تعيش في مقاطعة سافولك و تريد ترجمة لبعض أو كل المطبوعات فالرجاء الإتصال بالرقم 01473 260180

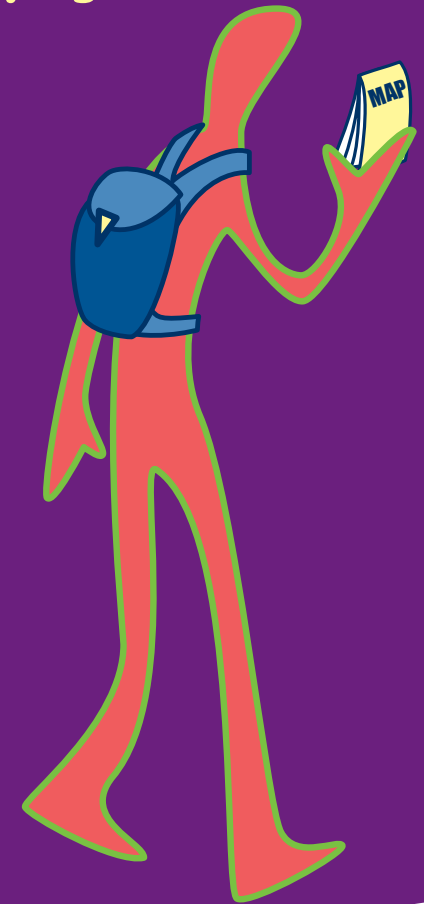
আপনি যদি তরুণ বয়সের একজন ব্যক্তি সাফোকে থাকেন ও এই লিফলেটের সবগুলি বা কিছু অনুবাদের আকারে পেতে চান তাহলে অনুগ্রহ করে 01473 260180 নম্বরে ফোন করুন।

如果你是居于修福郡的年青人而又希望得到全部或部份这些印刷品的翻译本, 请致电 01473 260180

Se você é um(a) jovem que vive em Suffolk e gostaria de obter este impresso traduzido (ou parte dele), por favour ligue para 01473 260180.

If you would like a copy of this leaflet in an alternative format, please call 01473 260180.

Volunteering and taking a gap year



Gap year

If you are thinking about taking a gap year, here are a few things to consider to help you make the right decision.

Why take a gap year?

- ▶ Expand your horizons and meet new people
- ▶ Use the time to earn some extra cash
- ▶ Gain some valuable life skills
- ▶ Give something back to your community.

Financial independence

Many people decide to work at the beginning of their gap year and save money to do something else later.

Spend a year working

'Year in Industry' helps students find work placements in the UK such as engineering, science and computing, accountancy, personnel and marketing. You get paid a wage and there is always a chance of sponsorship for going into higher education.

Working abroad - is it right for you?

Be realistic, if you wouldn't get a particular job in the UK then you won't get it overseas.

* **Do your research;** there are lots of websites packed with information.

* **Have a CV,** and save it on your email account so you can print fresh copies.

* **Going for office work?** Then you will have to pack a suit and smart shoes, or at least take the funds to buy them when you get there!

Volunteering

Employers are interested in your interpersonal skills as well as qualifications. These skills are something you can develop in other ways.

There are over 150 voluntary organisations and charities in Suffolk who may need some extra help. Find out more at:
www.suffolk.gov.uk/younginfo

Volunteering overseas

Doing voluntary work in a developing country through a charity can be a rewarding way of spending a gap year, but it's not an easy option.

Adapting to a radically different way of life, in potentially difficult conditions will be both mentally and physically demanding.

It can be very expensive and you will have to raise money for your travel and accommodation.

A properly organised gap year will look impressive to future employers, and give you something great to look back on with a sense of achievement. So start planning early!

Be part of the London 2012 Olympics!

Would you like to be part of the biggest event ever in this country? Then why not become a volunteer at the London 2012 Olympic and Paralympic Games.

You could be involved in a range of key tasks, such as being a first aider or helping spectators. Find out more at **www.london2012.com**



Young people have found new ways of getting involved by organising and delivering projects that reflect their passions and interests. For example, music and art 'talent' events such as the UV Bury festival or young volunteers from St John Ambulance coordinated the First Aid cover.

Young Suffolk are looking for young people with a passion for volunteering to get involved in local youth action teams. To work closely with project staff to create volunteering initiatives that respond to the interests and passions of young people.

Youth action teams will be the ambassadors for youth volunteering across the county. They will lead training events, seminars and practical workshops on how to support young people as volunteers. And they will have a role in recruiting other young people into opportunities that arise as the work develops.

You do not need any previous experience of volunteering to be part of involved, but if you fancy trying this out then contact them today!

Visit **www.youngsuffolk.com**
Email: **youngsuffolk@suffolkonline.net**
Tel: **01473 744187**



Where to get help...

www.yearoutgroup.org

Very good starting point if you're planning a gap year, packed with information and lots of useful links.

www.gap-year.com

Claims to have absolutely everything that you need to know!

www.bunac.org.uk and www.campamerica.co.uk

These organisations assist students in finding work placements in the USA, Australia and other places abroad.

www.gapwork.com

Information on jobs in the UK and abroad, gap years, community development work and much more.

www.yini.org.uk

Year in Industry helps students find work placements in the UK.

www.fulbright.co.uk

The Fulbright Commission offers opportunities and possible scholarships for people wanting to study in the USA.

www.studyoptions.com

An independent education agency that helps UK students apply to study in New Zealand and Australia.

www.immigrationinfoaustralia.com

For comprehensive information on studying, working and travelling in Australia.