



 @MESCareersDept

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Information about A Gap Year

A gap year offers you the opportunity to gain skills and experiences, while giving you time to reflect and focus on what you want to do next.

A productive gap year can be valuable on your CV – many employers value the experiences students have gained if they've actively managed their time, set themselves goals, and stretched themselves.

A gap year can also enhance your higher education studies – if you decide to apply for uni, you could tailor your gap year to relate it to the subject area you plan to study.

Admissions tutors know that some students may take a little time to adjust to studying again, but many former gap year students are generally more focused and responsible.





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Read more about a gap year from [gapforce](#) and view their YouTube videos [here](#)

Explore all about gap years with [prospects](#)

Get some [advice](#) on a gap year

Explore some of the gap year programmes with [GVI](#)

Hear from [Imogen](#) about her gap year

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Read more about volunteering [here](#)

