

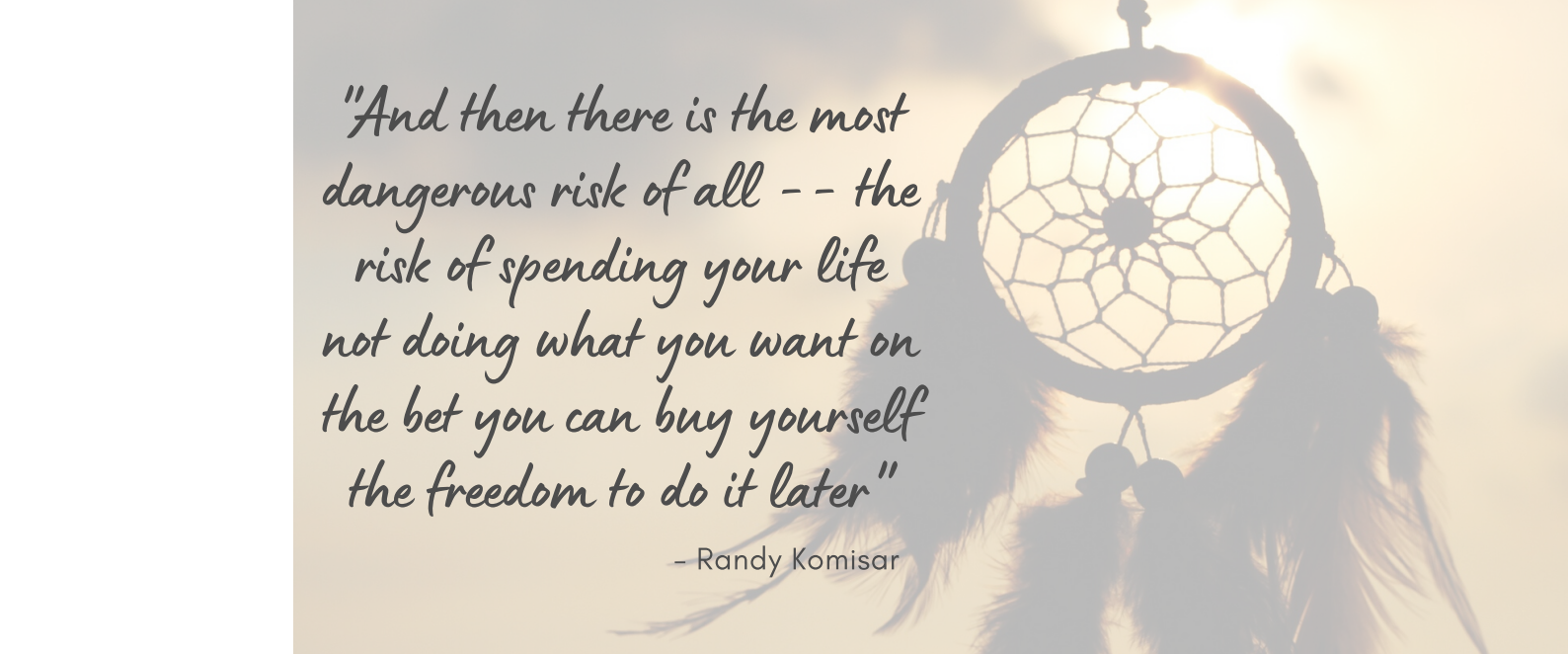


THE ULTIMATE GUIDE TO PLANNING YOUR BEST GAP YEAR

Embarking on a gap year, mid-career break or sabbatical can seem daunting, but it can be a life-changing and worthwhile experience with the right mindset, planning and resources.

Use this 4 step guide to start planning your journey today!

Visit www.FeetMeetsLand.com/Coaching to download your free guide and to find out more info about gap year coaching offers.



"And then there is the most dangerous risk of all -- the risk of spending your life not doing what you want on the bet you can buy yourself the freedom to do it later"

– Randy Komisar

Within Reach...

More than likely if you are reading this you are interested in a gap experience which is often referred to as a gap year, sabbatical or mid-career break. This guide will explain the differences between these experiences and provide practical steps to help you put your gap year dreams within reach. To help you get the most from your journey, I've also included some insights from my personal sabbatical and mid-career break, which completely transformed my life.

So whether you are a student who is ready to explore the world before starting your first job or a burned out professional in need of a break, I hope you find this guide useful.

If you are interested in gap year coaching which includes a detailed planning workbook, budgeting advice, checklists and more, please reach out to me at FeetMeetsLand@gmail.com.

Best,
Shar W.

WHERE DO I START?

Planning a gap experience can be overwhelming but it doesn't have to be. The **4 key steps** outlined below provide a quick guide to get your journey started on the right track.

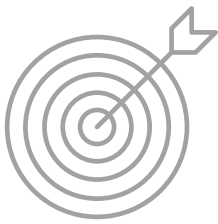
UNDERSTAND YOUR OPTIONS



Evaluate which options best suit your interests and needs

Your gap experience should be uniquely your own so it is important to understand whether you want to take a traditional gap year, sabbatical or mid career break. Evaluate the pros and cons of each option and the associated trade-offs, while keeping your unique interests and circumstances in mind.

DEFINE YOUR GOALS



Define the goals and purpose of your gap experience

What is the purpose of your gap experience and what are you aiming to accomplish? Will you be traveling, volunteering, learning a new language, exploring career options, discovering a new hobby, etc.? By envisioning what your desired gap experience looks like, you can more effectively prepare a plan that is aligned to your goals.

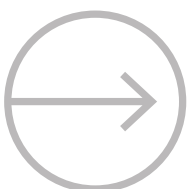
MAKE A PLAN



A goal without a plan is just a dream

One of the most critical steps to turn your dream into a reality is to plan. Proper planning increases the likelihood that you will have adequate time, funds, resources and support for your journey. Once you make your plan, establish some key milestones to ensure you are tracking your progress and holding yourself accountable along the way.

TAKE THE LEAP



Ready, set, GO!

The moment you have been waiting for. Embark on your gap experience with confidence and the comfort of feeling equipped with the right mindset, planning and resources needed for this life-changing journey!

OPTIONS

The term "gap year" is often used as a catch-all phrase to describe a variety of gap experiences. The table below provides some key factors to consider when deciding what type of gap experience you desire to have whether it be a traditional **gap year**, **sabbatical** or **mid-career break**.

	GAP YEAR	SABBATICAL	MID-CAREER BREAK
	traditionally a year-long break before or after college/university during which students engage in various activities, such as travel and volunteering	an agreement with an employer to have a specific period of time off work, with the understanding that your job will still be available upon your return	a.k.a. an "adult gap year" which typically involves permanently ending employment for purposes of making a career change or major life transition
Job Security	Not applicable.	Yes.	No.
Timing/ Duration Flexibility	Some flexibility but college/university schedule could dictate timing and duration.	Limited flexibility once the sabbatical terms are formally agreed with employer or company.	Very flexible, as you are no longer associated with the employer or company.
Activity Restrictions	None.	Varies by employer. Some companies prohibit participation in certain activities during sabbatical.	None.
Continuation of Employer- Sponsored Benefits	Not applicable, however depending on age, students may be eligible for healthcare coverage as dependents under parent/guardians.	Varies by employer. There is the potential for continuation of healthcare coverage, accumulation of paid time off, and other benefits.	No. Employer-sponsored contributions and benefits normally end upon termination of employment and become the individual's responsibility.
Funding & Support	Funding opportunities and support programs are available but are typically limited to "traditional" students.	Varies largely based on employer. Some places continue paying salary (typically partial) during sabbatical.	Limited funding programs exist for adults but social communities and blogs provide some level of support and resources.

NOTES

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GOALS

Be intentional about your goals for your gap experience by writing them down below. Review the questions on page 7 if you need help articulating your goals. Do any of your gap experience goals relate to some of your lifetime goals?

GOALS

Answer the following questions after reviewing pages 3-7.

If everything went according to plan, when would you like to start your gap experience?



How much time would you need to fully enjoy your gap experience and planned activities?



Which gap experience (gap year, sabbatical, or mid-career break) is the best fit for you?



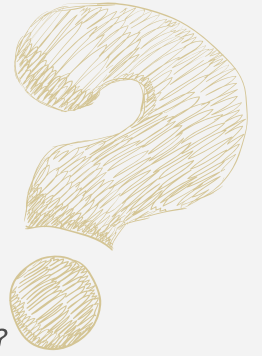
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PLAN

Proper planning increases the likelihood that you will have adequate time, funds, resources and support for your journey. At a minimum, your plan should address the following questions and checklist items.

KEY QUESTIONS TO CONSIDER



1. *What type of lifestyle do I envision having during my gap experience?*
2. *What do I want to do or experience?*
3. *Where do I want to go and how will I get there?*
4. *What do I want to learn?*
5. *What are some things that I have always wanted to do but have not made time for?*
6. *What major responsibilities do I need to end (e.g. job), maintain (e.g. mortgage, bills, car note, voting) or delegate elsewhere (e.g. redirecting mail, storage of belongings)?*
7. *How much time do I need to accomplish my goals and the things I want to do?*
8. *How do I fund my gap experience and what type of lifestyle does my budget provide?*
9. *When do I plan on starting my journey?*

ESSENTIALS & PRACTICAL CONSIDERATIONS

- ☐ Budgeting, Income and Expense Tracking
- ☐ Banking, Credit Cards and Access to Funds
- ☐ Healthcare, Medical and Dietary Needs
- ☐ Travel Insurance
- ☐ Communication (e.g. data/wireless plan)
- ☐ Logistics for Returning Home (e.g. job search)
- ☐ Making Bookings, Reservations and Itineraries

THINGS TO CONSIDER FOR EACH LOCATION

- ☐ Entry/Exit Requirements (e.g. visas, vaccines)
- ☐ Documentation Required (e.g. passport, ID)
- ☐ Housing / Accommodations
- ☐ Transportation (arrival, departure, during stay)
- ☐ Currency and Methods of Payment Accepted
- ☐ Cultural and Language Considerations
- ☐ Safety, Weather and Political Climate

NOTES

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TAKE THE LEAP

Put your dreams into motion! Although life happens and you cannot plan for everything, **having a solid plan will provide peace of mind so that you can fully immerse yourself and enjoy your experience.** Below are a few tips to keep in mind during your journey.

1

STEP OUTSIDE OF YOUR COMFORT ZONE. USE THIS TIME TO **TRY NEW THINGS!**

2

REVISIT YOUR GOALS OFTEN AND DON'T BE AFRAID TO ADJUST THEM ALONG THE WAY. LIFE HAPPENS SO **BE COMMITTED BUT NIMBLE.**

3

KEEP IN TOUCH WITH FAMILY AND FRIENDS BUT **BE OPEN TO MAKING NEW FRIENDS** ALONG THE WAY.

4

YOUR JOURNEY MAY INSPIRE OTHERS. BE SURE TO **TAKE TIME TO REFLECT** AND SHARE YOUR EXPERIENCE WITH OTHERS.

5

KEEP AN OPEN MIND AND HEART. YOUR **JOURNEY MAY INVOLVE UNLEARNING THINGS** THAT NO LONGER SERVE YOU WELL.

6

GROWTH IS UNCOMFORTABLE. WHILE ON YOUR JOURNEY IF YOU FEEL DISCOURAGED OR STUCK, **REMEMBER WHY YOU STARTED.**

NOTES

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READY TO PUT YOUR DREAMS

Within Reach?

Start by investing in my coaching services designed to help you create your best gap year experience.



Shar W.

Gap Experience Coach
FeetMeetsLand@gmail.com

WHY ME

I help people curate customized gap experiences that encourage self-discovery, growth, and exploration. Equipped with insights from my own gap experiences and travels to over 50 countries, I am no stranger to navigating the unknown and the power of finding one's true self. If you are ready to take the next step with me, I look forward to guiding you through this life-changing journey!

SERVICES OFFERED

- Gap Experience Workbook
- 1 on 1 Coaching
- Group Coaching Calls
- Budget Planning and Advice
- Gap Experience Checklist
- Readiness Assessment
- Access to a Community of "Gappers"
- and more...

To book visit www.FeetMeetsLand.com/Coaching