

## Taking a year out

(November 2020)

A year-out between school and college or between higher education and a job, can give you a valuable and challenging learning experience - provided that it is carefully planned. A well structured year-out can be part of the lifelong education process and can make a significant contribution to your personal development. Employers and university staff increasingly attach importance to evidence of enterprise, maturity and sustained commitment both within and outside formal education.

There are many options for taking a year -out both during your degree and after you graduate. Depending on what you want to do, your skills and experience, and the time and funds you have at your disposal, research is key:

### General Information

- **Gradireland** [www.gradireland.com](http://www.gradireland.com)
- **Prospects.ac.uk** [http://www.prospects.ac.uk/gap\\_year.htm](http://www.prospects.ac.uk/gap_year.htm) Provides insights into studying and living abroad
- **Visas and travel advice:** [www.foreignaffairs.gov.ie/](http://www.foreignaffairs.gov.ie/)
- [https://www.citizensinformation.ie/en/...abroad/working\\_abroad/](https://www.citizensinformation.ie/en/...abroad/working_abroad/) information for Irish citizens going abroad / international citizens working in Ireland
- **The Year-out Group** [www.yearoutgroup.org](http://www.yearoutgroup.org) promotes the concept and benefits of well structured year-out programmes.
- **USIT** [www.usit.ie](http://www.usit.ie) Provides information on working, volunteering and living in different countries.
- **GapYear** <http://www.gapyear.com/> everything from travel to teaching to sport to working abroad.
- **GapWork** <http://www.gapwork.com/> including the most popular destinations, the latest voluntary placements, seasonal and temporary work abroad information, plus help and advice to get your gap year job plan started.

### Work Experience – at Home & Abroad

If your course does not include a year-out, you may still be able to negotiate an individual placement year. Give your tutors a list of what you consider to be the advantages of a year-out and how it would deepen your understanding of your subject. You will probably need to find the placement yourself but ask if your tutors have contacts that you can use. Be prepared to be proactive and persistent.

Working holidays are a popular way for students and graduates to earn some money while travelling and seeing a bit of the world, either during summer vacations or for a short time after graduation. Much of the available work is in the hospitality and tourism sectors, for example, in hotels and bars, or working as a holiday rep. Other typical jobs can be as varied as fruit picking to au-pairing. The developed economies of Western Europe, Australia, New Zealand and North America offer the best opportunities. Making speculative applications to potential employers may bring good results.

- Working Holiday Opportunities Abroad & Visas <http://www.usit.ie/>
- Prospects.ac.uk [www.prospects.ac.uk](http://www.prospects.ac.uk)
- TUDublin Career Development Centre useful websites list on working abroad

<http://dit.ie/careers/studentsgraduates/resources>

- Gradireland [www.gradireland.com](http://www.gradireland.com)
- Worldwide start up jobs <https://angel.co/>

## **Internships & Exchange Programmes**

### **Internships**

- **Gradireland** [www.gradireland.com](http://www.gradireland.com)
- **Work and Internship abroad** <http://www.usit.ie/work-abroad>

See TUDublin Career Development Centre Country Specific Information  
<http://dit.ie/careers/studentsgraduates/resources/>

### **Exchange programmes**

- **JET Programme:** [http://www.ie.emb-japan.go.jp/itpr\\_en/00\\_000048.html](http://www.ie.emb-japan.go.jp/itpr_en/00_000048.html)  
The Japan Exchange and Teaching (JET) Programme invites third level graduates from overseas to participate in international exchange and foreign language education throughout Japan.
- **Erasmus:** <http://www.dit.ie/erasmusandexchange/>
- European Exchange Programme promotes the mobility and exchange of teaching staff and students.
- **IAESTE** The International Association for the Exchange of Students for Technical Experience  
[www.iaeste.ie/](http://www.iaeste.ie/)  
An exchange programme for penultimate and final year students of Engineering, Science, IT and Architecture to gain work experience abroad in their field of study.
- **Léargas:** <http://www.leargas.ie>  
The National Agency in Ireland for the management of national and international exchange and cooperation programmes in education, youth and community work, and vocational education and training.

**Teaching English as a foreign language (TEFL)** is a very popular way for new graduates without specialist experience and skills to obtain work overseas. Teachers are employed in commercial language schools, state schools, education and development organisations, and in large companies. No particular degree discipline is required for teaching English overseas. However, advertised positions increasingly ask for a TEFL qualification. It is still possible to find positions for which a TEFL certificate is not required, but in some cases the pay for unqualified teachers is lower and certain countries will not grant a visa to anyone without a TEFL qualification.

Detailed information about entry and training routes, and where to find opportunities, is available

- Gradireland <https://gradireland.com/career-sectors/teaching-and-education>
  - Prospects [www.prospects.ac.uk](http://www.prospects.ac.uk)
  - Recognised TEFL training providers are listed on [www.acels.ie](http://www.acels.ie)
  - Teach in China, Thailand paid opportunities <http://www.usit.ie/work-abroad>
    - <http://www.edufind.com/>
    - [www.tefl.com](http://www.tefl.com)
    - [www.tefl.net](http://www.tefl.net)
- **Travel**
- **See TUDublin Career Development Centre ;**
- Country Specific Information ; <http://www.dit.ie/careers/studentsgraduates/resources/>

- See website links under **General Information**
- above.
- Voluntary work: For short- term volunteering opportunities you are not usually expected to have relevant experience, but a strong interest in helping others and a willingness to get involved and learn new skills are important.
- See **TUDublin Career Development Centre – Volunteering and International Development information leaflets and useful [websites lists](#).**