



MAISON DE
L'ORIENTATION

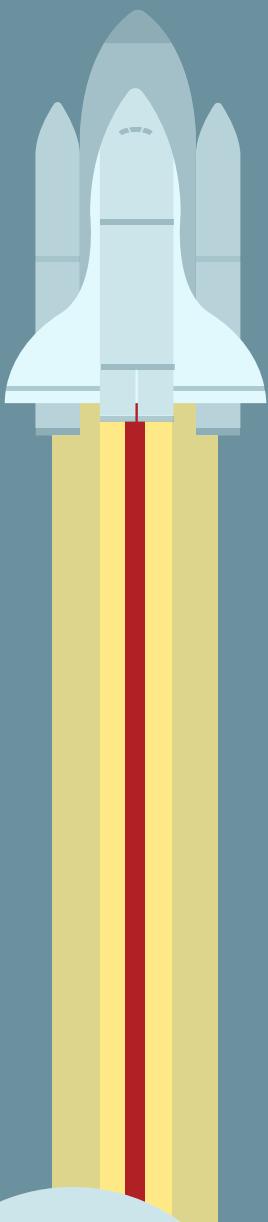
Deng Schoul. Däi Beruff. Deng Zukunft.



BOOST!

CAP YEAR





INTRODUCTION

page 3

GAP YEAR OPPORTUNITIES

page 8

VOLUNTEERING IN LUXEMBOURG *page 9*

LEISURE ACTIVITY YOUTH LEADER *page 10*

EDUCATIONAL ACTIVITY YOUTH LEADER *page 11*

DIPLOM+ *page 12*

REPLACEMENT IN PRIMARY SCHOOLS *page 13*

WORKING IN LUXEMBOURG *page 14*

INTERNSHIPS IN LUXEMBOURG & ABROAD *page 15*

VOLUNTARY SERVICE *page 16*

WORK & TRAVEL *page 17*

DISCOVEREU & INTERRAIL *page 18*

LANGUAGE STAYS *page 19*

AU PAIR *page 20*

WWOOF *page 21*

OTHER VOLUNTEERING PLATFORMS *page 22*

INDEPENDANT TRAVEL *page 23*

MIX & MATCH

page 24

TIMELINE

page 25

PLANNING

page 27

NOTES

page 29

INTRODUCTION

Just for a moment, picture a year where you step back from your daily routines to reflect on who you are and what excites you about life. How you spend your time is completely up to you. You could travel, work, volunteer, learn something new – the list goes on! This is a great opportunity to explore your interests, develop new skills and gain valuable life experience. There's no one-size-fits-all approach to achieving all this. There are plenty of ways to gain in experience and become a more confident person.

WHAT EXACTLY IS A GAP YEAR?

A gap year is usually a period of several months to a year where you take a break from school or work to focus on personal growth, self-discovery and new experiences. You can spend this time travelling, volunteering, working or exploring career paths, all while preparing for future academic, professional or life goals. You can organise your gap year however you like, making it fit your goals and personal situation.



Intrigued? Then you're in the right place! This edition of **Boost!** explores the many exciting ways to spend a gap year, whether you stay in Luxembourg or abroad.

WHAT ARE THE BENEFITS OF A GAP YEAR?

- ↗ **Get a better idea of what you want to do next:** Use this time to think about your future career and what you're passionate about.
- ↗ **Acquire important life skills:** Gain in maturity, self-confidence and independence as you adapt to new situations.
- ↗ **Find new interests:** Try out different jobs, hobbies and activities that could inspire your future studies or career path.
- ↗ **Make your CV stand out:** Gain practical experience, improve a language or volunteer to make you stand out to employers and universities.
- ↗ **Meet new people and cultures:** Travel, work or volunteer abroad to make meaningful connections and develop deeper intercultural understanding.
- ↗ **Broaden your horizons:** Step outside your comfort zone and experience life in a completely new environment, whether at home or abroad.



TIPS & TRICKS

Check out blogs or social media posts from other people who have taken a gap year. Their stories can provide inspiration, valuable advice and practical tips on everything from travel planning, work opportunities, to uncovering unexpected adventures!

WHEN CAN I TAKE A GAP YEAR?

A gap year is ideal for transitional periods in your life, such as:

- ↗ after high school and before starting higher education (Bachelor, BTS, etc.),
- ↗ between completing a Bachelor's and starting a Master's degree,
- ↗ after finishing your studies and before entering the job market,
- ↗ or simply whenever you feel ready for a new adventure!

TESTIMONIAL

A gap year opens the door to endless opportunities for growth, learning, and self-discovery. Here's one example of a gap year experience:

"My gap year was everything I was hoping for. I got to try different jobs, earn money, travel and learn about other cultures. Over the course of a year and a half, I worked in a bar, spent time teaching in primary schools around Luxembourg, and eventually travelled across three continents. This journey helped me decide on my field of study and has shaped who I am today, influencing my career decisions. It was one of the most defining experiences of my life."



ASK YOURSELF

To start planning your gap year, it's helpful to ask yourself a few key questions. These can guide you in figuring out your goals, preferences and needs:

QUESTIONS	IDEAS
What are my reasons for taking a gap year?	Are you looking to grow as a person, explore career paths, learn new skills, enhance your CV or recharge? There is no wrong answer - it only depends on you!
What are my goals?	Travelling, volunteering, gaining work experience, doing an internship, or pursuing a passion: these are all options that can help you pursue your aspirations.
Where do I want to spend my gap year?	Would you rather stay in Luxembourg or explore opportunities abroad? No matter where you go, you will grow as a person and collect experiences.
How can I fund my gap year?	Your plans will depend on your budget. Consider for example savings, part-time work before or during your gap year or financial support from your family.
What skills or experiences do I hope to gain?	Learning a new language, developing professional skills, improving your intercultural competence or gaining in independence and flexibility are all valuable skills that will benefit you in the long term.

<p>How much time do I want to dedicate to my gap year?</p>	<p>Your gap year doesn't have to last a full year. Consider whether a few months, a semester or a full year is the best fit for your plans.</p>
<p>What activities interest me the most?</p>	<p>From volunteering and interning to travelling, studying, or working in a specific field, there are countless options. You don't have to choose just one!</p>
<p>What are my long-term goals, and how can a gap year help me achieve them?</p>	<p>Use your gap year to experiment with activities that align with your future career or personal goals. This time can set the stage for your next steps and boost you towards reaching your long-term goals.</p>
<p>Should I ask for advice or support from other people?</p>	<p>Talking to family, friends or mentors can provide you with new ideas. Hearing from people who've done a gap year can be especially inspiring and helpful.</p>
<p> Add your own questions here:</p> <hr/> <hr/> <hr/>	<p>Reflect on any other specific priorities or preferences that matter to you as you start planning your unique journey.</p> <hr/> <hr/> <hr/>



TIPS & TRICKS

The *European Youth Card* is a great way for young people to save money all over Europe, which makes it perfect for those taking a gap year. It can also give you access to an extra travel insurance. For more information and details of the terms and conditions, please visit cartejeunes.lu.



CAP YEAR OPPORTUNITIES

This brochure outlines a variety of options you can consider during your gap year. Each opportunity can give you a unique experience. We've included labels to highlight the different characteristics of each opportunity. The labels will help you quickly see what each option is all about:



Luxembourg



Abroad



Learning & Development



Leisure & Holiday



Earning Money

No matter which option you pick, **personal development and life skills** are part of every gap year experience. Every activity will help you grow, learn new things and expand your perspective.



TIPS & TRICKS

While this brochure provides a helpful overview of different opportunities that are possible in a gap year, we encourage you to do your own research. We hope this brochure sparks your curiosity and inspires you with new ideas!

VOLUNTEERING IN LUXEMBOURG



Volunteering is about giving your time and energy to a cause and making a difference in your community. There are lots of different ways you can get involved in volunteering in Luxembourg. You can help with animal welfare, environmental protection, culture, sports, education, health, social work and humanitarian aid.

Volunteering not only lets you contribute to a more compassionate and supportive society, but you'll also enjoy fun activities, meet new people, and gain valuable skills and experiences, while boosting your CV.

The **Agence du Bénévolat** is a great way to discover associations, projects and missions that match your interests and skills. Volunteering offers the chance to help others while gaining new experiences and personal growth.



benevolat.lu

LEISURE ACTIVITY YOUTH LEADER



If you're great with kids and excited about the idea of helping out at summer camps or similar activities, there are plenty of opportunities out there! Every year, lots of kids head off to camps where they're supervised by young people like you. You could be one of them! When you join a camp, you'll earn some pocket money. Keep in mind that it's not a salary but rather a fun opportunity to discover new job opportunities.

Excited to get started? All you need is to do the *Brevet Animateur*, which is available in different levels. The *Brevet A* will enable you to work in daytime activities organised by youth structures or holiday activities organised by local municipalities. If you are 16 or over, you can also start with the *Brevet B*, which gives you the opportunity to work during overnight camps. These certifications are offered by several organisations in Luxembourg. On the website animateur.lu, you will find all the accredited organisations as well as the schedule of upcoming sessions you can register for.

Language requirement: Luxembourgish



**Service national
de la jeunesse**



animateur.lu

EDUCATIONAL ACTIVITY YOUTH LEADER



Do you want to take your *animateur* journey to the next level? Consider becoming an educational activity youth leader (*Animateur spécialisé*) at the National Youth Service (SNJ)! Once certified, you'll have the opportunity to work under contract in a wide range of fields and activities in the 5 youth centres of the SNJ. This is an exciting step towards developing your skills and making a meaningful impact in your community.

The aim of this training course is to train you in a range of sports and educational disciplines in order to equip you with the skills needed to lead a group of young people. The courses are held in Luxembourgish and are aimed at people who plan to work in a youth centre of the SNJ during the week, weekends or school holidays.

Language requirement: Luxembourgish



Service national
de la jeunesse



erliewen.snj.lu

DIPLOM+



Do you have a secondary school diploma, a technician's diploma or an equivalent diploma? Are you still unsure about your future plans or not quite ready for your first job or university? Are you looking for a meaningful activity for the coming months and would you also like to learn something new?

Then Diplom+ is the ideal offer for you!

Diplom+ is an alternative training programme designed to equip you with the skills you need for your professional life. You can find all the relevant information at diplomplus.lu.

Working languages: Luxembourgish, French, German, English



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de l'Éducation nationale,
de l'Enfance et de la Jeunesse



diplomplus.lu

REPLACEMENT IN PRIMARY SCHOOLS



Are you interested in working in education? A gap year is a great opportunity to explore whether teaching in primary schools is the right career for you.

You will be responsible for temporarily replacing teachers who are on leave in Luxembourg's primary schools. These placements are a great way to gain experience in a classroom setting and learn more about the education system, while also contributing to the education of students.

For detailed information on the conditions and the application process, you can consult the website of the Ministry of Education, Children and Youth.

Language requirement: Luxembourgish, French and German



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de l'Éducation nationale,
de l'Enfance et de la Jeunesse



men.public.lu

WORKING IN LUXEMBOURG



If you want to save up some money for higher education or for travelling during your gap year, you might consider working in Luxembourg for a few months.

For example, you could look for a regular short-term contract in sectors that interest you. This can be a great way to gain initial work experience while exploring potential career paths. Ideally, it will allow you to clarify – based on your decision – your choices. Alternatively, if you've recently graduated from high school or university, you can take up a holiday job within 4 months of graduation. These contracts can last up to 2 months per year and are a great way to save money for your future plans.

Check out our publication ***Boost! Holiday Jobs, Student Jobs & Mini-Jobs*** for more detailed information! The Chamber of Employees offers you a variety of resources on the different types of contracts and the working conditions for young people.



Deng Schoul. Däi Beruff. Deng Zukunft.



maison-orientation.public.lu

YOU'LL
NEVER
WORK
ALONE



CHAMBRE DES SALARIÉS
LUXEMBOURG



csl.lu

INTERNSHIPS IN LUXEMBOURG & ABROAD



An internship abroad is a great opportunity to gain professional experience while discovering a new country. Whether it's part of your studies, a career change or a job search, an international internship can enhance your CV, strengthen your language skills and broaden your horizons.

Eurodesk can help you find many opportunities in Europe and beyond, which includes details on internships with institutions like the European Union, the United Nations, and many other possibilities.

Check out our publication ***Boost! Internships*** for more detailed information!



Deng Schoul. Däi Beruff. Deng Zukunft.



maison-orientation.public.lu



eurodesk.lu

VOLUNTARY SERVICE



Are you interested in making a full-time commitment to a charitable project for up to 12 months? If you're aged between 16 and 30, voluntary service could be the perfect opportunity for you! This full-time engagement not only allows you to contribute to a meaningful cause, but also helps you gain practical experience, boost personal growth, and develop skills that can enhance your CV.

While participation is entirely free, you'll get a small allowance along with insurance coverage during your service. You'll also have the flexibility to choose the duration of your commitment, which can go up to a year. The minimum duration of your commitment depends on the selected project. At the end of your service, you'll receive a certificate.

In Luxembourg, three voluntary service programmes are coordinated by the National Youth Service (SNJ):

- Luxembourg: **Service volontaire national**
- Europe: **Service volontaire européen** (European Solidarity Corps)
- Worldwide: **Service volontaire de coopération**

Visit the volontaires.lu website for detailed information about voluntary service opportunities.



**Service national
de la jeunesse**



volontaires.lu

WORK & TRAVEL



Work & Travel, also known as a working holiday, is a cultural exchange programme that allows young nationals from Luxembourg to discover New Zealand, Australia, Taiwan, Canada, Chile, South Korea and Japan. This programme is developed by the Ministry of Foreign and European Affairs, Defence, Development Cooperation and Foreign Trade (MFA) through agreements with partner countries on working holiday visas.

The primary goal of the programme is to foster cultural immersion and strengthen international exchanges, turning travel into more than just a holiday! It becomes an opportunity for personal and cultural growth! By immersing yourself in new cultures, trying out different jobs and gaining hands-on experience, you'll not only get to know yourself better, but it will also help you find out what you want to do in the future.

Check out our publication ***Boost! Work & Travel*** for more detailed information!



**MAISON DE
L'ORIENTATION**

Deng Schoul. Däi Beruff. Deng Zukunft.



maison-orientation.public.lu



THE GOVERNMENT
OF THE GRAND DUCHY OF LUXEMBOURG
Ministry of Foreign and European Affairs,
Defence, Development Cooperation
and Foreign Trade



mae.gouvernement.lu

DISCOVEREU & INTERRAIL



Are you looking for an exciting way to explore Europe during your gap year? DiscoverEU and Interrail offer unique opportunities to discover new countries and cultures!

- **DiscoverEU:** If you're 18 years old, you can apply for a free travel pass through the DiscoverEU programme. This initiative gives young Europeans the chance to explore the continent at their own pace by train.
- **Interrail:** Interrail passes are available to travellers of all ages and offer flexible and more affordable access to trains all around Europe. There are lots of different ticket options, which allow you to plan a trip that fits your schedule and interests.

Both options are excellent choices for a gap year, allowing you to explore Europe by train while building independence and self-confidence.



youth.europa.eu/discovereu



interrail.eu

LANGUAGE STAYS



A language stay is a period spent abroad with the aim of learning, improving or perfecting a language in the country where it is spoken. This trip can be an excellent way to discover a city or a country and, above all, open up new horizons for your professional and personal life. Additionally, a language stay can boost your confidence and foster greater independence.

Accommodation is often with a host family and stays usually last between 1 and 4 weeks. Such stays often include activities such as excursions, sports and cultural events.

For a safe and well-organised experience, it is recommended to travel with an approved agency. If you'd like to know more about language stays or possible agencies, visit jugendinfo.lu.



[Jugendinfo.lu](http://jugendinfo.lu)



jugendinfo.lu

AU PAIR



If you enjoy working with kids or have babysitting experience, becoming an au pair is a great way to live in a new country while gaining valuable experience. This role involves living with a host family and taking care of their children, allowing you to fully immerse yourself in the local culture and improve your language skills. Along with hands-on experience in childcare and household management, being an au pair helps you build a close relationship with your host family, fostering cultural understanding and enhancing your communication skills. It's a good opportunity if you're considering a career in education, childcare or social services.

Online platforms can help you find a host family based on your preferences and skills. We recommend exploring multiple platforms to find the best match for your needs. Here are two popular options to find au pair placements abroad:

↗ Aupair.com

↗ Aupairworld.com



TIPS & TRICKS

Placement agencies, including those in Luxembourg, can help you find a host family at your destination. These agencies match you with families based on your preferences and skills. We encourage you to conduct your own research on various platforms to explore your options and agencies.

WORLDWIDE OPPORTUNITIES ON ORGANIC FARMS



Worldwide opportunities on organic farms (WWOOF) connects volunteers with organic farms around the world, providing an opportunity to learn about sustainable farming practices and work in more rural areas. Volunteers usually work between 4 and 6 hours a day in exchange for food and accommodation. Tasks can vary from harvesting and planting crops, field work, DIY, cooking and animal care. This platform is ideal for those interested in working outdoors and living with a host family or community, which gives you the chance to meet new people, learn new skills and connect with nature.

Opportunities vary depending on the type of farm, location and season, making each experience unique.

For more information about organic farm stays and WWOOF organisations, visit:



wwoof.net

OTHER VOLUNTEERING PLATFORMS



Volunteering is a meaningful way to spend your gap year. You get to immerse yourself in local cultures, contribute to communities and gain unique experiences that you wouldn't get from just travelling. It's a great chance to learn new skills, make long-lasting memories and connect with people from all over the world.

Many volunteering experiences provide accommodation and meals in exchange for your help, making it a cost-effective option for those on a budget. There's a wide variety of opportunities to match your interests and goals, from organic farming and teaching to community projects.

Most volunteering platforms charge a yearly membership fee to access host listings. It's worth taking the time to look at what different platforms have to offer and read the reviews to make sure you find something that's right for you. Here are some examples:

↗ Worldpackers.com

↗ Workaway.info

↗ HelpX.net

INDEPENDENT TRAVEL



While we've provided numerous options for planning a gap year, independent travel can also be a valuable addition to your gap year. It gives you the freedom to explore the world at your own pace and in your own way. It could be a backpacking adventure, a road trip or simply spending time at a destination you've always wanted to visit. The journey is completely up to you!

Independent travel is a chance for you to get out of your comfort zone, meet new people and experience life from a different perspective. It can also be combined with other gap year opportunities like volunteering, learning a new language or a Work & Travel. Combining these experiences can make your gap year even more valuable, as you will have multiple opportunities to grow by building resilience, developing problem-solving skills and gaining in self-confidence.



TIPS & TRICKS

If you're planning to continue your studies after your gap year, remember to start researching and leave enough time for the application process! Use your gap year to decide what you want to do next. Don't forget to stay on top of deadlines and administrative steps to ensure a smooth transition.

MIX & MATCH

As you can see, a gap year offers many opportunities and diverse experiences, both in Luxembourg and abroad. During a gap year, you don't need to limit yourself to just one option!

For example, you could start with a short-term job in Luxembourg to save money and gain valuable work experience all at once. Next, you could volunteer abroad, followed by independent travel to immerse yourself in new cultures and further develop your independence. Upon return, you'll have the option to continue your studies or enter the workforce, equipped with a fresh set of experiences, skills and lasting memories.

Essentially, it's all about flexibility. A gap year gives you the freedom to explore what truly excites you. You can combine work, learning, and travel in any way that aligns with your goals and interests.



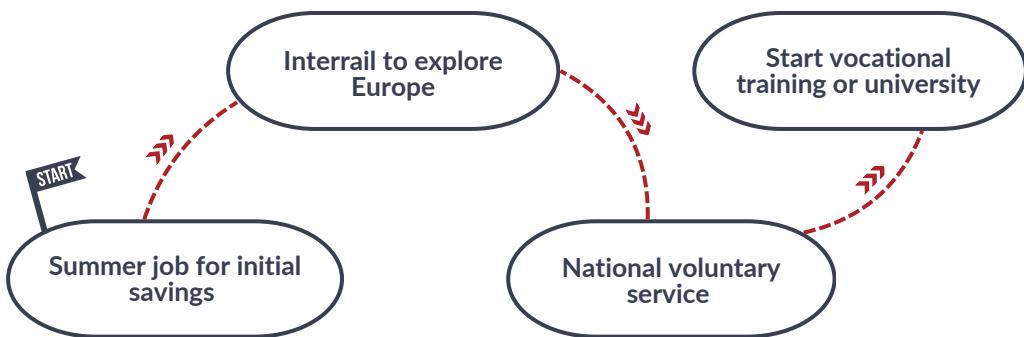
TIPS & TRICKS

There are many online agencies that offer to help you organise a gap year for a fee. However, planning and structuring your gap year independently can boost your sense of independence and make the experience more personal. For instance, you can combine the options provided here with independent travel to create a unique and flexible experience. If you choose to use an agency, make sure to check its reputation and ensure it fits within your budget.

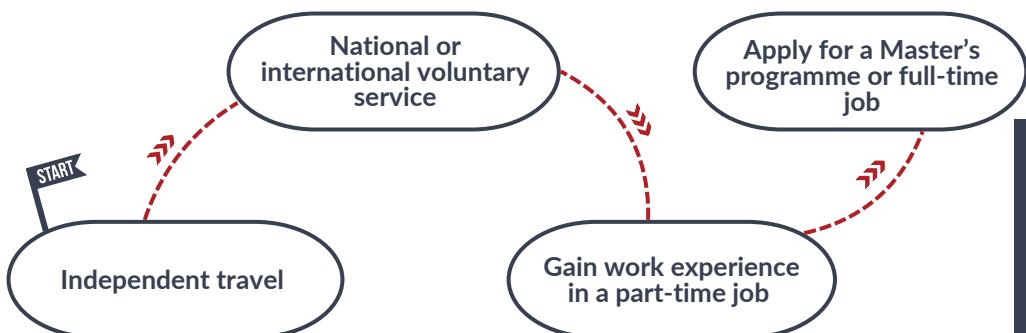
TIMELINE

Everyone is unique. Everyone has their very own goals and preferences, which makes each gap year a personal journey. These timelines are designed to showcase the variety of options available and help you imagine what your gap year could look like. Keep in mind, there's no perfect formula—it's all about finding the path that works best for you. Here are a few examples:

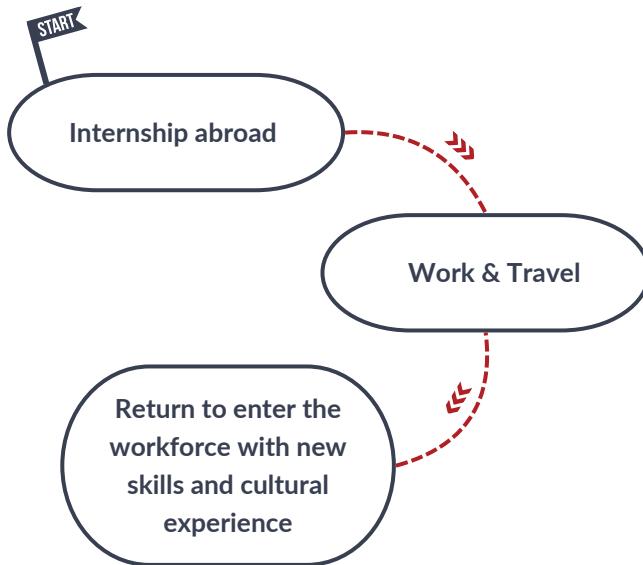
FINISHED HIGH SCHOOL >>>



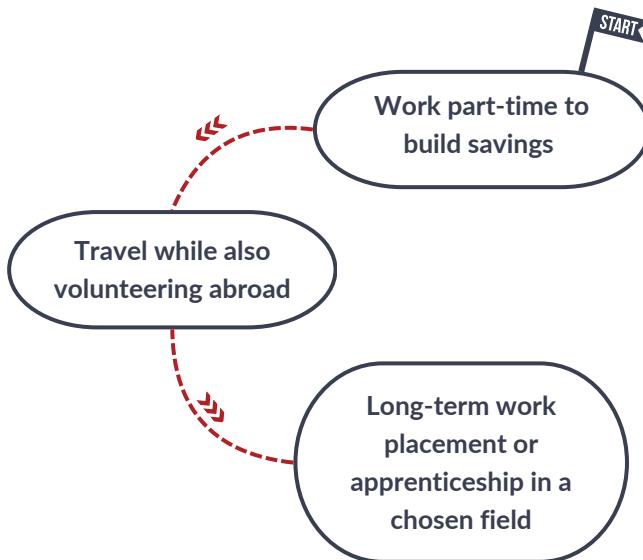
FINISHED BACHELOR >>>



FINISHED MASTER »»



OTHER EXAMPLE »»



PLANNING

Now that you've learned all about the different options in Luxembourg and abroad, it's time to create your own unique gap year experience. Keep researching other resources and talk to your family and friends. The journey is yours!



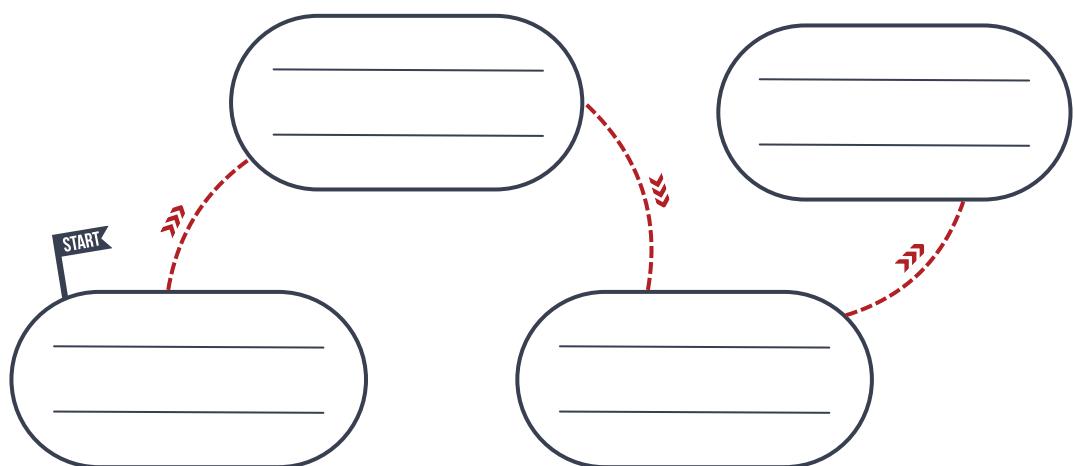
My reasons for taking a gap year:	
My goals during my gap year:	
The length of my gap year:	
How I will fund my gap year:	

Activities I
want to do:

Places and/or
countries I
want to visit:

My goals
after my
gap year:

MY OWN TIMELINE



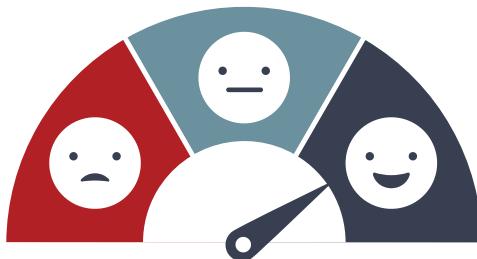
NOTES

CURIOUS TO LEARN MORE?

Check out our Linktree and discover more **Boost!** publications filled with exciting opportunities for young people!



[Linktree MO](#)



Help us out with a little feedback
by scanning this QR code or
clicking [here!](#)



maison-orientation.public.lu



info@m-o.lu



29, rue Aldringen
L-1118 Luxembourg



(+352) 8002 - 8181



Impressum

Date: 03/2025

ISBN: 978-2-49673-346-4



LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de l'Éducation nationale,
de l'Enfance et de la Jeunesse



**MAISON DE
L'ORIENTATION**

Deng Schoul. Däi Beruff. Deng Zukunft.