



GAP YEAR PERSONAL SAFETY AWARENESS TRAINING COURSE

Duration: 1 Day

This course is designed for individuals considering travelling on a gap year. The content is flexible and all instructors have travelled extensively.

SUBJECT
Course Introduction
Regions Of The World
Travel Statistics
Planning Your Route
Visas, Tickets & Insurance
Coffee Break
When To Go
The Cost Of Traveling
Travel Resources
What to Take
Lunch
Culture Shock
The First 24 Hours
Getting Around
Accommodation
Travel Health & Medicine
Staying In Touch
Crime & Safety
Coming Home
Questions & Innovations

Course cost £60 (Exc. VAT)



+44 (0) 870 979 9000
info@lifesignsgroup.co.uk
www.adventurelifesigns.co.uk