

Gap Year Travel and Safety Course

A one-day course delivered in-person or virtually



COURSE AIM

Designed to give young travellers the confidence to make the most of their gap year by applying essential skills to stay safe.

Market leaders for over 20 years

Book a place online: www.objectivegapyear.com

Keeping Safe on your Gap Year

"Safety course is a gap-year winner"

The Sunday Telegraph

COURSE CONTENT

Before you go:

- Researching your destination, FCDO assistance
- Culture, religion, history and local laws
- Vaccinations and health advice
- Travel companions

Getting about:

- Local travel; buses, trains, taxis, travel apps
- Hostels, budgeting and money
- Safe food and water
- Adventure activities

Medical:

- Emergency first-aid
- Staying healthy and treating minor ailments

What to take:

- Kit and clothes
- Safety gadgets

Keeping safe:

- Judging situations
- Crime avoidance, pickpockets, muggings
- Gender talks
- Drugs and alcohol
- Environmental dangers; earthquakes, rip currents, lightning

TIMINGS

One-day course in London, Earls Court. 9.30am to 4.00pm. **Price: £175**

Virtual course: 9.30am to 4.00pm. **Price: £130**



Call us: 01788 899029

email: office@objectiveteam.com

www.objectivegapsafety.com

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