

FREQUENTLY ASKED QUESTIONS

Q: Why book with Sporting Gap Years?

A: We specialise in sport-based gap year experiences across multiple countries, offering placements in Cricket, Netball, and Rugby. With strong club partnerships, trusted local mentors, and a dedicated UK-based team, we deliver meaningful, structured adventures that combine travel, sport, and personal growth.

Q: What makes your programmes different?

A: Unlike general travel providers, we focus purely on sport. You'll train and play with real clubs abroad, experience a new culture from the inside out, and build lifelong friendships—all while continuing your athletic journey.

Q: Do I need to be playing at a high level?

A: Not at all. Whether you're a serious athlete or just keen to stay active while you travel, we'll place you with a club that matches your level and ambitions. Enthusiasm, a good attitude, and a willingness to learn are far more important than elite status.

Q: Can I join on my own?

A: Yes! Many participants travel solo, and our programmes are designed to be welcoming and supportive. From your teammates to fellow gappers, you'll quickly become part of a local sporting and social community.

Q: Will I be able to work while I'm abroad?

A: In some destinations, yes—depending on visa rules. If you're interested in working alongside your placement, we'll guide you through what's possible and help you find casual work opportunities where available.

Q: Are your programmes only for UK participants?

A: No—our programmes are open to applicants from around the world. If you're passionate about sport and keen for a gap year that offers structure, adventure, and growth, you're welcome to apply.

Q: Will I have time to travel during the programme?

A: Definitely. While your sport placement provides structure and community, you'll still have plenty of time to explore your surroundings, go on weekend trips, or extend your travels after the programme ends.

Q: What kind of life skills will I develop?

A: You'll gain confidence, independence, adaptability, and communication skills. Many participants return home more focused, mature, and inspired—ready for university, work, or their next big step.

Q: What happens if I get injured?

A: Your welfare is our priority. We ensure you're placed with clubs that take player welfare seriously. We also strongly recommend comprehensive travel and sports insurance, and we'll guide you on what cover you'll need before departure.

Q: When should I apply?

A: We recommend applying at least 6-12 months before your intended departure date to allow time for club matching, visa applications, and travel planning. However, we can sometimes accommodate later applications depending on availability. Equally we do accommodate those who would like to book early to avoid some of our programmes selling out.

Q: Can this help with university or career plans?

A: Absolutely. A structured sporting gap year demonstrates independence, commitment, teamwork, and resilience—qualities highly valued by universities and employers. Many participants use their experience to strengthen personal statements, CVs, and interviews.

Q: Can friends apply together?

A: Yes! Friends are welcome to apply together, and we'll do our best to place you in the same area or club where possible. -while still ensuring the right sporting fit for each of you.