

GET A LIFE!

A BEGINNER'S TOOLBOX FOR ADULTING

a collection of educational materials

MODULE 1: Education. Materials.



ARTICLE: THINK ABOUT YOUR OPTIONS

Do you know what to do after high school?

When graduating high school, many young people feel a bit lost. For several years you have known where to go every day, who you will meet and what you are going to do. After graduating high school you have several options in front of you. Some people are starting their university studies, some are traveling the world. Some may feel pressured from home, friends or the society to choose a certain path, but we want you to know that there is no right or wrong thing to do.

If you are not sure about what to do after graduating high school, taking a gap year is a good option. You will still have time to get a university degree even though you take a little pause in your studies. When taking a gap year, you will be able to try out new things and maybe get more sure about what you want to do and what you don't want to do. If you are interested in taking a gap year (or a few), we have listed some ideas about what you can do.



Backpacking

Have you ever dreamt about going to South East Asia, Australia, New Zealand or maybe South America? When it comes to backpacking there are many different ways to do it but the name “backpacking” comes from the fact that you travel around with only a backpack filled with your most necessary things. You can choose to go with a friend, by yourself or maybe someone you found online with the same dream as you. Most people stay at hostels where they meet people from all over the world so even though you go by yourself, you will never be alone. You can go for one month, three months or a whole year. Maybe you love it and want to stay longer than you thought? Most people do not even book their ticket home.

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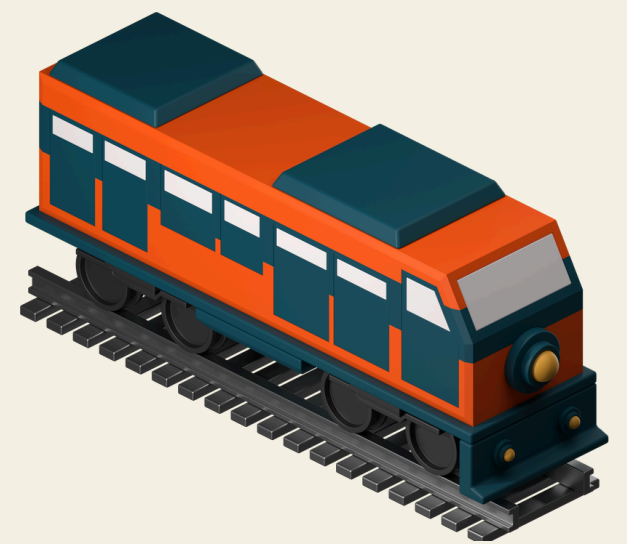
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Explore Europe by Interrail

The best way of traveling if you want a lot of freedom! Traveling by train gives you the opportunity to completely decide your own journey and enjoy the view while traveling. You can choose which countries you want to visit, where you wanna sleep and for how long you want to stay at every place. Bring a group of friends or meet new friends along the way.



Ski season

Do you love the mountains, snow and meeting new people? Can you ski or do you maybe want to learn how to snowboard? Spend a few months working in the mountains while being active and getting to know people from all over the world. Every year there are plenty of options in the Nordics mountains, in the Alps and in Canada for example. You can work at places such as the local café, in the ski rental place or maybe as a ski instructor.

Surfing Course

Are you up for something more active? Maybe a surf course is something for you then? Enjoy the many beaches of the world, from the cold cold Lofoten in Norway to the wonderful beaches of Hawaii. Surf courses are usually very popular and you will meet a lot of young people with the same interests as you!



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Volunteer work

All over the world there are organizations in need of extra help. Both in your own country and abroad. There are many different types of volunteer work so try to think about what you are interested in. Would it be an organization helping animals in the Amazon rainforest, an organization working for Nordic cooperation or maybe a help organization for people in vulnerability. There are plenty of organizations offering a place to stay in exchange for work so it could also be a way of traveling the world with a lower cost.

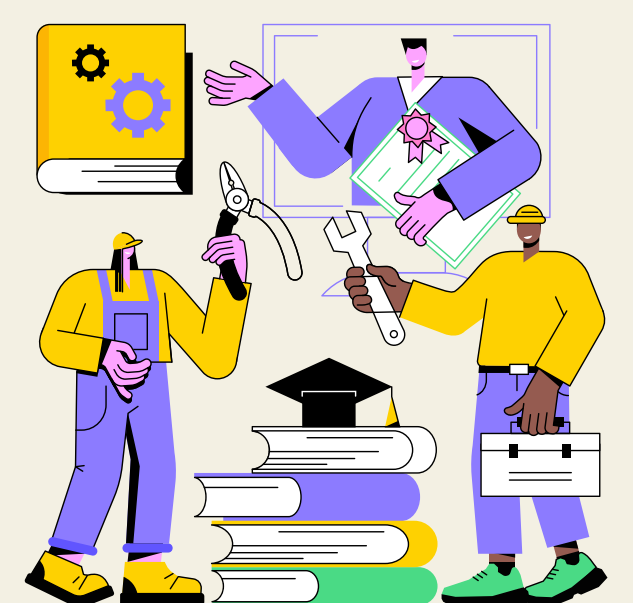


Nordjobb

Did you ever dream about seeing the northern lights in Iceland or maybe hiking next to the beautiful fjords in Norway? Would you like to combine this with getting new friends, learning a new language and getting work experience at the same time? Nordjobb offers a large number of summer jobs for young people in the Nordic region. It can be everything from working at a local restaurant, to a fish factory.

Folk high school

Do you want to keep studying but maybe something more specific? Folk high schools differ from other forms of education and offer a wide variety of subjects. The starting point for the education is your needs and interests, and it is often adjusted to your experiences and prior knowledge. Folk high schools in Europe differ from each other but what they have in common is that you focus more on one subject, the education is often more practical and you learn by dialogue and group work. Sometimes you even live at the school.



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Language course

Did you know that learning a new language is one of the best ways to train your brain? It also looks good on your CV and it will probably help you when traveling in the future. The more languages you can speak, the easier it is to learn more. The best way to learn a new language is to be in the country and actually practice it with the locals. You can for exemple combine a Spanish course with learning how to dance Flamenco!



Pick up a new hobby

After scrolling Instagram for hours, you might have found some new interests? Or even the inspiration to do it yourself? The internet can be a great source of inspiration, and devoting time to a new hobby is never a bad idea. Lots of people take up hobbies like knitting or cooking in the colder months. But you could also do improv-theater or learn the craft of pottery.

Try a new sport

It is never too late to start moving your body, and learning a new sport is a great way to be more active. Maybe you have seen fencing at the Olympics, or you have felt your feet starting to tingle every time you have seen someone dance? Bring some friends and go for it!

