



## **About Career Break Secrets**

Career Break Secrets provides video guides and advice for career break and around the world travel adventures. Through the power of video and Internet, Career Break Secrets shows people what the travel adventure and experience looks like through first-hand reporting. The travel video guides are fully downloadable via the web, are available in High Definition (HD) quality and can be carried around on your portable device. The guides will be available for purchase September 18, 2010.

Jeff Jung founded the company after he took his own career break trip in 2007-2008. Inspired by his experiences, Jeff wanted to help make it possible for more people to have the chance to take their own break and reconnect with their personal passions.

We believe that life is out there in the world and we hope to inspire people to take the steps necessary to make their dream of a someday travel adventure a reality today.

Initial launch of the company happened in the fall of 2009 with the website, blogs and travel resources being offered to readers. Also in 2009, the filming for the first season of Video Travel Guides was completed and editing began.

## **What is a career break?**

Essentially, a career break is a time in your life when you put aside your career to pursue your personal passions and interests. While it can mean time for you to make a change in your life and figure out a new career direction, it often means just putting your career aside for a brief time. A career break can last as short as one month, but can last for up to a year or more. For most, it lasts three to six months.

People often use the terms sabbatical or gap year to describe what they are doing. But, a career break implies that you already have a career and are going to be returning to it in some form or fashion. We prefer the term career break because it is more precise in its description of what the person is doing and why they are doing it. The term sabbatical is often too closely associated with religious or academic meanings to apply to the working professional. And, gap year is often too closely associated with students just leaving their undergraduate studies.

### **Facts about career breaks**

- Also called "adult gap years" in some circles, career breaks are growing in popularity and becoming more accepted in the American culture.
- The United States, Australia, and Canada are emerging markets for career breakers to originate from, while the UK market is more developed.
- While adult "gappers" range in age from 25-70 years old, industry leaders indicate the two expanding segments are "career breakers" ranging in age from their mid-20s to their 40s and "next life gappers" who are typically 40+.
- The integral component of a career break experience is travel; some travel domestically, but the majority of career breakers are choosing to travel overseas.
- Besides travel, the second most common component for career breakers is volunteering. The most popular of these include: teaching, wildlife and environmental conservation, and social programs that help disadvantaged people or communities.

Source: *Adult Gap Years - International, Travel and Tourism, Analyst No.12, July 2008*; Mintel International Group Ltd

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