

## Do We Love Our Jobs Too Much?

Host of the Career Break Travel Show Says "Yes" and How Travel Can Help

### The Reality of US Workaholics

- Fewer vacation days than most other industrial economies
- Only 57% of paid vacation days are used

### Who Hasn't Felt Stressed & Overwhelmed At Work?

- Work-related stress can cause: trouble sleeping, overeating, smoking, anxiety, and add strain on personal relationships
- Career breakers report decreased stress, improved life satisfaction, and increased self-confidence

### Interest in Career Breaks Is Going Mainstream

- 68% of women and 58% of men would consider taking extended leave from work
- 70% of career breakers are simply looking for a

### Jeff can tell your audience:

- 3 benefits of a career break & the surprising people who take them
- Why a career break isn't career suicide
- 4 "MUST-dos" before you talk to your boss
- The 1 way to know if you can afford it
- 3 financial mistakes travelers make
- 3 popular and marketable travel experiences
- 5 Tips for finding a place to volunteer
- 3 learning experiences to pick up a new skill
- 3 cool ways to travel off-the-beaten path to see more
- 3 great comfortable budget-lodging options
- How to handle getting sick on the road
- 3 ways to meet people safely on the road
- 5 hot places to travel on a career break
- 3 tips to reenter the job market using your career break experience

...and much more

### De-Stress. Explore. Build Your Resume.

Above all, career breakers desire to make their time off count. They are active travelers following their personal passions and recharging. As a result, they tend to engage in travel activities that make themselves more competitive for their next job.

- Volunteer
- Learn a new skill or hobby, e.g. cooking, sailing or language
- Travel in cool, unique ways: hikes, bikes, trains, ferries



## JEFF

Jeff took a 2-year career break from 2007-2008. He traveled through South America, Europe, Turkey & Egypt. Jeff has been to 30 countries, 5 continents, and speaks 3 languages. When he's not traveling he can be found in the US or Bogotá, Colombia.

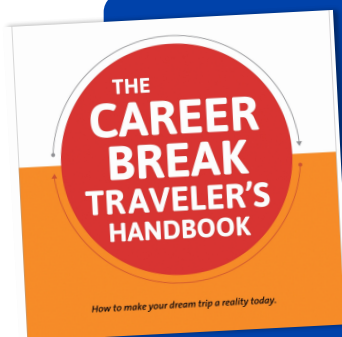


## TV SHOW

The Career Break Travel Show takes viewers to South Africa, Spain, New Zealand, and Patagonia. It tells the story of real career break adventures like volunteering, seeing the world in cool ways and learning something new. Season 1 is showing globally on The Venture Channel.

## BOOK

Available globally, Jeff shows how people can make their dream trip a reality. Real career break stories, tips, advice and photos are tied together in a Jeff's comprehensive "Peace of Mind" planning process to make sure people get the most out of their trip.



Get more tips, advice, photos, videos and more at [CareerBreakSecrets.com](http://CareerBreakSecrets.com)

# Sample Interview Questions

For Jeff Jung  
TV Host of *The Career Break Travel Show*  
Author, *The Career Break Traveler's Handbook*

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1. So, Jeff, do you really think we love our jobs too much? (Answer Takes 90 seconds)
2. How did you get over it and leave it all behind to go travel? (1 Minute)
3. So, what is a career break and what are the benefits you can't get from a normal vacation? (30 seconds)
4. Is now the right time to take a career break and don't you risk career suicide? (1 Minute)
5. So, who are the "real" people actually taking career breaks to travel? (30 seconds)
6. What are the things you need to do before you walk into your boss's office to tell him you're leaving to travel? (1 Minute)
7. How do you know if you can afford a trip like this? (1.5 Minutes)
8. What are some mistakes to avoid when managing your money on the road? (30 seconds)
9. What are the most popular career break travel experiences? And, how can they help you when you get back home to look for a job? (1 Minute)
10. It seems like this would be a good time to focus on your hobbies and personal interests. What are some fun learning things people do on a career break? (1 Minute)
11. How do you get off the beaten path to see these countries you're going to? (1 Minute)
12. Staying in hotels for all this time must get expensive. What other options are out there? (1 Minute)
13. Getting sick on the road is never fun. How do people deal with medical emergencies? (1 Minute)
14. So you're out in the world with a bunch of strangers. How do you meet people safely?
15. What countries are hot right now for career breaks? (1 Minute)
16. Once you're done traveling, how can you use your career break experience to land a job? (1 Minute)
17. You're on a national speaking tour called, Because Life Is Out There. Tell us about it (1 minute)

To schedule an interview, contact Jeff @

- 1-512-782-9670 (Media Only)
- 1-830-469-7460 (direct to Jeff's cell phone)
- [jeff@careerbreaksecrets.com](mailto:jeff@careerbreaksecrets.com)

# Supplemental Information

Contact Jeff: 830-469-7460

## 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.

## THE MOTTO



## 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



## BY A TRAVELER FOR TRAVELERS

Jeff reporting from Santiago de Compostela, Spain

## About Career Break Secrets and the Because Life Is Out There Tour

Career Break Secrets is the leading independent career break travel site in the world and home to the Career Break Travel Show. Through the power of video and internet, Career Break Secrets shows people what travel adventure and experience looks like through its travel blog, book and TV show.

Jeff is currently on his national speaking tour called, Because Life Is Out There to work with people on their personal career break plan. Tickets are \$29.99 and include a copy of Jeff's book, The Career Break Traveler's Handbook. Every attendee will leave with an outline of their own career break plan ready to get to work at home to fill in the details. Jeff promises to take people from armchair to world traveler faster, cheaper and smarter than they ever thought possible.



## MAKING IT COUNT

Hiking off-the-beaten-path in El Chalten, Argentina, in Patagonia