

Who Said Gap Year's Are For The Young?

Not according to author Chris Herrmann in his new book "My Senior Gap Year".

Chris Herrmann never intended to take a gap year. Certainly not a senior gap year. His decision may have been triggered by a personal life changing event. But it was more the sudden realisation that life can change in blink. "I wasn't hanging waiting for the perfect retirement time" said Herrmann. "Life could go on hold, at least for a gap year", he said

But dreaming and doing are different things. "There were a hundred reasons why not to do this gap year" he recalls. To give up his home in one of Perth's most beautiful locations, sell the furniture, sell the car. To take off for twelve months backpacking around the other side of the world. What, giving all this up? Surely, you're too old. And what, travelling solo? were the messages that confronted him. But thankfully his gut feeling won over.

Herrmann recently explained on national television on the Today Show, how he felt the need to use his senior gap year to push himself out of his comfort zone. The Book tells his story in his own unique style, from not knowing a word of Spanish to his humorous attempts to communicate with the people he encountered.

From one country to another. Experiencing every form of transport from a horse and cart to a five-star coach. From sleeping on the floor of a Buddhist temple to a mat in the middle of a jungle.

How his experiences with the people he met, like drugs, waste, terrorism have changed his views. He left with no purpose, other than to step out the door, travel and explore.

But then how he turned an opportunity he discovered in the middle of the desert to benefiting charities worth around quarter million dollars. And that was just at the beginning of his journey. My Senior Gap Year. It's never too late.

The book, My Senior Gap Year is available at myseniorgapyear.com

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