

Hi there,

This letter will introduce you to what Headspace is all about – a year designed to fuel your faith, deepen your relationship with God and help equip you to step into the plans He has for your future. Whether you are needing space to think through what comes next after school, or you know where you are headed but want a year to transition so you start your study, training or work with a solid Biblical worldview, Headspace could be just what you are looking for. Headspace is for people aged 17-20 years old, but along with this letter is also information about our Internships. This is an opportunity for those in their 20s to join our Headspace leadership team and combine study with being part of the dynamic Headspace ministry experience.

In a nutshell, Headspace is a year-long adventure that combines study, work, travel, practical training, mentoring and living in community to help you grapple with what it looks like to live life as a follower of Christ. We would like to invite you to explore your faith as something that impacts every aspect of your life and gives it purpose, meaning and a fullness that is only available to those who know Christ.

Headspace happens in five parts, we call them Blocks. Below there is a description of each Block so you know what we do during the year. There is no single base that Headspace is run from. Rather, you travel with the team around various parts of New Zealand and overseas. The year is about being on the move in every sense. God has really blown our minds with the amazing stuff He has been doing in and through our teams as well as those contributing to our programme. We are really excited about what He has in store for 2020 and beyond. So, if this sounds a bit like you, we'd love you to consider joining us!

#### **Biblical Foundations (early March)**

We have three main teaching Blocks during the year (each four weeks long) and this is the first. This Block is spent getting to know everyone on the team, learning about personalities, conflict resolution and other handy stuff that will help you to thrive in a community environment during the year. Our main teaching focus is an overview of the Bible. We find out more about what's in there, why we trust it is in fact the inspired Word of God, learn tools for further study, and some basic application for our lives.

It is an exciting opportunity to further strengthen your personal relationship with God as we show you some pretty cool ways of connecting with Him in your personal devotional life and through team prayer and worship times. We spend some time unpacking worldviews, developing a biblical perspective and even begin thinking about some career stuff. As you begin your year, you are assigned a mentor from our leadership team who will regularly check in with you and help you work through anything that is on your heart during the year.

#### **Work Experience (April – June)**

This is where GAP year meets real life. This part of the year is not exactly fun. But don't worry, it is character building!

We know it is difficult for many people heading off to university or further training to pay their fees and living expenses. So, in Headspace we try to make things easier for you by making paid employment part of the programme so that you can earn some of the money that you need to pay your fees. We arrange seasonal fruit work for the whole team (where possible all with one employer). This year our team will pack kiwifruit in Cambridge

You are billeted in Christian homes while you work, and the full team meets regularly for study, time out, and encouragement. You get picked up and dropped off in our vans each day and continue to meet with your mentor. In the meantime, each time payday comes around you make another instalment towards your Headspace fees.

### **Cross-Cultural Training (June/July)**

This is our second teaching Block. It is a pretty exciting time as you realise that soon you will have the opportunity to apply the knowledge and skills you have gained during the year as you head overseas to live for a whole 10 weeks. The team has really connected, and you will have great expectations of what God is going to do! The Block is used to prepare you for your trip. You learn specifics about the people, language and culture of your destination. You also study mission principles, prepare to teach English, learn dramas, and get ready for the areas of ministry you will be serving in. This is also the time that you think more about plans for next year, possible vocations and when you will have an opportunity to get more information on study/training options.

### **Cross Cultural Exposure Trip (July – late September)**

Our 2020 offshore destination will be Thailand. The activities and arrangements differ according to where in Thailand you go, but each location provides a life shaping experience. We are hosted by mission partners and also spend some time living with local people. In the past 14 years in Thailand we have acted as resource people for English language teachers in Ngao, Noh Bo, Bangkok, Nangrong and Chiang Mai, taught English night classes at churches and also helped with the kids outreach programmes in schools and weekend camps. We also visit with mission partners and get involved in a number of different projects and activities. This is an incredibly impacting time and is sure to kick your spiritual walk into overdrive! The focus of the trip is cross-cultural exposure; to expand thinking around missions, worldview and generally to grow and strengthen the faith of the team. There are opportunities to share your testimony with the people you are working with, and also to encourage and be encouraged by the local church.

### **Future Planning (October – early November)**

Our final block occurs once you have returned to New Zealand and had some time to reconnect with your family and friends and let them and your church know what you have been up to. You've had a year of diverse experiences, you've seen God at work in your life and in the lives of others, and now it's time to put it all together and see where God is leading you next in your journey with Him. What is a successful life from God's point of view? What does that mean for you? As you begin to answer those questions you'll have the opportunity to hear from people who have 'been there, done that'. It is also a fantastic way to debrief your experience over the whole year and set you up, so you feel confident of where you are heading in the next few years.

### **Size and Team Structure**

We have a full-time couple, running the team day-to-day and they make up part of the leadership team along with our interns and myself. The Headspace leadership will work together to select a team of approximately 10-15 gappers for 2020. Once the full leadership team including interns is assembled there could be around 18-20 as a total team – it is a blast! The mentor you are assigned will be one of the leadership team and for some activities during the year the team will break into two sub-teams.

### **Location**

The team moves around during the year within New Zealand. In the past we have stayed in Christian camps in Auckland and the Waikato, been billeted in Cambridge and visited a number of other places!

### **Fees**

The fees for 2020 are \$12,150, the actual cost per Gapper for participating in Headspace is higher than this, but GC3 continues to subsidise the programme as we see it as a strategic investment in this generation of future leaders and mission partners. The fee is broken down into a \$500 deposit required once you have been accepted to the programme then a total of \$3600 paid prior to the beginning of Headspace. Approximately \$6000 should be paid in instalments from your income during work experience and a final payment prior to departing for the cross-cultural component that makes up the total fee. You are responsible to pay your full fee by the 29<sup>th</sup> of June irrespective of what you are able to earn or raise during work or through fund raising. If you have any questions or concerns in relation to fees for 2020, please do not hesitate to contact me. If finances are an issue we are happy to customise an alternative payment schedule.

## Dates and Application Process

Headspace 2020 is pencilled-in to commence on the 2<sup>nd</sup> of March and end on the 7<sup>th</sup> of November.

The first cut-off date for applications is Monday, 8<sup>th</sup> of June 2019.

The second cut-off date for applications is 8<sup>th</sup> December 2019. Applications that come in before this date will be interviewed *before* Christmas. Applications that come in after 8<sup>th</sup> December will be interviewed *after* Christmas.

If you are interested in applying, please complete the enclosed application form and post it along with your photo and \$100 application fee to:

HEADSPACE, PO Box 744, Palmerston North 4440

Or download the electronic version of the application form from [www.gc3.org.nz/headspace](http://www.gc3.org.nz/headspace) complete and email to [admin@gc3.org.nz](mailto:admin@gc3.org.nz) along with your photo.

*Cheques can be made out to GC Assist or for electronic banking:*

Account name: GC Assist Account number: 06 0729 0336908 00

Reference: **Headspace and your full name.**

### So where to from here?

We suggest you think and pray about what you have read. If you have any questions, please email me at [youthdirector@gc3.org.nz](mailto:youthdirector@gc3.org.nz) or text/phone 022 6525 931 I'd love to chat with you. Talk with your parents and maybe someone from your church and ask them to pray too. Then, if you feel that this is something that you would benefit from, please get your application in to us.

We really look forward to hearing from you.

Bless,



**Matt Lister**  
Youth Director, GC3

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To keep up with the latest news from this year's team 'Like' us on Facebook [www.facebook.com/HeadspaceNZ](http://www.facebook.com/HeadspaceNZ)

# WHAT'S INVOLVED IN AN INTERNSHIP?

## IN YOUR 20'S?

We are looking for key people to work alongside us in Headspace – a GAP year for school leavers. A Headspace Internship is a fantastic opportunity to:

- Gain an NZQA qualification in Christian Ministry/ Applied Theology
- Receive mentoring and input from experienced Christian leaders
- Develop a global perspective
- Develop leadership skills within the Headspace environment
- Experience a life changing offshore placement
- Gain relevant work experience in youth and mission related fields
- Enhance your Christian character

An internship offers a great mix of academic study, ministry experience and mentoring. You will build connections with Gappers in Headspace and have the privilege of walking alongside them as they make key decisions about the future.

By the end of the year you will have had a significant and positive impact in the lives of youth both in NZ and internationally.

## What is involved in an Internship?

On a weekly basis you can expect approximately:

- 15 -20 hours study
- 20 hours ministry work experience & skills development in Headspace
- 1 - 2 hours character and spiritual development through personal reflection and mentoring

*His plans - Your future*  
**headspace**



## NEED MORE?

For more info contact Matt Lister, Youth Director  
call/TXT 022 6525 931 email [youthdirector@gc3.org.nz](mailto:youthdirector@gc3.org.nz)

[www.gc3.org.nz/headspace](http://www.gc3.org.nz/headspace)