

TIME FOR A CV CHANGE

↳ They're called "career breakers" – people who have been made redundant and are looking for ways to fill a gap in their CV. Projects Abroad, the largest commercial volunteer service organisation in the world with schemes in 24 countries, has experienced a big increase in the number of people wanting to give their time gratis. The largest number of inquiries is coming from Britain, and then Australia.

Projects Abroad Australia and New Zealand reports a 67 per cent increase in interest for the first six weeks of this year compared with the start of 2008. And they are a mix of young people seeking cheap ways to learn new skills in developing countries and experienced workers taking the chance of a redundancy to turn a dream into reality. Most are aged between 28 and 50, and 75 per cent are female.