



TAKE ME FURTHER!

**Take Me Up**  
My Meaningful Gap Year

YOUR FRENCH GAP YEAR!

**A program that allows you to blossom and live a unique human and international adventure.**

**Start your adventure in France in September 2022!**

**A YEAR IS MUCH MORE THAN 365 DAYS!**

**WITH TAKE ME UP, CHECK ALL THE BOXES!**

**DISCOVERING A NEW CULTURE**

**LIVING ABROAD**

**HAVING CONFIDENCE IN MYSELF**

**MAKING THE RIGHT CHOICES FOR MY FUTURE**

## TAKE ME UP : WHAT IS IT?

Much more than a gap year, an international adventure, personalized coaching, or personal development workshops: this is the ideal break that allows you to reveal yourself and stand out!

Take Me UP is an opportunity to take a step back and better prepare for your future career, to get a foot in the door of the working world, to develop new skills, to live an unforgettable experience in France and to improve your language skills.

Take Me UP is a unique, constructive, supervised gap year program!

*The Take Me UP Team*



**83%**

ENROLLED OR CONTINUED THEIR STUDIES AFTER THEIR GAP YEAR.

**82%**

OF GAP YEAR STUDENTS SAY IT GAVE THEM A COMPETITIVE ADVANTAGE WHEN APPLYING TO UNIVERSITIES OR JOBS

**95%**

SAY THAT THEIR GAP YEAR PREPARED THEM WELL FOR THEIR TRANSITION TO FURTHER STUDY AND/OR THE WORLD OF WORK.

## TO JOIN TAKE ME UP:

**MAKE A PHONE CALL OR SEND A MESSAGE TO :**

**+33 6 85 43 40 93 (Say hello to Dominique)**

**+ 33 6 74 13 94 69 (Say hello to Antonie)**

**OR CONTACT US BY EMAIL :**

**TMUP@GROUPE-IGS.FR**

# THE ADVENTURE BEGINS IN SEPTEMBER 2022

## TAKE ME TO LYON



1

### FOLLOW THE TAKE ME UP WORKSHOPS IN LYON

Fun and collaborative workshops to develop your soft skills, **100% in English**, through cooking, theater, dance, video editing, negotiation and a totally **personalized coaching** to help you build your career plan. All this in one of the most beautiful city of France!



2

### CONTINUE YOUR ADVENTURE...

The Take Me UP team will help you choose the next adventure that suits you the best:



#### IMMERSIVE EXPERIENCE TRACK

Internship  
Humanitarian/volunteer mission  
in France or abroad

#### FRENCH TRACK

An intensive French language program to become really fluent in French and/or being ready to pursue your studies in a French university

#### EUROPEAN AND AMERICAN TRACK

A semester of study in a partner university in Spain, Italy, Dubai, Malta and even in the United States of America

**TAKE ME UP IS A CUSTOMIZED PROGRAM:  
DESIGN YOUR ADVENTURE WITH US!  
[WWW.TAKE-ME-UP.COM](http://WWW.TAKE-ME-UP.COM)**

