



Programme Overview



Année lumière
ÉCLAIRE TON AVENIR



Our Mission

Année lumière's programmes are designed to support young people aged 16 to 25 in building their future pathway – professionally, personally and as active citizens. Participants are **encouraged to take the time to better understand themselves** (and take care of their wellbeing), learn to make informed decisions, open themselves to others and to the world, and develop the confidence and skills needed to shape a meaningful future.

At **Année lumière**, we **view career guidance and orientation as a lifelong competency**: the ability to make the right decision for oneself, at a given moment and within a given context. These competencies can then be mobilised throughout one's professional and personal life.

The programme is open to all young people, regardless of their background or previous educational experience (whether they have graduated from secondary school or not, high-achieving students or school leavers, gap-year students, recent graduates – from vocational certificates to university degrees – or young people experiencing personal or health-related challenges).

The only requirement is a genuine commitment to actively engage in building one's own future while contributing positively to the learning community.

Our educational model **is inspired by the Danish Folk High School tradition**, which has existed in Denmark for more than 180 years. Since 2018, Année lumière has maintained a close partnership with Danish folk high schools through regular exchanges.

In June 2021, Année lumière became the first institution in France to receive the **"Højskole" label**. An animated video presenting our philosophy and educational approach is available here:

<https://youtu.be/FkRpxncJuGk>



Our Educational Principles

The programme is based on four key principles:

Experiential Learning

Learning through concrete experiences, which become the foundation for reflection, knowledge acquisition and meaningful action.

Holistic Development

Each participant is considered as a whole person, taking into account intellectual, physical, emotional, relational and personal dimensions.

Individual Support Within a Learning Community

Participants benefit from both personalised guidance and collective learning, within groups of around twenty students throughout the programme.

Diversity as a Learning Resource

Diversity—in gender, age, social background, geographical origin and culture—is regarded as a powerful source of mutual enrichment.





Our Programms

Année Lumière offers four different pathways:

- **Gap Year 9** – a 9-month programme (October to June)
- **Gap Year 6** – a 6-month programme (January to June)
- **Gap Year 3** – a 3-month programme (October to December), before entering employment, volunteering or civic service
- **International Gap Year** – a 9-month international programme including:
 - one academic term in Lyon (France)
 - one semester in Denmark, at a partner Folk High School, entirely in English.

The educational philosophy, workshops and projects remain the same across all programmes; only the programme structure varies.



Programm Structure

The programme is organised around workshops including:

A Core Curriculum

Four main learning modules:

- Année lumière Foundations (group dynamics, living together, philosophy, creative writing, public speaking, etc.)
- Self-awareness and personal development
- Professional world & soft skills
- Career guidance and orientation skills

Exploration Pathways

Participants choose activities from five thematic areas:

- Culture
- Science & Technology
- Health & Wellbeing
- Citizenship
- Sustainable Development

Three Cross-Curricular Projects

- **Entrepreneurship Project**
Learning by creating and managing a real project alongside professionals, while discovering how organisations operate and exploring different professional sectors.
- **Professional Immersion**
through volunteering, internships, student employment and/or civic service, participants gain practical experience and develop their professional skills
- **International Experience:**
Welcoming Danish students in France, followed by an educational stay in Denmark, conducted in English.



Contribution to the Sustainable Development Goals (SDGs)

Through its activities, Année lumière contributes to:

- preventing school dropout and rebuilding confidence among young people who have disengaged from education;
- improving young people's employability by equipping them with the competencies needed for their future careers;
- strengthening adaptability in an increasingly complex and uncertain world;
- reducing social inequalities and geographical disparities;
- promoting gender equality in career choices;
- supporting young people with visible or invisible disabilities by providing appropriate accommodations throughout the programme;
- promoting equal opportunities in education through an income-based tuition system and solidarity sponsorship schemes that make the programme accessible to young people experiencing financial hardship.

**SUSTAINABLE
DEVELOPMENT
GOALS**



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CONTACT:
Claire Bleton-Martin
Founder & Executive Director
claire@annee-lumiere.org

www.annee-lumiere.org

SEPR Campus
46, rue Professeur Rochaix - 69003 Lyon – France