

POST-GRADUATE PROGRAMME

Apprenticeship

French 'alternance' work-study contract

2025 - 2026



Skip to



<u>What is an apprenticeship?</u>	3
<u>Programme structure</u>	4
<u>Business roles available</u>	5
<u>Working with children</u>	6
<u>Selecting a Master's degree</u>	7
<u>Requirements & application process</u>	9
<u>Our promise</u>	11
<u>Moving to Lyon</u>	12

What is an apprenticeship?

Earn while you learn as an apprentice living in Lyon.

Higher education

- It's an opportunity that exists in France and allows students to continue higher education (with a fully-funded Master's degree) whilst working for a French company.
- In France, it is called an 'alternance' program because you alternate between working and studying.

Gain experience

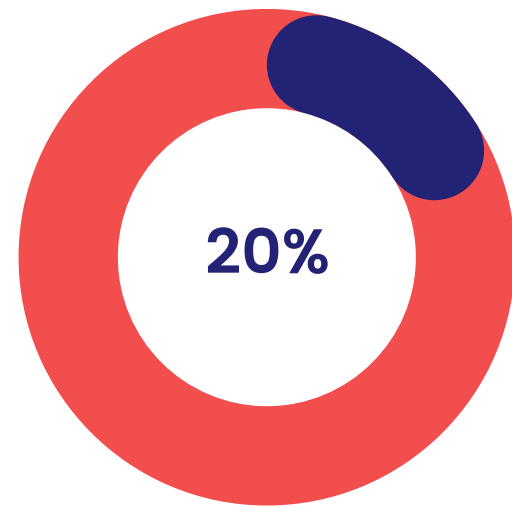
It is a training-based program that provides a real gateway into the professional world and allows graduates to learn and earn simultaneously.



Programme structure

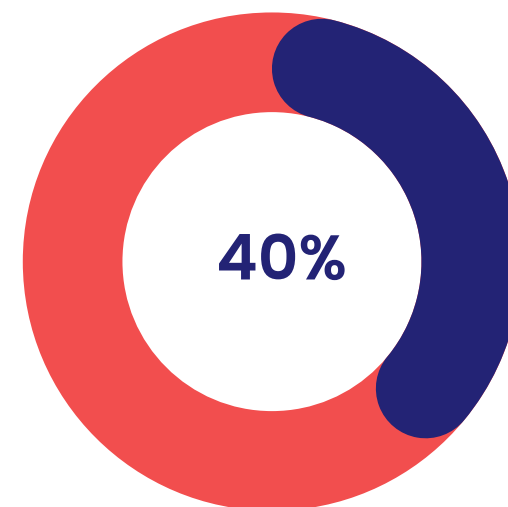


During the week, apprentices split their time between studying, a business role and working with children.



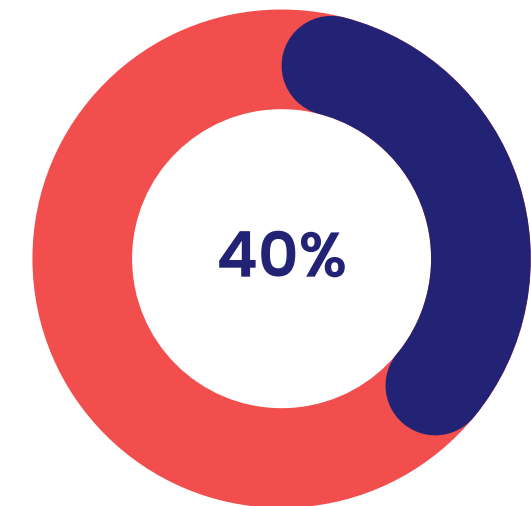
Studying

One day per week will be dedicated to your Master's degree. You'll have classes, workshops or assignments.



Teaching English

You'll also spend 14 hours looking after and teaching English to children aged three and upwards.



Business role

You'll spend 14 hours in a business role where you'll be responsible for an area of the company's operations

Business roles

There are five key operational roles available within the company; apprentices can choose one or combine two (i.e. HR & Marketing)



Digital Marketing

- social media management
- digital content creation
- data analysis & SEO
- website management



Branding & Design

- digital material creation
- website design (UX and UI)
- brand identity & storytelling



HR & Recruitment

- candidate management
- onboarding & training
- compliance & regulation
- administrative support



Education & Pedagogical Dev.

- teaching programme dev.
- creation of teaching tools
- creation of training materials
- provision of teacher training



Legal & Regulatory*

- understand French labour law*
- assist with work contracts
- liaise with regulatory bodies
- draft & review legal documents

**level C1/2 French required*

Working with children

Apprentices will dedicate around 14 hours per week working with a selection of French children teaching them to speak English in a fun and interactive manner.

Each session varies and depends on the age and stage of the child as well as the parents' expectations.

Sessions generally involve:

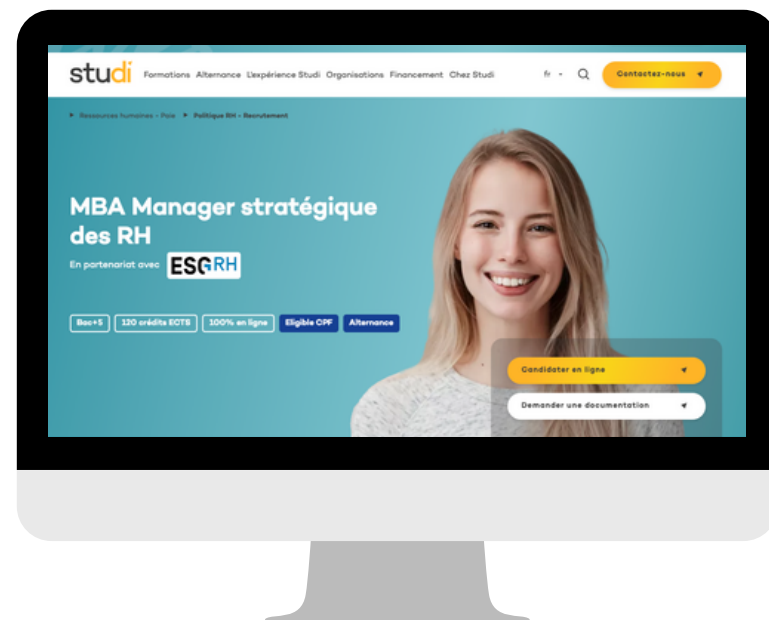
- Collecting the children from school
- Supervising snack time
- Leading exercises and structured activities in English
- Organising outings and excursions (to the park, zoo, library, museum etc.)



Selecting a Master's degree



Apprentices are given the opportunity to complete a fully-funded Master's degree from an accredited French university. My English Sister has partnered with four key institutions and programme providers.



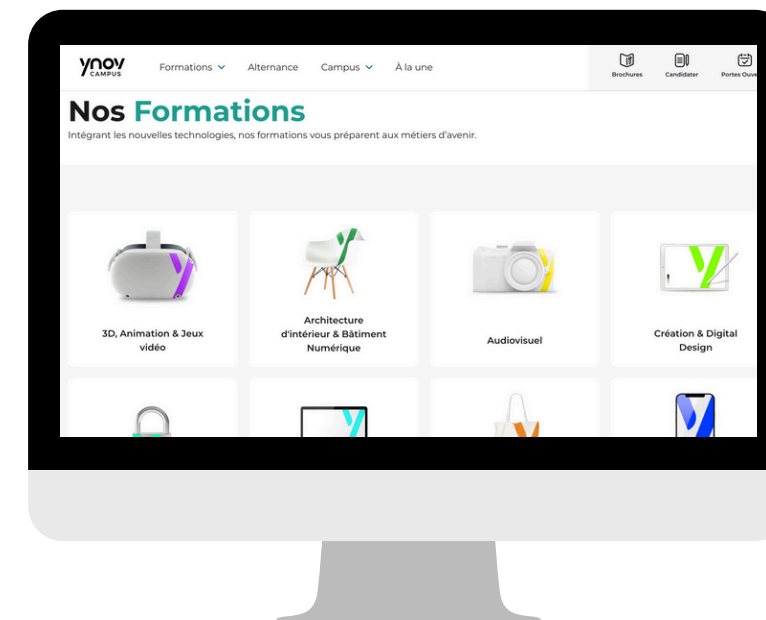
Studi

- Chief Digital Officer
- Digital Strategy
- Marketing & Communication (MBA)
- HR Strategic Manager (MBA)
- Brand & Design Director



iAcademie

- Marketing & Communication
- Business Management
- Human Resources
- Graphic & Web Design



YNOV

- Digital Design & Creation
- Digital Marketing & Communication
- Audiovisual Media & Creation
- Technology & Business
- Cybersecurity & IT



Digital College

- Digital communications & e-influence
- Innovation Mgt & Digital strategy
- International digital project mgt (MBA)
- Webmarketing & social media
- Ecommerce

Day to day schedule



	9h30 - 12h30	12h30 - 14h30	14h30 - 15h30	16h30 - 19h
Monday	Co-Working	Time off	WFH	Childcare & Teaching Sessions
Tuesday	Co-Working	Time off	WFH	Childcare & Teaching Sessions
Wednesday	Childcare & Teaching Sessions			
Thursday	Work From Home (WFH)	Time off	WFH	Childcare & Teaching Sessions
Friday	Master's Degree			

Entry requirements

To be eligible for the programme, you must meet the following entry requirements:

1 Speak Fluent English

- We accept candidates of all nationalities who speak perfect English (level C2)

2 Speak intermediate level French

- Candidates must speak a minimum of level B1 French.

3 Lived in France for 6 months

- Candidates must have previously lived (studied, or worked) in France for a minimum of 6 months

4 Be under the age of 26

- Candidates must be under the age of 26 for the duration of their contract.



Application process

1

Apply Online

Complete the online application form

2

Phone Interview

30-minute phone call to determine your eligibility for the programme

3

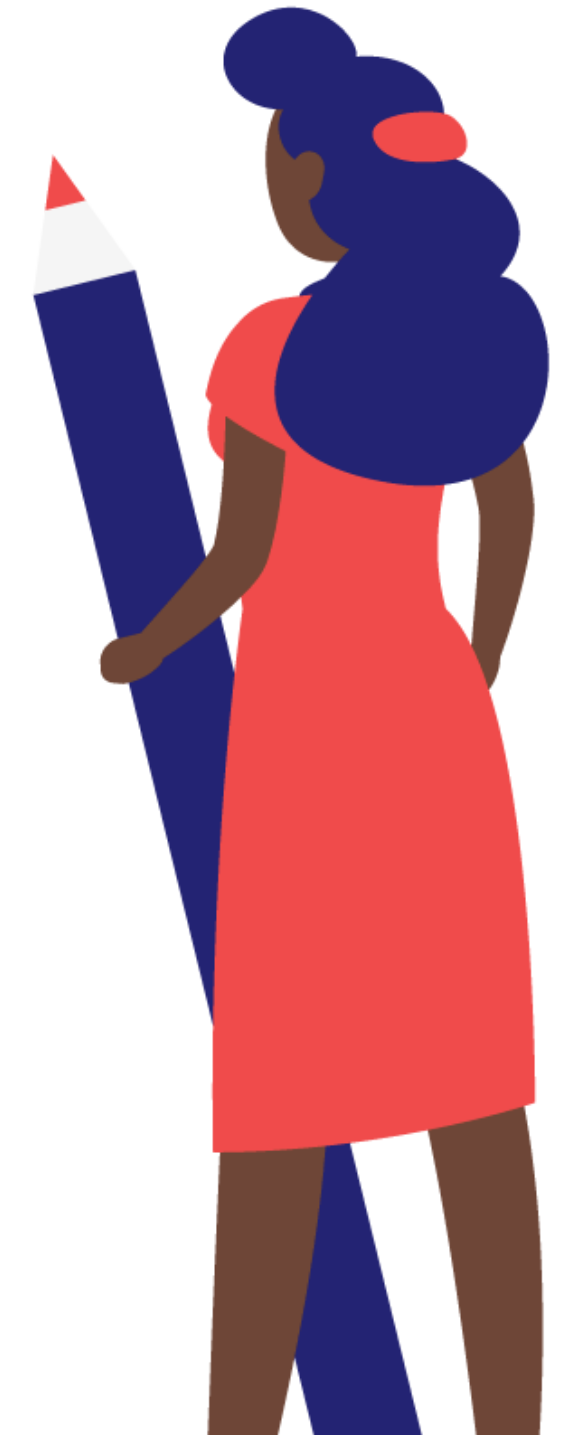
English Interview

Discussion and scenario-based Zoom interview in English

4

French Interview

Language competency and cultural awareness Zoom interview in French



Our promise

The programme is designed to prepare apprentices for the modern working world. It aims to equip them with the necessary skills and emotional intelligence to successfully navigate a professional career.

We'll provide:

- The tools, training and support needed to become a competent children's English teacher
- A French & English-speaking work environment (improve your French without stress)
- Genuine hands-on business experience (take on responsibility & see your work come to life)
- A modern hybrid working environment (learn to use key tools & software to produce quality work efficiently)

Apprentices will receive:



- A monthly salary (around 900 euros in 2024)



- 8 weeks of paid holiday



- Private health insurance (50% paid by MES)



- Lyon city travel card (50% paid by MES)

Moving to Lyon

Our team is here to support you every step of the way.

We provide assistance with the visa process (if necessary) as well as other administrative tasks such as registering for social security.

We don't provide accommodation but we can help you find it.

Lyon is a relatively expensive city, you can rent a comfortable room in the centre for around 550 euros per month.

 Visit our [blog](#) for tips & information

 Follow us on [TikTok](#) & [Instagram](#)



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After graduating with a literature and French degree, I decided I wanted to pursue a career in digital marketing.

The 'alternance' program offered by My English Sister was the perfect way to continue improving my French, obtain a fully-funded Master's degree and gain hands-on experience!

The skills I have learned are invaluable and I am certain this role will help me to progress in my career and secure a job in the marketing sector.

Anabel Judd

Digital Marketing Assistant

2023 - 2024

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My English Sister SARL • SIRET 880570163 00019 • 15 rue Etienne Richerand 69003