

Press release
Lyon, 15 January 2024

INSTITUT LYFE AND INSEP JOIN FORCES FOR AN UNPRECEDENTED COLLABORATION BETWEEN CENTRES OF EXCELLENCE IN EDUCATION AND SPORT.

Institut Lyfe (formerly Institut Paul Bocuse), France's point of reference in the culinary arts, pâtisserie, hospitality, restaurant and wine & beverage professions, has joined forces with the National Institute of Sport, Expertise and Performance (INSEP), which spearheads top-level sport in France, announcing a formal collaboration agreement.

This strategic collaboration will establish productive exchange between the two fields, which share many similarities. Elite INSEP athletes will have privileged access to specialised courses at Institut Lyfe, adapted to their specific needs and their demanding schedules. Likewise, Institut Lyfe's students and the teams of the center of excellence in gastronomy, which will open on Institut Lyfe campus in early 2026, will have the opportunity to train alongside INSEP athletes, in particular as part of immersion placements and preparation for international competitions.

Research and innovation will also be at the heart of this collaboration, with the introduction of joint protocols in the field of sports nutrition. Teams of nutritional researchers from INSEP will work with experts from Institut Lyfe's food transition research centre, to promote a healthy diet which is adapted to the specific needs of athletes.

Dominique Giraudier, CEO of Institut Lyfe:

"INSEP and Institut Lyfe share a common vision of excellence and personalised support in their respective fields. This collaboration opens up new perspectives for our students and for high-level athletes who are attracted to our professions, combining academic know-how and the demands of sporting performance. The project will be led by our Bocuse d'Or chef, Davy Tissot."

Fabien Canu, Director General of INSEP:

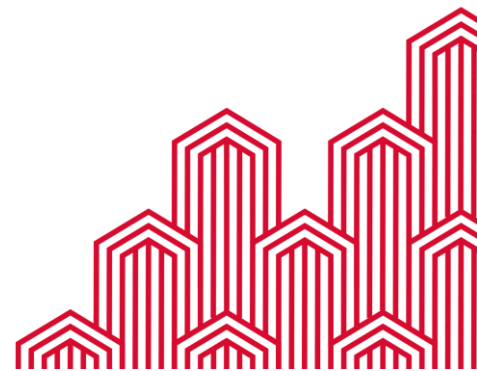
"Within INSEP, we pay particular attention to the training of our athletes. This collaboration will allow us to build a real bridge between the worlds of gastronomy and elite sport. Sport and gastronomy share many values: passion, excellence, surpassing ones limits, the strength of the team. I am very pleased to see Institut Lyfe become a new educational partner."

About Institut Lyfe (formerly Institut Paul Bocuse)

Institut Lyfe (Lyon for Excellence, Education, Exploration, Experience) trains committed and responsible decision-makers in the hospitality, restaurant, culinary arts and pâtisserie professions. Over the past 30 years, it has built up a unique ecosystem of higher education, research and vocational training. It currently welcomes 1,200 students encompassing 72 nationalities. Its teaching is based on experiential learning, centred around project management, talent development, entrepreneurship and creativity. Its international strategy is built on an educational hub created with the world's leading schools and universities, along with its network of 5,000 alumni in 90 countries. It is the first private higher education establishment in the hospitality and restaurant sector to be recognised by the French Ministry of Higher Education and Research, with four state-approved Bachelor's degrees in International Management. It is also the only school in France to have a Michelin-starred training restaurant, a 5-star hotel-school and a Research Centre whose scientific work contributes to the quality of its teaching and its forward-looking vision on careers in the hospitality industry.

Institut Paul Bocuse

Siège social : Château du Vivier BP 25 - 69131 Écully Cedex
Siret : 41813774100017
TVA intracommunautaire : FR20 418137741
Association Loi 1901
institutpaulbocuse.com





In 2015, Gérard and Gilles Pélisson created the Institut Lyfe Foundation (formerly the G&G Pélisson Foundation for Institut Paul Bocuse), under the aegis of the Fondation de France, to support the institute in its development and implement an ambitious scholarship programme.

Press contact : Graziella Tekle – Moonpress, Graziella.tekle@moonpress.fr, Tel. +33 (0)7 66 88 56 08

About INSEP

A benchmark player in the national and international sports ecosystem, INSEP welcomes most of the Olympic and Paralympic federations, 19 resident squads and 27 sporting disciplines, supporting 800 athletes and 150 coaches dedicated to performance. The institute offers a unique training and living environment, as well as carrying out sports research and studies, using its resources to develop tailor-made programmes for each athlete. Dedicated to the most innovative expertise in the field of sport, INSEP is at the heart of upcoming international events and constitutes a pre-village for the Olympic and Paralympic games that is unparalleled worldwide.

Press contacts

Aurélie Vinzent - +33 (0) 6 58 66 80 49 - aurelievinzent@shadowcommunication.fr

Karima Doukkali - +33 (0) 7 77 36 64 10 - karimadoukkali@shadowcommunication.fr

Nina Djitli Chaumont - +33 (0) 6 62 94 86 84 - ninadjitlichautmont@shadowcommunication.fr

Camille Alengrin - +33 (0) 6 25 93 20 36 - camille.alengrin@insep.fr

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