

TakeUP

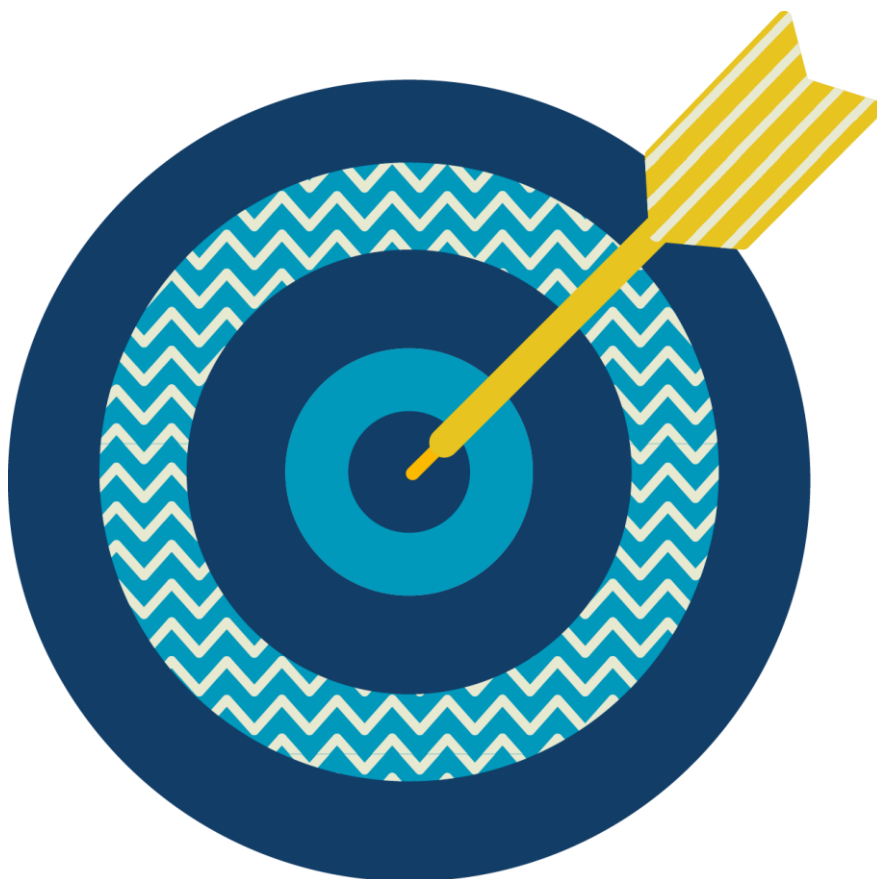
Capitalisation training for Interreg programmes and projects



Tuesday 3 February 2026

[Hotel NH Collection München Bavaria](#)

Arnulfstraße 2, 80335 Munich





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About the TakeUP Event

TakeUP is a highly interactive, hands-on training designed to strengthen the capacity of Interreg projects and programme teams to plan, support, and achieve effective *project capitalisation*—the uptake, transfer, and wider use of project results.

Developed and tested by the Interreg North Sea Programme, the TakeUP approach supports projects in building a clear and practical roadmap for impact, using the recognised “**7 Essentials**” toolbox. The training has been positively received by project teams, thanks to its practical orientation, structured methods, and collaborative atmosphere.

For this event, Interact and the Interreg North Sea Programme are joining forces to offer this opportunity to a selected group of Interreg programmes and their projects.

What to Expect

For Programme Teams

Programme representatives participate as **table facilitators**, guiding their assigned group of projects through the exercises and discussions throughout the day.

To prepare for this role, programme colleagues join a **mandatory facilitator preparation call (2 hours)** ahead of the event.

For Project Teams

Projects participate as learners and co-creators. The format includes:

- Engaging exercises guided by facilitators.
- Working with a dedicated workbook to develop each project's capitalisation roadmap.
- Peer exchange with projects from multiple Interreg programmes.
- Clustering of projects by thematic similarity to foster useful networking and knowledge sharing.

Participation

This event is by invitation only, as this particular approach will be tested on the day.

Programme participants have been selected through a call for expression of interest in 2025.

Programmes have then invited and selected projects to join this event.

There will be new opportunities to benefit from the TakeUP training in the coming months – get in touch with us if you are interested.



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Agenda

08:30 – 09:00	Check-in
09:00 – 09:15	Welcome on board
09:15 – 09:35	The journey begins
09:35 – 10:30	Why we travel
10:30 – 11:00	Coffee pit stop
11:00 – 11:45	Pack your bag
11:45 – 12:45	Invite takers to join
12:45 – 13:45	Lunch
13:45 – 14:30	Lead the way
14:30 – 15:00	Coffee pit stop
15:00 – 15:30	Build your crew
15:30 – 16:15	Go the extra mile
16:15 – 16:30	Closing remarks