



Highlights ERASMUS BOOK



IHECS
INSTITUT DES HAUTES ÉTUDES
DES COMMUNICATIONS SOCIALES



IHECS - Mobility Office

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IHECS wishes you a warm welcome!

We offer the following courses: a Bachelor's degree in applied communication and Master degrees in Journalism, Public Relations, and Advertising as well as Media Culture, Education and Society.

Don't join us if you prefer silence. Nor will IHECS suit you if you tend to accept abstract ideas without images, if you prefer tradition to discovery, or if the modern world tends to frighten you more than it excites you.

But IHECS could be just right for you, if you are fascinated by the unique nature of human relations. The school will be a perfect fit if you want to reach others, wherever they may be – not only by manipulating concepts and words but also people's feelings and movements, sound and shapes, and by calling on all the tools of radio and TV, and the tools launched almost daily by the new technologies on the communication and information highways



Luc de Meyer

Managing Director of IHECS

IHECS

IHECS offers training in journalism and communication.

What is its focus?

Four key areas distinguish the institute:

- IHECS provides [university-level training](#). It includes general courses as well as media training. The common thread at IHECS is applied communication: print media, online press, graphics and computer graphics, photography, sound/radio, TV/video, multimedia, and so on.
- The [career development side](#) of IHECS training: practical work, contact with civil society, access to media professionals.
- The [social development side](#) of IHECS. The school is recognised for the quality of its human relations, its group dynamics, and its focus on the values of cooperation and solidarity.
- The importance accorded to [creativity](#).

The Erasmus effect

IHECS has been welcoming Erasmus students for more than 15 years. We are influenced by them and their time with us. They also leave behind various traces of themselves and their work – from a video project shown as an example in workshops to a real-life experience that a teacher shares with other students. Some students return to do an Executive Master degree at IHECS, while others are so well integrated that they start a family.

We came up with the idea of taking a snapshot of the time spent here by these rather unique students...

This book was initially intended to be a gift from us to the Erasmus students who have spent some time with us, for which we are delighted.

It has however also become a gift to us from the Erasmus students, thanks to their wonderful accounts and stories.

It was the Erasmus students themselves who asked us to include portraits of the teachers, assistants, training staff, and the section heads or coordinators who supported the students during their time at IHECS.

Thanks to the involvement of everyone, but above all thanks to the skills and collaboration of our photography and graphics colleagues, the ERASMUS BOOK was born.

We hope it will enjoy a long life.

Sophie Henrard

Mobility Coordinator







**Nathalie
AUBIN**

Date of Birth : 01.01.1991

Place of Birth : Bordeaux

Town of Residence : Bordeaux

Country of Origin : France

University :

IUT Michel de Montaigne

University Course :

Institutional Communication

In IHECS : Winter Semester 2010-11

If you're French, then going to Belgium to do an Erasmus trip may not seem very adventurous. But you'd be wrong to think that. It doesn't matter where you go, because you will learn, meet people, grow as a person and experience more of life. I hadn't really travelled before. So I left home wanting to discover new cultures and I have to say that I've not been disappointed. Brussels is the capital of Europe, a cosmopolitan city. I had something of a headstart: I spoke the language. This Erasmus has truly lived up to my expectations, as I've met some great people from all over the world.

I've quickly found my feet in Brussels. I was lucky enough to find a place to share with Belgian students from IHECS! Naturally, they've offered me lots of useful tips and have helped me with a number of local expressions, which are rather different from those in my home country of France. Brussels is a place where people don't feel overwhelmed by the city's size.

"J'ai décidé d'être heureux parce que c'est bon pour la santé." (Voltaire)*

I came to Brussels to do my Erasmus mainly so that I could go to IHECS, which has a great reputation. The lessons really looked interesting. Also, IHECS has lots of options, and these enabled me to broaden my skills. I now feel as though I've got to the point where I could work in public relations, if I so choose. At IHECS, I've picked up skills in advertising and photography, fields that I'd never taken the time to explore before.

When my Erasmus is over, I'll return to France, because I've got projects there that I have to finish in order to get my degree. IHECS has helped me make up my mind about what I'll do in future and given me a taste for travel. So I'll complete my studies in public relations, then I'll take time off to explore other countries and other cultures. I may even go to South America to improve my Spanish!

Nathalie Aubin

* «I have decide to be happy because it is good for health.»



**Andreea
BACIU**

Date of Birth : 08.07.1989

Place of Birth : Bucarest

Town of Residence : Bucarest

Country of Origin: Romania

University :

Universitatea din Bucuresti

University Course :

Journalism and Communication

In IHECS : Winter Semester 2010-11

It's certainly an experience that you'll remember for the rest of your life. Especially if you're used to parents doing everything for you all the time. Here, you can be independent and have to take more responsibility for yourself, because you'll have a busy life. I chose to do an Erasmus study visit because I thought it would be a great opportunity to improve my French and to make new friends. It's also an easy way to discover a country and its inhabitants, and to learn about the different mindsets of people from other countries.

I have to say that I quickly found my feet in Brussels. I like the people, the city and culture. The city has some lovely little streets with great restaurants, cafés and fantastic chocolate stores. The Petit Sablon and Rue Neuve are my favourite places. I'm also impressed by this city's architecture. I love the contrasts between the modern style and the gothic, baroque and occasional Renaissance styles that can be seen all over Brussels. I also like the churches. They are old buildings, but have long stood the test of time. When I look at the buildings, I can picture some of the history that has passed by. Sometimes, Brussels seems both medieval and cosmopolitan. It's an elegant blend of the old and new. But I don't like this country's climate. It rains a lot here. When it's fine outside, I like walking in the park or taking short strolls around the city.

" CARPE DIEM! "

IHECS is a good and welcoming faculty. The teachers are very knowledgeable about their specialist fields. They are very friendly people. They clearly enjoy giving their classes. It's a real pleasure to study when you have teachers like those at IHECS. The timetable can seem a little strange or complex, for the Erasmus students as well as for the other Belgian students. But we soon get used to it.

All I want to do right now is return to Romania, because I really miss my family and friends. I'm pretty sure now that I'll never be away for too long from those I love. I want to finish my studies and then enrol for a master's degree in public relations. I've learned that there's no place like home!

Baciu Andreea



Philip BARCLAY

Date of Birth : 12.05.1988

Place of Birth : Trois-Rivières

Town of Residence : Québec

Country of Origin : Canada

University :

Université Laval

University Course :

Publicity

In IHECS : Spring Semester 2010-11

For me, Erasmus has been an opportunity to become a new person and move out of my comfort zone to embrace a new culture. In Erasmus, the emotions you experience are heightened by the whole situation, the highs and lows are amplified, and you feel more alive than ever. It's also the idea of setting off on an adventure, of leading a new and different life for a few months – months that you'll remember for the rest of your life. I also think that it's a great opportunity to learn more about yourself, to test yourself, overcome your fears and become a better person

My knowledge of French helped me to find my feet here with relative ease. From time to time, of course, differences in the accent can lead to some amusing situations, but that's all been part of the charm of my stay here. The temperature is fine, the students are warm and friendly, and the city offers an interesting nightlife. What more could I want? From a cultural viewpoint, the city has lots to offer. Whether you're into beer, churches, music or chocolate, there will always be plenty of knowledgeable people around who are happy to share their favourites.

*" Sometimes you win,
Sometimes you learn."*

IHECS has its little problems, but is an excellent school for practical work. The teachers are very experienced and enthusiastically share their knowledge. In many cases, they are working professionals, which means their lessons are particularly practical. Thanks to the school's modern infrastructure, ample time can be spent looking at techniques and focusing directly on key points. The students, male and especially female, are charming and open-minded. I'm likely to miss the friendly and relaxed atmosphere here.

At a later stage, I'd like to make good use of the knowledge that I've picked up throughout my time studying at university. I want to work in the field of brands and the web, especially with start-ups and progressive groups. I am keen to make maximum use of my creative potential, particularly in writing and design. I'm very attracted to New York, London and Los Angeles. These cities are at the heart of culture and are full of interesting resources for someone working in advertising. I think this Erasmus in Brussels has really helped me to broaden my horizons and made me realise that the only limits are in my head.

Philip Barclay



**Susanna
ODIN**

Date of Birth : 06.01.1985

Place of Birth : Vara

Town of Residence : Göteborg

Country of Origin : Sweden

University :

Göteborgs Universitet

University Course :

Journalism

In IHECS : Winter Semester 2011-12

I wanted to do an Erasmus exchange in order to experience how it is to study in a different country and to study the field of communication in English. I chose IHECS because my boyfriend's brother used to study there and he did a good job in promoting the school ! I felt that I lacked some of the « know-how » that he had gained during his studies and therefore I wanted to take the opportunity to study at this school. I also understood that IHECS had a good reputation both in Belgium as well as in Sweden..

I will keep in mind the friendly people! I find it amazing that people in general are so friendly towards one another. But also people's flexible approach to issues, that somehow there is always a solution to a problem and that people try their best to find these solutions. This goes for people I've met in everyday life and especially for the staff of the Mobility Office at IHECS as well as the friendly teachers and classmates !!

*" Bara döda fiskar följer strömmen." **

The winter and the weather are very different from Sweden! I'm not really keen on the snow and the -20 degrees and the gloomy darkness that keeps Sweden captivated for several months. Therefore I love to be here in Belgium where the cold is bearable. And of course the kissing part: in Sweden we have a big comfort zone, so when we meet someone for the first time we shake hands within a meter distance. So it has been a bit of an adjustment to let unknown people kiss me, but at the same time it's been a very nice change. Kissing is much nicer than just shaking hands, so I might bring that back to Sweden!

During my stay here I've come to figure out what it is that I want to work with in the future, that part always used to be a bit blurry for me. As a result of coming to that conclusion, I have a lot more hope than before to find a job in the first place, and to find one I enjoy and am passionate about. I think also one of the things that is so valuable about IHECS is that the teachers here really care about the future of their students, and have a network of contacts in the professional sphere and can thus provide a great start for the students.

Susanna Odén

* «Only dead fish follow the stream.»



**Nina
BRISMAN**

Date of Birth : 12.06.1986

Place of Birth : Göteborg

Town of Residence : Göteborg

Country of Origin : Sweden

University :

Göteborgs Universitet

University Course :

Journalism

In IHECS : Winter Semester 2010-11

Being a journalist is all about taking an interest in the world, in my opinion. That means getting to know it, meeting lots of people, and discovering different ways of living. Doing an Erasmus study visit gives you the chance to do those things. You can learn lots from just talking to the other students. After meeting various people, you soon realise that there are a number of different ways of doing things. I've had a great time living in a new city where I didn't know anyone. It gives me a feeling of freedom. Another goal I had of course was to speak better French.

When I saw Brussels for the first time, I thought it looked a lot like France. The buildings, the atmosphere, language and people gave me the impression that I was in that country. That was fine by me, as I really like France. But I gradually came to see that Brussels is not a French city, but a city with its own atmosphere and very friendly people. In my view, Brussels has something exotic about it. Sweden is not so far from here, but when I walk anywhere in the streets of Brussels, I look around me and say "wow". Compared with Brussels, Sweden seems dull to me. Here you can see life everywhere, especially in the area where I live. The small shops, bakeries and cafés really make you feel as though you're living in a city that never sleeps.

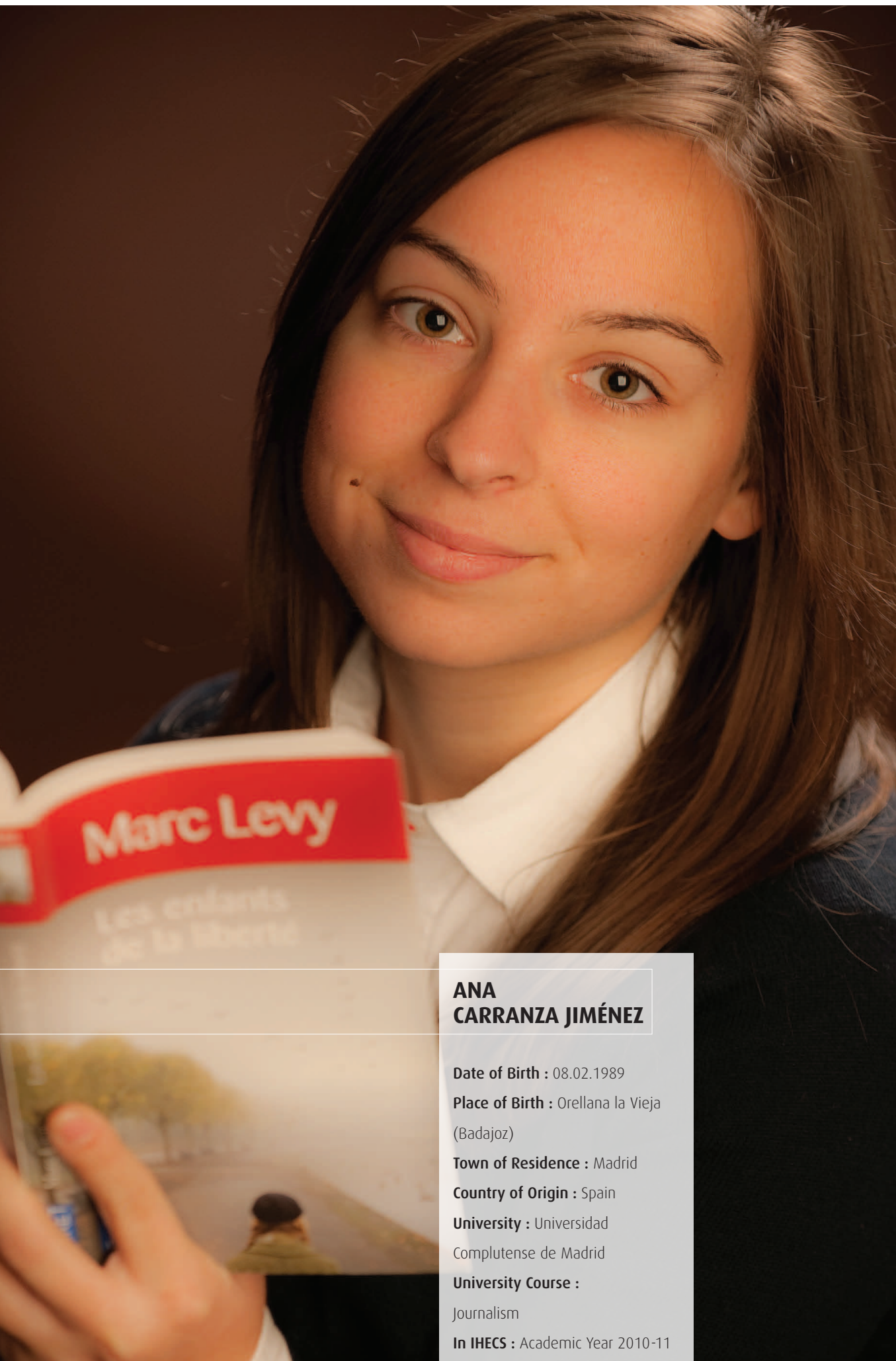
*" Man kan inte både äta kakan
och ha den kvar." **

IHECS seems quite big to me. In Sweden, I'm used to small groups and the fact that the teachers know who I am. Studying at IHECS has been a challenge, not just because the teaching is in French, but also because everything is different. The teachers really know their subjects, the equipment is good and the exercises are interesting. I've increased my basic knowledge of journalism. I've learned some new things too. When I leave IHECS, I think or hope that I'll be more proficient than when I started here.

My view of the future has changed a lot since coming to Brussels. I now see no end of opportunities: which I like, although this also scares me somewhat. After the graphic arts classes at IHECS, which I really liked, I think I could do something more creative. I'd like to do more studies in graphic arts and photography. IHECS has maybe brought out the artist in me. So I'm keen now to do a work placement or to work abroad. I'd still like to improve my French and even learn other languages.

Nina Brisman

* «We cannot have our cake and eat it.»



**ANA
CARRANZA JIMÉNEZ**

Date of Birth : 08.02.1989

Place of Birth : Orellana la Vieja
(Badajoz)

Town of Residence : Madrid

Country of Origin : Spain

University : Universidad
Complutense de Madrid

University Course :

Journalism

In IHECS : Academic Year 2010-11

Why make an Erasmus study visit? It's the best way of learning many things from different aspects of our lives. One of the most important examples of this is an improvement in your language level. This will enhance your chances of getting into the complex labour market of big communication groups. In addition, your classes and friends may offer you insight into other ways of looking at the same profession. If you spend a year doing university-level studies abroad, you will change the way you look at your own country. You will also become a mature person, as a result of learning about the culture of another country and through all the people you get to meet.

It's easy living here because Brussels is a very calm city in comparison with Madrid, and accommodation here is fairly inexpensive. With public transport, you can visit nearby cities such as Bruges and Ghent, without spending a fortune. Brussels has a historic centre and it's just perfect for strolling and enjoying the streets lined with shops that sell chocolate and waffles. It goes without saying that you'll also see many interesting monuments. The only disadvantage, for people from warmer countries, is the weather in winter. The solution is simply to get some warm gloves and a large coat.

"No creo en el género humano. Creo en los seres humanos, uno a uno."

*Ganamos mucho en la distancia corta.**

(Arturo Pérez-Reverte)

Students at IHECS organised parties and meetings, so they could get to know us. This meant we could learn how the faculty worked, while enjoying a friendly and fun atmosphere. At the same time, we met lots of people, who helped us to discover the city and to practise speaking their language. We have close contact with the teachers and lessons are very much about getting involved. Students must write something almost every day. This is the best way of learning how professionals write for TV and radio news programmes, newspapers or online.

Your professional future will not be clear, since you have still to finish your university studies. Should I choose to specialise in international or sports journalism? I was unsure about that. I would later like to see if it's possible to start working in a media organisation this summer. Or I may look into the prospect of preparing for a second master's degree in international relations in Spain or at another foreign university. If I choose the latter, it would most likely be an English-speaking university. This would allow me to improve my English language skills, therefore giving me a better chance of finding work.

* «I don't believe in humankind. I believe in individual human beings. There is much to be gained from short distances.»



**Sylvia
DE NIJS**

Date of Birth : 22.03.1990

Place of Birth : Termonde

Town of Residence: Opwijk

Country of Origin: Belgium

University :

Erasmushogeschool

University Course :

Public Relations

In IHECS : Winter Semester 2010-11

The idea of doing an Erasmus had been running round my head for some time.

At first, I thought about going to France. But when I heard it was also possible in Belgium at IHECS, I made up my mind. I feel that there are advantages to living in Belgium and doing Erasmus here. Following a course in French has helped me to improve my French, which was the most important reason for me to do Erasmus. I also get to see my family regularly and I see my Flemish friends. I'm very happy with my decision, because if I work in Brussels after my studies, I'll be able to speak French – which is crucial for anyone working in the capital.

Brussels is a multicultural capital. There are so many nationalities here and people speak lots of different languages. When I walk around the city or take the metro, I hear Spanish, Moroccan, Italian and plenty of other languages.

I like hearing these different languages, because I feel as if I'm on holiday. Brussels is a place where you always have a good time. It has many great cafés, fascinating museums, fun events and attractive shops. This is the third year I have studied in Brussels. I see life as a voyage of discovery. There are so many things you should discover, including fun things and less pleasant ones. Afterwards, you should focus on what is good for you.

*“Leer van gisteren,
droom van morgen, leef vandaag.”**

Following courses at IHECS has been a great experience.

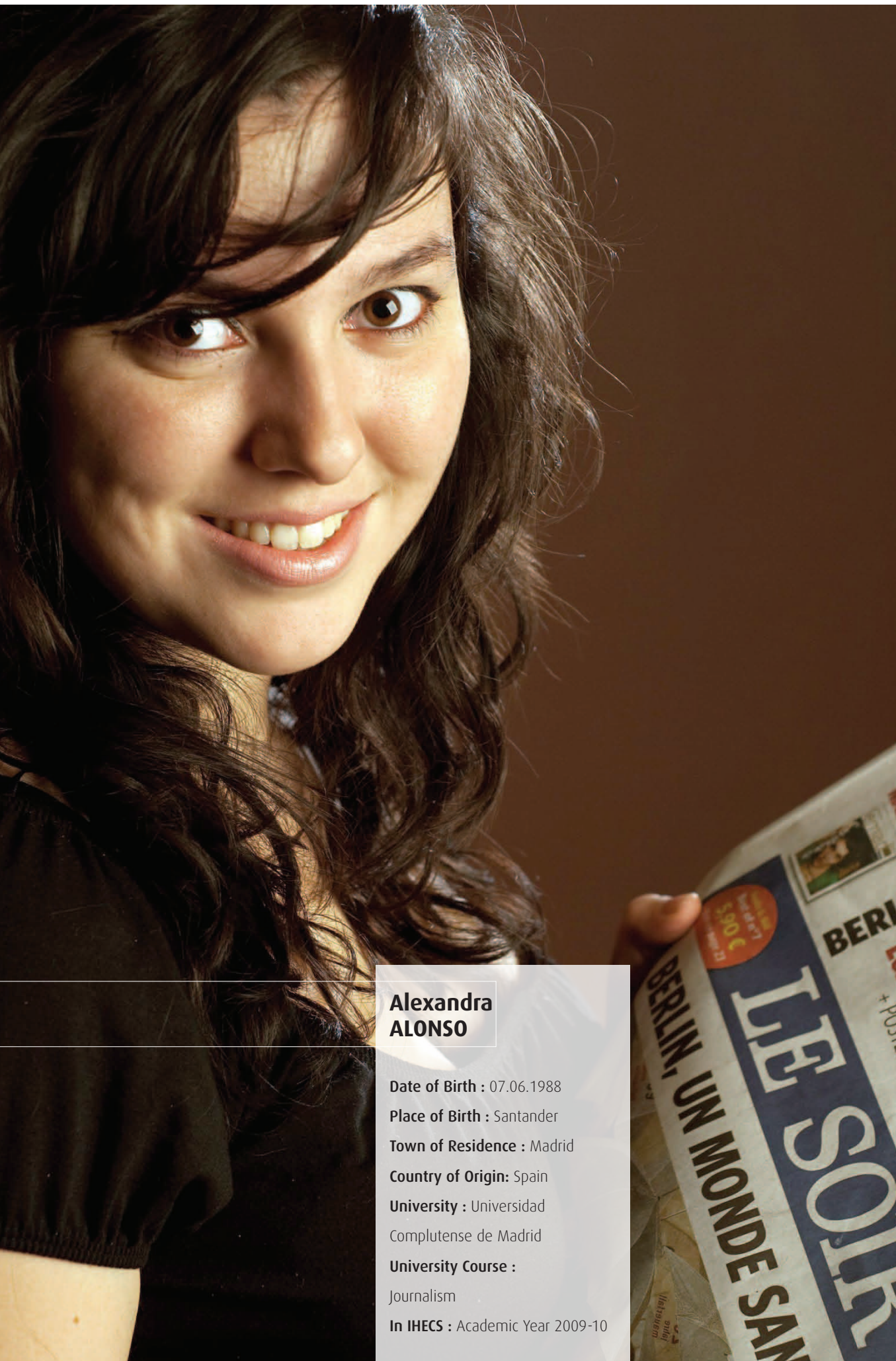
What I like best are the practical lessons, which are called 'cours bloc'. Working with other students increasingly encourages me to speak more in French and to do my best. We brainstorm in order to come up with a good idea for the cours bloc. I really like that, because sharing ideas gives me new ideas. During the cours bloc, I've learned to work with many kinds of software, including Photoshop, InDesign and Illustrator. I was impressed to find that IHECS had so many Mac computers. The school is really well equipped when it comes to computers.

My career plans.

I always try to make the most of life and to take each day as it comes. So I'm not sure yet what I'll do after my studies. My dream is to improve my skills in the field of public relations. I'd like to organise press conferences, write press releases, and so on. Of course, I still want to learn – especially French. I think I'll read more books in French than I did before.



* «Learn from yesterday, dream of tomorrow, live today.»



**Alexandra
ALONSO**

Date of Birth : 07.06.1988

Place of Birth : Santander

Town of Residence : Madrid

Country of Origin: Spain

University : Universidad
Complutense de Madrid

University Course :

Journalism

In IHECS : Academic Year 2009-10

It's a very rewarding experience to be able to get to know people, as well as the culture of the host country and of the other students. In my opinion, all European students should be obliged to spend several months living and studying abroad. No student who has completed an Erasmus will ever forget his or her adventure.

It didn't take me long to feel very much at home in Brussels. It wasn't the first time I've lived away from my parents. Language wasn't much of a problem, because Belgians are very friendly and patient with foreigners. They are always ready to help us. What I found tough was resisting the temptation to eat chips, waffles and chocolate all the time.

Like all Spaniards, I'm very happy with IHECS, because its approach is far more practical than our university, in Madrid. At the moment, we are taking TV classes and it's the first time that we've had a chance to use a camera and edit a report. Also, as this is a small school, we all know one another and our Belgian friends are quick to introduce us into their group.

"They did not know it was impossible, so they did it!" (Marc Twain)

I must first finish my studies in Madrid, where I will be taking part in a few events on Erasmus, so that I can keep in touch with this field. Afterwards, I'm not sure what I'm going to do, but I'd love to travel. At the moment, I can't seem to stay in any one place for long. While I'm hunting for a job, I'll try to get a grant or two, so that I can do my placements abroad.

*Alexandra
Alonso*



**Ana Rita
DINIS**

Date of Birth : 30.03.1990

Place of Birth : Lisbon

Town of Residence : Lisbon

Country of origin : Portugal

University : Escola Superior de
Comunicação Social

University Course :

Journalism

In IHECS : Academic Year 2010-11

As I see it, an Erasmus is an opportunity that no modern student should pass up. Young people today are very spoiled and not very self-sufficient. So living alone in a country where you don't know the language well is the best way of beating this trend. Also, in our field of study, we must understand the world – the different ways that people think, different ways of living. Above all, we need to get to know more about the journalist profession. All this knowledge will help us to grow as people, not only in a professional sense but also personally.

I didn't find **Brussels** very friendly in the early days of my stay, because I struggled to find an apartment. It also rained a lot and the city didn't seem very attractive. But I'm now in a nice place and happy. Despite all these adventures, my opinion of Brussels has changed enormously: people are very kind, the buildings are a mix of old and new, and there are many parks where I like walking when the weather is fine. I like this city's cultural diversity.

*" A solidão apavora mas a nova amizade encoraja, e é por isso que a gente viaja procurando um reencontro ou uma descoberta que compense a nossa mais recente despedida." **

(Gabriel o Pensador – bresilian singer)

IHECS is a university that feels a bit like my own back in Lisbon. In both of these universities, I like the fact that they attach a great deal of importance to practical work. But IHECS has a few advantages: it is better equipped, with lots of Mac computers, cameras, studios, workshops, and large auditoriums. It is well situated too, right in the city centre. My knowledge of journalism has increased enormously, thanks to my course at IHECS.

The way I view my career developing has changed somewhat, as a result of my time studying at IHECS and, of course, living in **Brussels**. I'm now sure that I will continue studying French when I return to Portugal. I really enjoyed the photo course and I'd therefore like to improve my photography skills. Next year, when I complete my degree, I'd like to get work experience. Lastly, I'm considering doing a master's degree in international relations. That may be abroad.

Rita Dinis

* «Solitude can be frightening, but a new friendship is comforting. That's why we travel and seek out memories or discoveries that resemble the moment when we said 'goodbye'.»



**Katharina
BONS**

Date of Birth : 03.09.1985

Place of Birth: Oberhausen

Town of Residence : Dortmund

Country of Origin : Germany

University : Technische Universität
Dortmund

University Course:
Journalism and Social sciences

In IHECS : Winter Semester 2009-10

In my view, the best way to learn a foreign language is to live and study in the country where that language is spoken. After spending a semester in the United States during my secondary studies, I really wanted to relive that experience by doing an Erasmus exchange. But I didn't only want to improve my French. My aim was also to get to know Belgians and students from all over the world. By meeting young people from many different places, I learned a lot about their countries and respective cultures. And I even discovered things about my home country! It was fascinating for me to discover how Germany is perceived abroad.

As the capital of Europe, Brussels also caught my attention. Many journalists work in this city and many key decisions are made here. So I decided it would be good to study journalism in Brussels. Belgians are very friendly and helpful. There are also hundreds of Erasmus students, so it's easy to get to know people and find things to do. The city is packed with museums and offers many concerts and festivals. Yet it's not too big, so you quickly get your bearings. Foreigners benefit from the fact that Belgium is not too big: they can easily visit other Belgian cities, without spending a fortune.

*"Die Welt ist ein Buch. Wer nie reist, sieht eine Seite davon." **

(Aurelius Augustinus)

The practical courses at IHECS were a major attraction for me. I was also impressed by the concept of the second year, during which students learn to master different media. Thanks to my stay at IHECS, I learned digital photography – both theory and practice. I also enjoyed the current affairs seminar – even though this requires a great deal of work, particularly for foreigners unfamiliar with Belgian politics and society. I learned a lot about Belgium from reading daily newspapers. And I was delighted to work with Belgian students for the television lessons.

When I finish my studies in Germany, I hope to work for an online news organisation. That would allow me to continue writing, making videos and covering current affairs – which is just what I want to do. Naturally, I would like to stay in contact with the other Erasmus students and the Belgians that I've got to know. I would also like to keep practising my French. So I've got plenty of reasons to return to Brussels.

Katharina BONS

* «The world is like a book. Someone who never travels will only see one page of it.»



**Miruna Ioana
GHEORGHIU**

Date of Birth : 20.12.1988

Place of Birth : Rosiori de Vede

Town of Residence : Bucarest

Country of Origin : Romania

University :

Universitatea din Bucaresti

University Course :

Journalism and Communication

In IHECS : Winter Semester 2009-10

An Erasmus study visit is the best way to try something different, to meet interesting people (from every point of view), and to make the most of the experience of living in a new country. In my view, Erasmus is a new culture, a way of living differently than I do back in my home country. Erasmus opens our minds and is an important gateway to the future. It makes us realise that the path to true maturity is paved with many possibilities – far more than we ever could have imagined.

Brussels is a city that welcomes people. From the moment I first set foot on the platform at Midi Station, I knew that I was going to like my time staying here. At first, I'll admit it was more difficult. I didn't know anyone apart from Sorana and my French was not great. So my best friend was a real help. Slowly but surely, I discovered all the beautiful things that Brussels has to offer. I soon felt at home in Brussels, after getting to know everything from the Manneken Pis statue to the city's excellent museums and tasty waffles.

I must say that IHECS exceeded my expectations. I met many highly motivated and professional people here. Their presence is reassuring and makes students feel confident that everything functions perfectly. The teachers work hard and are eager to share their knowledge with students. The students themselves are dynamic and committed, so we are encouraged to be as good as them.

I like IHECS ... It's a place where studying is a genuine pleasure.

*" La plus perdue de toutes les
journées est celle où l'on n'a pas ri." **

(Sébastien Roch Nicolas)

After spending months in Brussels, I'm seriously thinking about the option of doing a master's degree in Belgium (maybe at IHECS). I've always wanted to work in advertising and I think this experience has reinforced my desire to pursue my dream. Be in creative advertising, graphic design or something else... I know now that there are lots of options open to me.

M. Gheorghiu

* «The most wasted days are those when we do not laugh.»



Miguel GIRDALÓS BORQUE

Date of Birth : 22.01.1990

Place of Birth : Valencia

Town of Residence : Valencia

Country of Origin : Spain

University :

Universitat de Valencia

University Course :

Journalism

In IHECS : Spring Semester 2010-11

Why do an Erasmus study visit? Living in another country, learning a new language and a new culture, getting to know lots of people, being independent... these are just a few reasons to sign up for an Erasmus trip. Whatever the culture, religion or country of origin, Erasmus will make you a better person in every aspect of your life. It's an opportunity that nobody can refuse.

Why Brussels? If someone had asked me this question before I came, I wouldn't have known how to reply. I chose Brussels because I knew hardly anything about Belgium and I wanted to find out more. I really like unfamiliar countries, because when I arrive I have no particular expectations of the country. That means that everything will be unexpected, unique and special. Today, I love eating chips with mayonnaise, and mussels with chips. My favourite beer is Delirium. I adore sipping a hot mulled wine during the city's Christmas market or just walking around the centre of Brussels with friends.

*"El más terrible de los sentimientos es el sentimiento de tener la esperanza perdida." ** (Federico García Lorca)

IHECS is a small university, but has many things in its favour. There's not too many students. But those who are at IHECS may one day become great journalists, communicators or PR people. That's because IHECS is a university offering a highly customised education for each student. Here, students are not simply numbers on a list for the teachers: they all have a first name and family name. That kind of relationship is impossible in large universities. However, the best thing about IHECS is the mix of practical and theory lessons.

After my Erasmus stay, I'll return to Valencia to complete my last year at university. That's my only goal for now. I'm not sure that I want to become a press journalist. I like audiovisual communication as well as cinema, radio and TV. So I'll maybe study those subjects after my journalism studies. But I'm pretty sure I'll do more French and English studies, as it would also be great to work here in Brussels at the European Parliament. So I'm open to many different opportunities!

* «Losing hope is the worst feeling of all.»



**Cristina
GONZÁLEZ RODRÍGUEZ**

Date of Birth : 28.01.1989

Place of Birth : Tenerife

Town of Residence : Santa Cruz de
Tenerife

Country of Origin : Spain

University : Universidad
Complutense de Madrid

University Course :
Journalism

In IHECS : Academic Year 2010-11

Ever since I started my journalism studies, I've wanted to do Erasmus. It's a great opportunity to learn about other cultures and other people. You can also learn new languages, the languages of each country. Before leaving Spain, someone told me that Erasmus was an unforgettable experience. I certainly won't ever forget my year in Brussels. Erasmus has been a perfect opportunity, not only to discover new places, but also to make great friends, who I hope to keep for the rest of my life.

I remember the day I arrived in Brussels. It was really awful! I was genuinely worried that I wouldn't know how to cope with this new situation. Luckily for me, I met lots of people who made my time in Brussels a good one. I'm delighted to have the chance of living in Brussels for this whole year. That's why I think this experience has been really positive.

Not simply for the French I've learned, but also for everything that I've experienced here: the people, the school, travel with my friends and so on. There's only one thing I don't like about Brussels, and that's the cold weather!

IHECS is a perfect place to learn what real journalism means. There is plenty of practical work and the courses are genuinely interesting and useful for students of journalism. I know that I've learned new things here that I didn't know before I arrived. This is a school where students can experience journalism for themselves. At IHECS, I've felt as though I was a real journalist! Whenever I've had a problem in Brussels or at IHECS, there has been someone to guide me. That's why I believe IHECS is a place where students can really learn a great deal about journalism. But most of all it's a place where students can meet good Belgian citizens.

My career. After three months living in Brussels, I think it'll be hard to have another similar experience. I don't usually spend much time thinking about my future, because I prefer living from day to day. But if I have to choose something for my future in Brussels, it's likely to be doing just what I have been doing so far. I admit my early days here were not easy, but I can say now that all those experiences were worthwhile. I sincerely hope that I'll always have fond memories of my Erasmus time in Brussels and that they will be among the very best of my life.

*"Cada uno tiene que luchar por ser el mejor, pero sin los demás es imposible." **

* «We should all do everything in our power to be the best we can ; but without other people, that's impossible.»



**Esther
HERRERA**

Date of Birth : 30.04.1989

Place of Birth : Barcelona

Town of Residence : Barcelona

Country of Origin : Spain

University : Universitat Autònoma
de Barcelona

University Course :

Journalism

In IHECS : Spring Semester 2010-11

I've always believed that Erasmus was a tremendous life-time opportunity. I was forever fascinated by the idea of living in a foreign country and speaking a different language than my own. I love travelling. I'm studying journalism and I feel that an experience like Erasmus is very important. I believe that a good journalist is someone who has had a variety of different experiences.

The heart of Europe, the capital of the European Union. Brussels is a city of many clichés. Sometimes it's cold, but it's always cheerful. The city also quickly welcomed me and made me feel at home. Brussels is not just about the Manneken Pis statue or the Atomium. It's a city where people are genuinely friendly and hospitable. I've felt very comfortable here, ever since I arrived in the city. Brussels quickly came to me, in fact. I've never had any problems in this city and I feel now as if I've always lived here. That said, I sometimes look up and realise that I'm walking round the streets of Brussels. That's when I say to myself: "Hey, I'm living in Brussels!"

The first time that I read anything about IHECS, was when I visited its website. I picked up all kinds of information, saw the photos and thought: "That's where I want to go!" Six months later, I was walking for the first time down the school's corridors and in the streets of Brussels. Settling into the school has actually been very easy. I've been made to feel at home by everyone, and everything has gone well for me from the start. The courses are tough, especially in Master 1. But I'm still happy. I think about everything that I've experienced over my Erasmus time in this school and I tell myself that this has been the best experience of my life.

*"La verdadera educació consisteix en obtenir el millor d'un mateix." **

In the past, when some people asked me why I was not staying for the whole academic year, I would answer that a year was too long for me. But after these few months in Belgium, I realise that **I'm very happy in Brussels** and at IHECS. So, I've decided to stay for the whole year. After my Erasmus time, I want to go travelling. I'd like to see Mali and then I'll go to Cuba, where I hope to climb the island's highest mountain, Pico Turquino. After the summer, I will have to finish my journalism studies. But I hope I'll be able to find a job quickly and pursue what I like doing most: journalism!

* «Real education is about getting the best out of oneself.»



**Maria
KUULA**

Date of Birth: 19.08.1989

Place of Birth : Hämeenlinna

Town of Residence : Jyväskylä

Country of Origin : Finland

University :

Jyväskylän Yliopisto

University Course :

Public Relations

In IHECS : Spring Semester 2010-11

It was always my dream to study in a French-speaking country.

I think French is the most beautiful language in the world. Ever since I was young, I've wanted to learn it. For me, this experience was an opportunity to discover a new country and a new culture, to get to know some great people and of course to be able to practise lots of French. I've been able to live a very different life than the one I had back in Finland and I've met some special and inspiring people. With this Erasmus, I've also been able to follow a course not offered by my university.

From my first day in Brussels, I've felt very much at home.

I like the old architecture, the large and narrow buildings. The city is big, but it's easy to get around here. IHECS and CIAE (Erasmus Welcome Committee) helped us to settle in well. It was a bit of a struggle to find accommodation, but I finally got myself a nice student flat. What I've missed most in Brussels is contact with nature. The most interesting thing about the city is its multicultural dimension.

I really like IHECS. The teachers are good at what they do, the lessons are diverse and the premises are nice. All my courses

were in French and I've got much better at the subject. All the teachers have gone out of their way to help Erasmus students and I'm very grateful for that. In Finland, I studied public relations. But here, I've been able to follow the journalism course and so my education has been widened and become more diverse. What I really like are the practical classes at IHECS.

*"Hier c'est déjà du passé, demain c'est encore un mystère, mais aujourd'hui c'est un cadeau, et c'est pour cela qu'on l'appelle: le présent." **

(an Oriental proverb)

I'll first complete my studies in Finland.

Then I'll do more studies in social sciences and management. I would then like to improve my French and pursue my studies in German. I may well stay for a while in Germany. After a few years, it'll be time to start work. I've still not decided where I would like to work, although I'm interested in several communication-type jobs. One of my dreams is to work in European Union communication. So maybe one day I'll return to Brussels and work here.

Maria Kuula

* «Yesterday has already gone, tomorrow is still a mystery, but today is a gift, which is why it is called the present.»



**Andréanne
LEVESQUE**

Date of Birth : 20.11.1987

Place of Birth : Québec

Town of Residence : Québec

Country of Origin : Canada

University :

Université Laval

University Course :

Public Relations

In IHECS : Spring Semester 2010-11

Doing an Erasmus was my main goal when I started my bachelor's degree. To have such a life-enhancing experience could only be a plus in my university career and for me personally. Living in another country, on another continent, is an ideal opportunity to break down the barriers and extend our personal boundaries. For me, the Erasmus study visit also turned out to be a good way of discovering the world and travelling round Europe.

I found it easy to settle in Brussels. Belgians are very welcoming and that makes it easier to feel at home there, in your new country. Of course, living in another country for six months has its ups and downs. You can sometimes feel a little down and miss your family, although that is all part of the Erasmus experience. It should be said that there are several positive aspects to living in such a different place. Brussels is a multicultural city and in my opinion this diversity is what makes it such a great capital of Europe.

IHECS is an unmatched place of learning. Here, I made an effort to seek out what I didn't necessarily have at the Université Laval: the practical side of the job of public relations. At IHECS, theory is not given pride of place. Instead, students get a genuine introduction to what it means to be working in the field of journalism. We learn the practical side, complementing all the theories that we learn in our courses. When this course ends, I know that I will have familiarised myself with several aspects of the profession which I've not yet had a chance to explore. These things will be of great help to me in my future career.

*"Il n'y a pas de réussite facile
ni d'échecs définitifs" ** (Marcel Proust)

As for my career, I intend to continue as before and keep my options open and let life be my guide. I have another year to go before finishing my studies and I would like to enjoy each day as it comes. I'd like to go on letting my world influence me and help me to grow as a person. I also strongly believe that this will give me a critical eye with which to look at society, something that should prove useful throughout my career. So what would be my ideal job? Working in public relations in the arts sector, either in the world of fashion or theatre.

Andréanne Levesque

* «There is no easy success nor any definitive failures.»



**Diana
ISKANDER**

Date of Birth : 01.01.1989

Place of Birth : Szeged

Ville de résidence : Szeged

Country of Origin : Hungary

University : Szegedi

Tudományegyetem

University Course :

Communication and Medias

In IHECS : Spring Semester 2011-12

I chose Erasmus because I think it's a very good opportunity

to learn how to live alone in another country and get lots of life experience - it's also great for improving languages. I chose IHECS because I heard many good things about the school, and also because Brussels is the centre of Europe. What they say about IHECS is certainly true! I love it. It's practical in that we have to work in groups and on different projects and we can rent a camera or a photo studio whenever we want, so we really have a great opportunity to stretch ourselves. I went to the "La nuit des medias" night at IHECS, which was well organized and so much fun..

I'll remember of course the beers, waffles and chocolate... but even more that I started to study French here and to meet new friends, and I also realized that I love photography and I've travelled to the centre of Europe, which I've always wanted to do.

In Hungary I don't live in the capital city, Budapest. I live in Szeged, which is a lovely city, so I thought to move to a capital city where I don't speak the language would be hard at first. But it wasn't because the people in Brussels are so kind. To Brussels, every Western European city is close, so I had a really good opportunity to travel cheaply everywhere. Certainly some of my dreams came true, because I love to travel and see other cultures! I went to Amsterdam, Paris and London, and we're going to Stockholm and Luxembourg. Also in Belgium we went to Antwerp, Bruges and Ostende, which were delightful.

" Everything happens for a good reason."

Erasmus influenced me in many ways. Firstly, this was my first experience of living on my own, which was really good, especially as I had an excellent room mate, Patricia. My English is really good now. I know that I can do anything if I have knowledge of other languages. So I'll continue to study French when I return home. Now I feel that I know what I want, which is to be a professional photographer. I also want to keep travelling as much as I can. And I will look for another chance to do an internship in another part of the world.

Iskander Diana



**Miriam
PLAZA GIMENO**

Date of Birth : 20.07.1989

Place of Birth : Madrid

Town of Residence : Alpedrete

Country of Origin : Spain

University : Universidad

Complutense de Madrid

University Course :

Journalism

In IHECS : Academic Year 2010-11

Doing an Erasmus study visit helps to give you a broader view of the world in general.

You learn lots from meeting many different people in a new city. They may be people of every nationality, with different backgrounds, lives and countries. But above all, doing an Erasmus will teach you a great deal about yourself. That's the most important thing I learned here.

I had no problems settling into Brussels.

Here, people really like Spaniards! To be honest, I don't really want to leave now. My new friends are great and I feel very happy with everything that I've learned, especially French. I've been welcomed by everyone with open arms right from the start. Everyone seemed to take an interest in me, and they were all very kind and friendly with me.

I'm truly delighted to have come to IHECS.

I chose this university because it's small and more personal and therefore seemed to be the exact opposite of my own university in Madrid. My lessons are very interesting and I've learned a lot in the short time that I've spent here. Everyone has been great, very kind and open with us. The teachers were eager to get to know us and they want to learn what we think about many different things. They have helped us with everything they could. People were all interested in making our acquaintance from day one and many would later become our friends. I'll leave with fond memories of IHECS and of Belgium in general.

*"Aunque este universo poseo, nada poseo, pues no puedo conocer lo desconocido si me aferro a lo conocido." **

(Robert Fisher)

My career.

Now that I'm going home, I hope to pursue my studies in Madrid. And I'll try to do a work placement, because with all the experience I've picked up from IHECS, I'd like to learn the most practical side of journalism. After that, I just don't know what I'll do. I intend to do a master's degree, possibly abroad again. This has been my first adventure abroad, but hopefully not my last!



* «I may have all the world, but I've still got nothing. Because I can't know the unknown if I cling to whatever is familiar.»



**Naira
RODRÍGUEZ**

Date of Birth : 27.08.1988

Place of Birth : Alicante

Town of Residence : Madrid and
Alicante

Country of Origin : Spain

University: Universidad
Complutense de Madrid

University Course :
Journalism

In IHECS : Academic Year 2010-11

Why do an Erasmus study visit? When I was 16, I said to my parents that as soon as I started university, I would ask for an Erasmus scholarship. I couldn't believe my luck the day when I was awarded it. In my university, there are few places available, compared to the number of people who would like to study abroad with Erasmus. Erasmus is a wonderful opportunity to get to know a country, its culture, customs, and people... It's also a good way to improve your skills in a foreign language and to learn how foreign education systems work. Most of all, Erasmus is a superb experience, helping people to learn more about themselves. It's a fun experience and one that I'd recommend. I think everyone should experience it.

*"No es sabio el que sabe dónde está el tesoro, sino el que trabaja y lo saca."**

(Francisco de Quevedo)

Settling into Brussels. It's not easy to feel excluded when living in Brussels. That's because this is a city where you can meet people from all over the world. It's an attractive city and full of life. There's always something to do here and people tend to welcome you. It's also a very interesting city from a journalism viewpoint, since this is the heart of the European Union. Almost every day there is some kind of interesting event going on here.

I'm more than happy with my stay at IHECS, because I can study subjects that are not available in my own university in Madrid. The three weeks of TV lessons were pretty tough, but very helpful: working in a situation that is very similar to one that we'd encounter in our future career has been a great experience. The Belgian students were also always ready to help us, whenever we faced some kind of challenge at school.

My career. I'd like to do a master's degree abroad. Or specialise in cinema or even do a course on dubbing. If possible, I'd really like to have a job linked to the world of cinema. But I've not yet made up my mind. Luckily, I've still got a year more at Madrid university. That will give me time to think carefully about my professional career.

* «They who know where the treasure can be found are not as wise as they who work to find it.»



**Hanna
WEISZ**

Date of Birth : 23.05.1989

Place of Birth : Szeged

Town of Residence : Szeged

Country of Origin: Hungary

University : Szegedi

Tudományegyetem

University Course:

Communication and Medias

In IHECS : Spring Semester 2011-12

During my Erasmus study, the most valuable experience I had was discovering a different culture.

I see culture as something more than art, music, architecture and language. Real cultural wealth is found in the details: the four kinds of crème fraîche that are different from Hungarian crème fraîche; car drivers who stop at pedestrian crossings; beggars who wear leather boots; young people who drink beers with the homeless just so they can have a chat; or what people eat in the morning for breakfast... I think all these experiences should be part and parcel of an Erasmus student's study.

*" A fiatal az, akinek fogalma sincsen arról, hogy a " régi szép idők " az most van." **

(Tímár György)

Brussels is the most interesting city

if you want to encounter different cultures. Half of this city is eclectic, with its architecture, nations and languages. There's a huge number of nationalities here, so I've never felt like a foreigner. The question "Where do you come from?" makes little sense here. People are friendly and polite and they are respectful of others – which is rare and nice! It's been really easy to fit into such a community!

If someone asked me where they should go to find a practical school, I would advise them to choose IHECS.

It has loads of equipment to use when training as a journalist. Also, the teachers focus on combining theory lessons and practical learning.

After spending half a year abroad, I want to explore other countries.

When I've finished my master's degree, I'd like to go to the United States, Canada or France as a scholarship trainee. These six months in Belgium, in Brussels, mixing with people from all over the world, have given me a yearning to learn other new foreign languages. Only one thing's for sure though: I won't be staying at home twiddling my thumbs!

* « Young people are the ones who don't know that the 'good old days' are right now.»

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2011-2012



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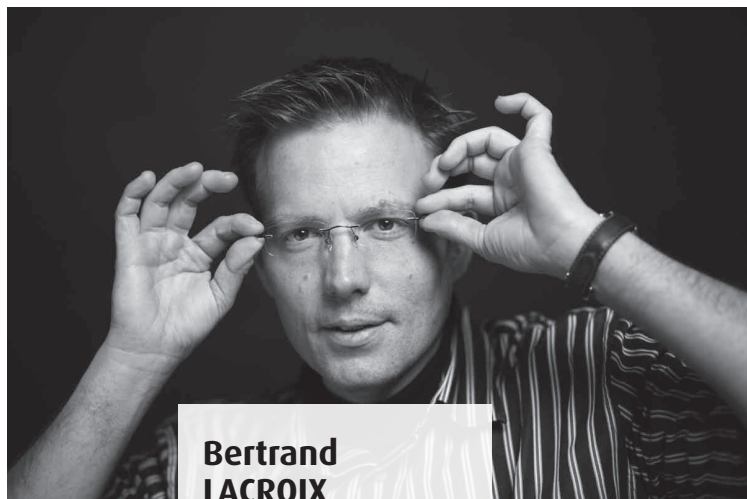
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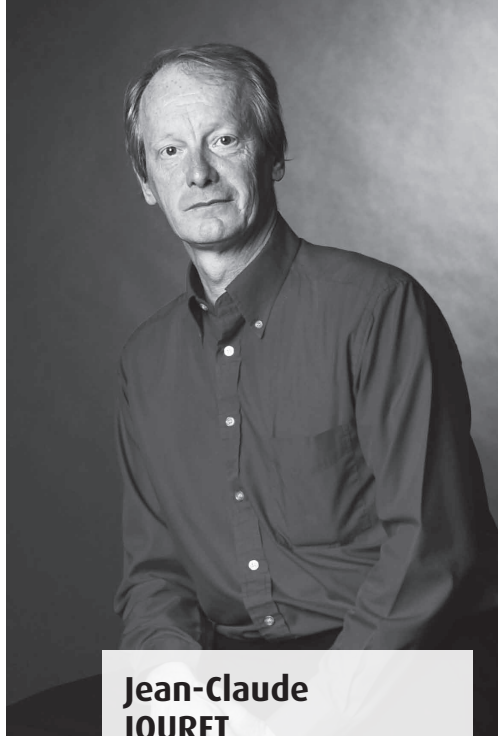
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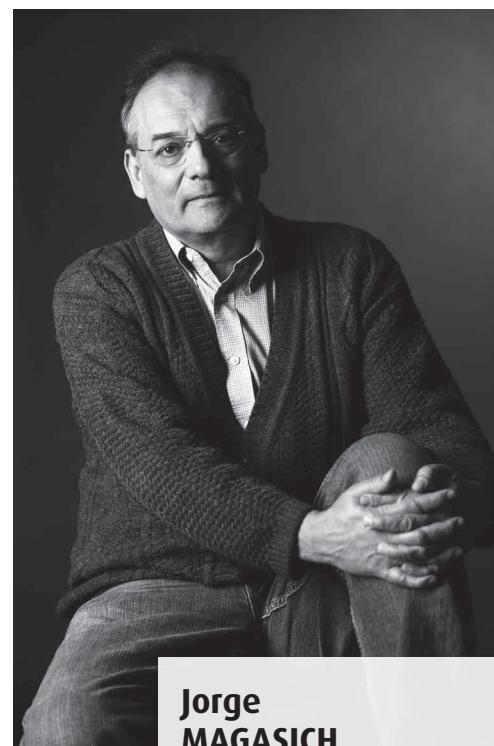
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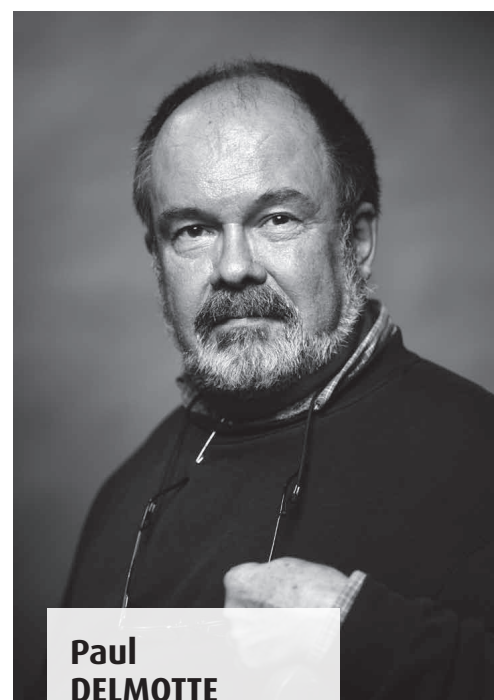
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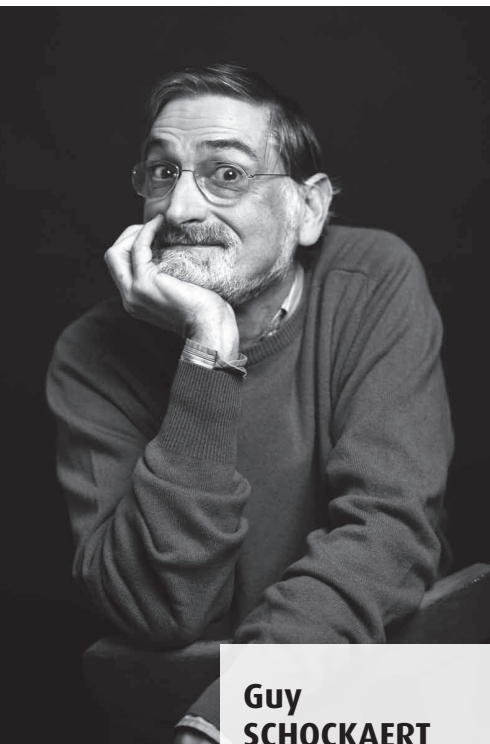
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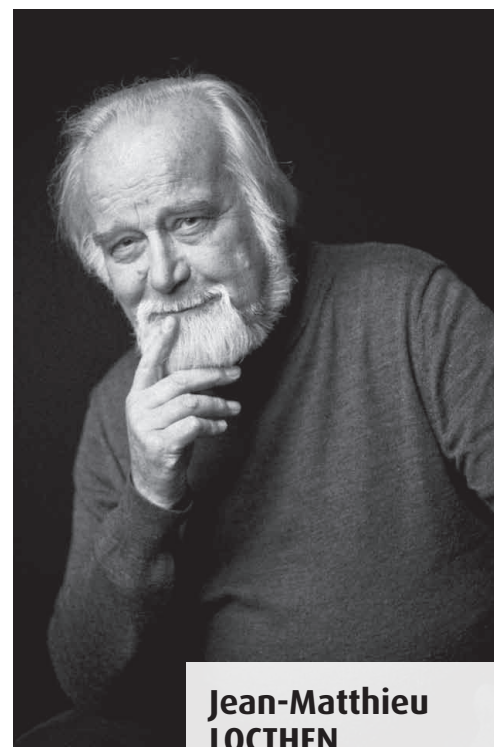
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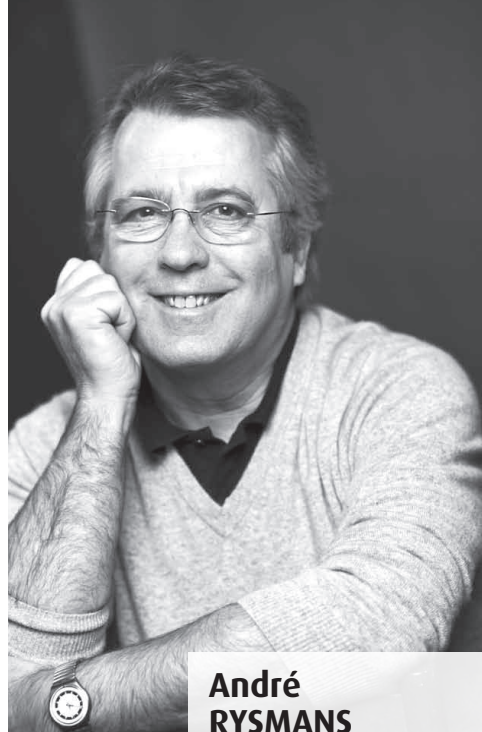


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SPECIAL THANKS TO...
every person who had
helped us with this edition...

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