



# International Student Guide



*Haute Ecole Libre de Bruxelles - Ilya PRIGOGINE*

*International Office*

*Bâtiment P – P.7.107– route de Lennik 808*

*B- 1070 Brussels Belgium*



Dear students,

The *Haute Ecole Libre de Bruxelles - Ilya Prigogine* welcomes you and offers you the opportunity to study or work as an internship in Brussels!

Our mission is to support you as an independant student, excited to know our country, the language (French) and our Belgian culture, during a successful exchange of two month to a whole year in our establishment.

Most of our trainings are bachelor's degrees except for the physiotherapy training (with a one year programme master's degree), the global digital management training and the midwife bachelor's degree training implemented over four years. All these trainings have theoretical as well as practical classes.

In an international point of view, we are very proud to welcome students from our European partnerships every year since now eight years.

Our teaching language and our demands whithin practical classes (especially at the hospital) are linked to the French language, even if we are in Brussels, the heart of Europe.

Our membership to LLP (Lifelong Learning Programme) from 2007 to 2013 has enabled our institution to spread its international network to most of the European countries that enable students and teachers to have a specific international experience.

Since 2014, the HELB—Ilya Prigogine takes part to the new ERASMUS + program (until 2020) that offers more and more exchange possibilities.

<p><b>Technical department</b></p> <p><i>Techniques of Image : Cinematography</i></p> <p><i>Photography</i></p> <p><i>Applied Electronics</i></p>	<p><b>International coordinators :</b></p> <p>Dominique STANDAERT: domi- nique.standaert@helb-prigogine.be</p> <p>Vincent SPINETTE : vincent.spinette@helb- prigogine.be</p> <p>Eric VANDERMEERSCH: eric.vandermeersch@helb-prigogine.be</p>
<p><b>Paramedical department</b></p> <p><i>Occupational therapy</i></p> <p><i>Physiotherapy</i></p> <p><i>Podiatry</i></p> <p><i>Midwifery</i></p> <p><i>Nursing</i></p> <p><i>Paediatrics and neonatology (1 year specialization)</i></p> <p><i>Community health (1 year specialization)</i></p>	<p><b>International coordinators :</b></p> <p>Mr. Stéphane CAMUT: stephane.camut@helb- prigogine.be</p> <p>Mrs. Jeanne BERTUIT (courses) and Mrs Cécile COMPERE (internship) : <a href="mailto:jeanne.bertuit@helb-prigogine.be">jeanne.bertuit@helb- prigogine.be</a> , <a href="mailto:cecile.compere@helb-prigogine.be">cecile.compere@helb-prigogine.be</a></p> <p>Mrs Caroline TCHAGASPANIAN: caro- line.tchagaspanian@helb-prigogine.be</p> <p>Mrs Sandrine VAN WILDERODE: san- drine.vanwilderode@helb-prigogine.be</p> <p>Mrs Annie SANTUCCI: annie.santucci@helb- prigogine.be</p> <p>Marielle ROBERT: marielle.robert@helb- prigogine.be</p> <p>Cédric HUBLET: cedric.hublet@helb- prigogine.be</p>



**IRO : (erasmus@helb-prigogine.be)****Head of International Relations Office :**Michael Robert: [michael.robert@helb-prigogine.be](mailto:michael.robert@helb-prigogine.be)**Secretary:**Patricia Barbier: [patricia.barbier@helb-prigogine.be](mailto:patricia.barbier@helb-prigogine.be)**International contacts by department**

<b>Social department</b>  <i>Social work</i>  <i>Social ecology</i>	<b>International coordinators :</b>  Michèle MOREAU: <a href="mailto:michele.moreau@helb-prigogine.be">michele.moreau@helb-prigogine.be</a>  Pénélope FISZMAN : <a href="mailto:penelope.fizzman@helb-prigogine.be">penelope.fizzman@helb-prigogine.be</a>
<b>Economic department</b>  <i>Computer management</i>  <i>Public relations</i>	<b>International coordinators :</b>  Mr. Etienne PUGNAGHI: <a href="mailto:etienne.pugnaghi@helb-prigogine.be">etienne.pugnaghi@helb-prigogine.be</a>  Mrs. Anne COENEN (traineeships) and Etienne COPPIN (courses) : <a href="mailto:anne.coenen@helb-prigogine.be">anne.coenen@helb-prigogine.be</a> , <a href="mailto:etienne.coppin@helb-prigogine.be">etienne.coppin@helb-prigogine.be</a>

Most of our work is directly linked with European exchanges but also, thanks to the financial support of the CFWB (*Fédération Wallonie - Bruxelles*), towards an internship experience beyond Europe (Fonds d'Aide à la Mobilité Etudiante - Students Mobility Funds) and also within the other linguistic Belgian Communities in Flanders and in the German speaking part of the country (Erasmus Belgica).

However, except for the personal mobility, our aim is also to improve our action within the « development cooperation » in other parts of the world according to specific themes.

I also think that it is also one of the responsibility of the higher education establishments to support our different projects through the world in order to help people to live in better conditions.

Do not hesitate to contact us, we will be happy to receive you in the chocolate, French fries and comic strip town.



Michael ROBERT,

Head of International Relations Office,

Haute Ecole Libre de Bruxelles—Ilya Prigogine



### Language requirements:

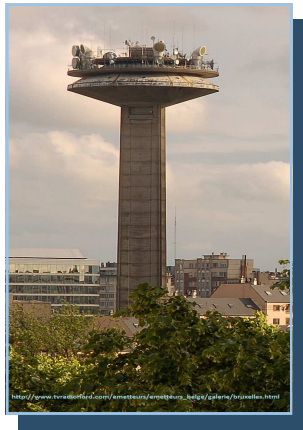
Our official language is French. It is therefore crucial for the incoming students to have an intermediate level before the beginning of your internship/academic mobility at the *HELB*.

The necessary level B1 settled refers to the *Common European Framework Of Reference for Languages (CEFR)*.

In any case, the *HELB* also offers French language classes at the beginning of September (in partnership with the *Haute Ecole Lucia de Brouckère*) but this course will never replace your own linguistic abilities.

However, this is a good way to meet other Erasmus students.

Concerning the internship, we do our best to find English-speaking supervisors for your internship but most of the patients you will meet will speak French and this could become a real problem when facing our work environment if you do not know the language.



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## Insurance:

*HELB - Ilya Prigogine* will make sure that the insurance matter is settled for the incoming participants, according to the requirements of the Erasmus + Charter, with the Higher Education partner institution.

Our institution will inform the participants whenever in some situations the insurance is not automatic, for instance depending on what's mentioned in the learning agreement for traineeship.

Information and assistance is provided by sending an e-mail at:

[erasmus@helb-prigogine.be](mailto:erasmus@helb-prigogine.be)

## Visa:

The *HELB - Ilya Prigogine* will help, if necessary, to obtain visas for incoming participants, according to the requirements of the Erasmus + Charter for the higher education.

Information and assistance is provided by sending an

e-mail at: [erasmus@helb-prigogine.be](mailto:erasmus@helb-prigogine.be)



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## Welcome to Brussels

### *. Brussels the capital of Europe*

Brussels was chosen as the capital of Europe due to its central location, to its multilingualism, to the pro-European policy of the Belgian authorities, to the diversified population. In the European ideal, Brussels represents the link between the Latin and the Germanic world.

At the moment, 160 000 Europeans live in Brussels city. This shows its social, political and cultural diversity.

Brussels is surely one of the most important town in Europe. Besides, it has an essential role. Indeed, many Europeans come to work there more and more often; Brussels hosts the European institutions, the NGO headquarters. The entrance of new European countries also increases its importance.

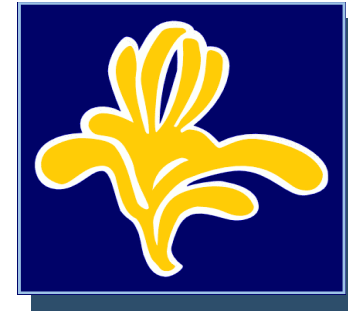
5. **Brussels lives at night:** There are more than a hundred places where you can go and dance. Besides night clubs, there are also dozens of parties organised every night (bars usually advertise such parties).
6. **Brussels has a first class education system:** Brussels has schools for all your needs. In addition to the schools, Brussels offers also several choices for higher education such as college or university studies. And finally, there are a wide variety of additional classes: language courses, cooking lessons, evening lessons,...
7. **Brussels is a clean city:** There is nothing to complain about, Brussels is clean. Of course, there are always those dirty neighbourhoods. The majority of Brussels is regularly cleaned and the garbage is collected every week.
8. **Brussels has a great healthcare system:** with more than 150 hospitals and private clinics, Brussels' healthcare system is better than our neighbour's ones.
9. **Brussels is green:** Brussels is one of Europe's capitals with the most green areas per habitant. Its "village in a city" aspect is partly due to its parks, forests, cemeteries and other sports areas. These spaces are the lungs of the capital.
10. **Brussels' easy transport:** Although the public transports sometimes suffer delays, buses, trams and metros will offer you the freedom to get around and still be quicker than your car. The STIB network, the De Lijn (Flemish company) and the TEC (Walloon company) complete the grid and allow you to travel in Brussels and in the other regions. Brussels Region has put in place various cycling itineraries to make cyclists' life easier.

(Source: <http://www.brusselslife.be/fr/article/les-10-raisons-qui-rendent-bruxelles-meilleure>)



## 10 good reasons to love Brussels:

1. **Brussels is culturally rich:** Brussels offers a large range of cultural activities: musical festivals and street festivities; during the rest of the year, you can visit one of the many temporary exhibitions or one of the resident museums. Many concerts, theatre plays and events are also organised.
2. **Brussels is the capital of chocolate:** Belgium is known worldwide for its chocolate. It is not all about the tastings, you can also find out about the production while visiting the Museum of Cocoa and Chocolate to discover their secrets.
3. **Brussels has food from all over the world:** If you are a student, have a walk around the *Cimetière d'Ixelles* to eat a good and cheap meal. The neighbourhoods of *Saint-Boniface* and *Place Saint-Job* welcome a more hip crowd with bigger means. At the *Place Sainte-Catherine*, you will find specialised restaurants in sea products (fish, shrimps, shells,...). If you prefer good old-fashioned food, head towards the neighbourhood of the *Marolles*; if it's the contrary and that you prefer more exotic meals then go to *Saint-Gilles*: it offers a wide foreign choices of restaurants. For a classier atmosphere, visit the *Sablon*.
4. **Brussels is a European centre:** Brussels has over 120 international institutions, 159 embassies, 2500 diplomats and 1400 non-governmental organizations. All of these organisations and its employees come from different horizons and it's not uncommon that when going for a walk in Brussels you hear every language but French... But this is one of Brussels' most appreciated characteristics.



## . Brussels the capital of Belgium

The Brussels-Capital Region is one of the three federal regions of Belgium. The territory of the city is quite small: 161 km<sup>2</sup>. It is almost entirely urbanized except for the *Forêt de Soignes*, the Royal Domain of Laeken and a multitude of green spaces and ponds. The city has more than 1,1 million inhabitants.

The flower symbol on the official Brussels flag is an iris, a wild plant that used to grow in swampy lands where the historic town core was settled in 979.

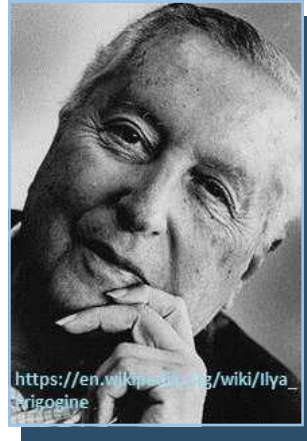
The region has 19 municipalities.



## Welcome to the HELB Ilya Prigogine

### . Introduction to the Haute école

The *Haute Ecole Libre de Bruxelles – Ilya Prigogine* – was created in september 1<sup>st</sup> 1996, following the reorganization of the higher education within the *Communauté Française en Hautes Ecoles*.



The *Haute Ecole Libre de Bruxelles – Ilya Prigogine* belongs to the *Fédération des Etablissements Libres Subventionnés Indépendants* and is free and non-denominational.

The teaching system always tries to be as objective as possible. The research and the thought are always lead with a constant intellectual honesty, expelling all means of dogmatic explanations, authority or irrational argument.

The *Haute Ecole Libre de Bruxelles – Ilya Prigogine* seeks to respect the freedom of conscience and of speech for all, as much as this freedom is part of the respect of the constitution of the Universal Declaration of Human Rights and is part of the international conventions of the Human Rights, women and children included, as interpreted by the European Union.

## Academic Calendar

### Year 2015-2016

- Beginning of classes: Monday 14th September 2015
- from Monday 2nd November to Friday 6th November 2015 (Autumn holidays)
- Wednesday 11th November 2015 (Commemoration of November 11th)
- from Monday 21st December 2015 to Friday 1st January 2016 (Winter holidays)
- from Monday 8th February to Friday 12th February 2016 (Carnival holidays)
- from Monday 28th March to Friday 8th April 2016 (Spring holidays)
- Thursday 5th May + Friday 6th May 2016 (Ascension+day off)
- Monday 16th May 2016 (Pentecost)
- Summer holidays start Friday 1st July 2016







## Sports

With a contribution of 40 €, the ULB Sport card allows you to have access to different sport activities on different campuses in Brussels and in Wallonia (Erasme, Solbosch, *Forêt de Soigne* and Charleroi).

Among the activities, there is: dance, bodybuilding, racket games, collective sports, athleticism, fighting sports, water sports,...

Useful link: [www.ulbsports.eu](http://www.ulbsports.eu)



## . The international and the Haute Ecole

Since 2007, the HELB I. Prigogine takes part in mobility programs for the students, the teachers or the administrative staff through Erasmus and continues to spread in Europe from

The partnership network grows every year.

The meeting with the department and the people of our institution who follow up the exchange shows how important for the *HELB – Prigogine* are the human relationships and it also shows its will to have a proximity pedagogy.

## . Outside Europe exchanges

Partnership conventions are also concluded with other continents. For example every year, there are exchange with Canada, for both teachers and students.



COUNTRY	UNIVERSITIES
Germany	Alice Salomon Hochschule Berlin / University of Applied Sciences – Berlin HAWK / University of Applied Sciences and Arts Hildesheim University of Applied Sciences –Bielefeld
Belgium	Erasmushogeschool Brussel Universiteit Gent en Artevelde Hogeschool University College Gent Thomas More Hogeschool Mechelen
Cyprus	Frederick University
Croatia	University of Zadar
Denmark	University College Sjælland
Spain	Fundacio Jesuites Educacio (Sant Ignasi-Sarria) Univ. Autonoma Barcelona - (FUB Manresa) Universidad de Lleida Universidad de Huelva Universidad Europea Madrid Universidad Rey Juan Carlos Universidad de Malaga Escuela de Arte – Oviedo Universidad de San Jorge – Zaragoza Universidad de Valencia Universidad Catolica de Valencia “San Vicente Mártir”
Estonia	Tallinn Health Care College Tartu Health Care College University of Tartu
Finland	Metropolia University of Applied Sciences - Helsinki Tampere University of Applied Sciences

- **Public transports (metro, bus, tram):** Belgium has a wide public transports network that links different municipalities.



In Brussels, this network includes bus, tram and metro.

*Useful links:*

For Brussels: STIB [www.stib.be](http://www.stib.be)

For Wallonia: TEC [www.tec.be](http://www.tec.be)

For Flanders: De Lijn : [www.delijn.be](http://www.delijn.be)

- **Bike:** In Brussels, it is possible to travel by bike thanks to the Villo. With a subscription, this system allows to rent a bike at different pay stations in all parts of Brussels.

*Useful link:* [www.villo.be](http://www.villo.be)





## The cost of living

The monthly budget depends essentially on the type of accommodation you choose and also on the lifestyle.

Here is an example of the monthly expenses that you should anticipate:

Accommodation: 350 €

Food: 300 €

Public transports: 40 €

Insurance, medical costs: 20 €

## Transports

- **Train:** Belgium has a well-developed railway network that links different Belgian cities in a short time. It also has an international railway network that allows you to go in big European cities in just a few hours (Paris, London, Berlin, Amsterdam...)

Useful link: [www.sncb.be](http://www.sncb.be)



France	IRFSS Poitou Charentes IRTS Aquitaine - Bègles / Bordeaux IRFSS Limousin - Limoges Aix Marseille Université IFSI Lionnois - CHU Nancy ADERE - Paris ENS Louis Lumière - Paris Institut National de Podologie - Paris ERASS - Toulouse IFRASS - Toulouse
Greece	University of Peloponnese - Sparta
Italy	Università degli Studi di Torino Università degli Studi di Varese
Latvia	Riga Stradina University
Lithuania	Lithuanian Academy of Physical Education - Kaunas Vilnius University of Applied Sciences
Malta	University of Malta
Netherlands	Saxion University of Applied Sciences - Enschede
Portugal	Universidade dos Açores Escola Superior de Enfermagem - Porto Escola Superior de Tecnologia da Saude - Porto Instituto Politecnico de Viana Do Castelo
Romania	Universitatea « Lucian Blaga » din Sibiu
Slovenia	University of Primorska - Izola
Sweden	Karolinska Institutet - Stockholm
Switzerland	HES-SO Lausanne / Fribourg
Turkey	Galatasaray University - Istanbul Gelism University - Istanbul

## The development cooperation

The *HELB-I. Prigogine* is involved in the development cooperation projects. These are located in Senegal, in Thiès.

The mission has allowed the installation of infrastructures (psychomotricity room and paralympic football field) in the interdisciplinary reference centre for visually impaired individuals in the region of Thiès (INEFJA—*National Institute of Education and Training of Young Blind People*). This will be completed by the training of the pedagogical team on the spot.



## Accommodation

The international relations office at the HELB will help you to find an accommodation according to your stay in Belgium; indeed, we know that it is quite hard for the students who come for a short stay (from 9 weeks to 3 months, especially).

Unfortunately, we do not owe any residence for the international students but we know some private owners that can provide you this service.

However, we need you to indicate your wish to get some help as soon as you are officially selected as "an international" student in your home establishment.

Our student board and international student board can also give you a hand to find the suitable accommodation.

For more information, do not hesitate to contact us at the following e-mail address: [erasmus@helb-prigogine.be](mailto:erasmus@helb-prigogine.be)





## The European health insurance card

It is a free card that allows you to benefit from public healthcare if necessary when you are temporarily abroad in one of the 28 Member State of the EU, in Iceland, in Liechtenstein, in Norway or in Switzerland, under the same conditions and fees (free in some countries) that the insured people in this country.

The cards are delivered by the sickness insurance departments of your country.

### **Important** — the European health insurance card:

- does not replace the travel insurance: it covers nor private healthcare, nor the costs of a return plane ticket to your home country nor the loss or stealing of your personal properties,
- does not cover the costs related to a medical treatment that you would have planned in another EU country,
- does not guarantee free services. The healthcare systems being different in every country, some services that are free in your home country might not be in another one.

*For more information:*

<http://ec.europa.eu/social/main.jsp?catId=509&langId=fr>

## The Erasmus experience's assets

The improvement of the employability abroad is more and more important for the Erasmus students.

The improved skills during an Erasmus exchange abroad fit the cross-disciplinary skills that the employers desire.

On average, 92% of employers look for cross-disciplinary skills in priority, even before the knowledge in a field (91%) and the professional experience (78%).

The Erasmus students have better chances to find a first job and to enhance their career development.

The Erasmus students have a more international life and are more inclined to live abroad.

Employment and career development

When recruiting, 92% of employers look for cross-disciplinary skills, such as curiosity, ability to solve problems, tolerance and self-confidence.

When recruiting, 64% of employers think the international experience represents an important asset.

According to 64% of employers, graduated candidates that have an international experience are given more professional responsibilities.