



ILONA BENTZINGER

EXPERIENCES

CONTENT CREATION INTERN – L'ORÉAL *sept. 2024 - sept.2025*

- Design and implement innovative communication strategies.
- Collaborate with research teams to simplify scientific concepts.
- Develop internal initiatives to enhance employee engagement.

ASSISTANT COMMUNICATIONS INTERN – GROUPE EOLEN *oct. 2023 - june 2024*

- Employer branding (LinkedIn, Onboarding...)
- Benchmarking IT services companies
- External relations (partners, service providers...)

INTERNAL COMMUNICATIONS INTERN – GROUPE FDJ *sept. 2022 - Sept 2023*

- Writing articles
- Creating visuals, articles, newsletters, presentations, digital and print displays.
- Contributing to internal events, welcoming service providers, drafting briefs, etc.
- Preparing presentations and disseminating visual content with business units.

INTERNAL COMMUNICATIONS INTERN – GROUPE FDJ *apr. 2022 - July 2022*

TREASURER OF THE ASSOCIATION SPORT OFFICE OF TOURCOING *feb. 2021 - Sept. 2022*

- Organizing sporting events for students
- Administrative and budget management
- Contacting service providers, visiting venues, and negotiating contracts

10/12/2002

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LANGUAGES

- Bilingual French
- Fluent English
- Basic Spanish

COMPUTER SKILLS

- Pack Office 360
- Suite Adobe
- Canva, Gimp
- Knowledge of HTML/CSS programming language

SKILLS

- Teamwork
- Dynamic
- Enjoys Challenges
- Adaptability

HOBBIES



Handball

- 10 years, regional levels
- Competitive spirit
 - Team spirit



Travel

- Curiosity
- Open to other cultures
- Dynamic

TRAINING & DEGREES

■ **MASTER DEGREE IN MARKETING & COMMUNICATION, DIGITAL & CSR** *2023-2025*
UNIVERSITÉ PARIS CITÉ
Apprenticeship track

■ **PROFESSIONAL BACHELOR'S DEGREE IN COMMUNICATION** *2022-2023*
PARIS DESCARTES - UNIVERSITÉ PARIS CITÉ
Specialization : Communication Project Manager
Apprenticeship track

■ **TWO-YEAR UNIVERSITY DIPLOMA IN INFORMATION COMMUNICATION** *2020-2022*
UNIVERSITÉ LILLE - IUT TOURCOING
Specialization : Organizational Communication
Semester 3 completed in English

■ **TOEIC** *2022*
OVERALL SCORE : 775
Reading : B1 Listening : B2 Global : B1