

# GEAR UP!

For study abroad

*Gear Up!* is an interdisciplinary and international virtual exchange project; Students will work collaboratively with partners in other countries to complete tasks to enhance their intercultural awareness and skills, their soft skills, language proficiency and to prepare for study abroad.

## WHO IS GEAR UP! FOR?

- Undergraduate students who want to get ready for their international study abroad period.
- Undergraduate students who are eager to learn about other cultures or want to acquire new skills to better get along in our increasingly globalised society.

## HOW DOES GEAR UP! WORK?

Learners will be teamed up with students of the partner universities. They will hold weekly online conversations in English by means of a videoconferencing tool of their preference. Every week they will need to complete one of the 6 tasks. The last stage will consist in completing an e-portfolio to reflect on their learning experiences.

Students will also be asked to complete pre- and post-exchange surveys.



SCAN ME



INTERNATIONALISATION AT HOME STRATEGIES  
INTERCULTURAL VIRTUAL EXCHANGE

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## WHEN WILL IT TAKE PLACE?

The first round of the Gear Up! VE will start on October 3rd and will run for 8 weeks until November 27th.

## WHAT WILL STUDENTS RECEIVE?

- Pre-exchange training
- During-exchange supervision every two weeks.
- Enhancement of their intercultural skills and soft skills.
- Development of their English proficiency levels
- 2 ECTS to be awarded by their home institution
- Preparation for their study abroad period.

1. Introduce yourself
2. How university life works
3. Ways to overcome stereotypes
4. Elements that conform a culture
5. Cultural misunderstandings
6. Difficulties exchange students may encounter

## THEMES