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ALLEGATO I – ELENCO DESTINAZIONI E REQUISITI I FINESTRA DI CANDIDATURA

Versione 1 del 16/02/2024

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Sprint to wellness: Nurturing Health by Understanding Human Development (Romania)
Call 2022

INFORMAZIONI GENERALI

Date della mobilità fisica	5 giorni di mobilità nel mese di aprile 2024 . Le date esatte della mobilità saranno fornite successivamente.
Luogo della mobilità fisica	West University of Timișoara (Romania)
Posti disponibili	3
Periodo della componente virtuale	Marzo - maggio 2024
Finestra di candidatura	16/02/2024 – 08/03/2024 (ore 12)
Data per la valutazione del punteggio di merito	29/02/2024
Profilo dei partecipanti	Studenti e studentesse iscritte/i a corsi di laurea triennale, magistrale, magistrale a ciclo unico e dottorato nei seguenti ambiti: Psicologia dello sviluppo, Salute, Psicologia dell'educazione, Psicologia dello sport.
Requisiti linguistici	Conoscenza della lingua inglese – livello B2 del quadro di riferimento europeo per la conoscenza delle lingue – necessaria per seguire le lezioni e lavorare in modo indipendente.
Ambito della formazione	Psicologia dello sviluppo, Salute, Psicologia dell'educazione, Psicologia dello sport.
Numero di crediti riconosciuti	3

OBIETTIVI E PROGRAMMA (a cura dell'università ospitante)

Descrizione	This BIP aims to provide a rich and immersive experience, blending cross-cultural perspectives, human development theory and sport in an engaging and educational manner, for increasing the knowledge and wellbeing of the participants.
Obiettivi	<ul style="list-style-type: none">• Improve participants' knowledge and understanding of human development of human development;• Increase participants' awareness of human development stages and factors;• Enhance awareness of holistic well-being, including physical, mental, and emotional aspects;• Equip participants with stress reduction and mindfulness techniques;• Foster an understanding of the interdisciplinary nature of health and human development.
Metodi	Lectures and workshops, analysis and discussions of real-life case studies representing different developmental stages, Individual wellness assessments, goal-setting worksheets, demonstrations, collaborative planning, and reflection sessions.
Risultati	Participants develop practical skills for incorporating health related and relaxation techniques into their daily routines, leading to reduced stress and improved well-being.
Descrizione della componente virtuale	March – Theoretical and Interdisciplinary understanding sessions: nature of health and human development May – Journaling and reflection workshop

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1. Planned activities during virtual component:

Lectures and workshops on the Human development and Health topics like:

- Psychology of wellbeing
- Foundations of Human Development
- Physical fitness and Human Development
- Cultural Competence in Wellness Theories
- Human Development and Aging
- Intersectionality in Health and Human Development

2. Planned activities during physical component:

1st day: Wellness assessment and goal setting – Outdoor Adventure and Teambuilding.

2nd day: Fitness, Stress reduction and Mindfulness workshop - Providing tools for integrating these practices into daily routines.

3rd day: Community Health Outreach Project - Collaborating on a community health project, applying theoretical knowledge to real-world scenarios.

4th day: Mindful play and learning session - Exploring the role of play in human development through creative activities (participating in activities that promote creativity, social interaction, and learning).

5th day: Final Wellness Celebration – acknowledging achievements, sharing personal growth stories, and celebrating the successful completion of the program.

ULTERIORI INFORMAZIONI

Per gli studenti e le studentesse vincitori/trici della metà, l'università ospitante coprirà le spese per l'alloggio per la durata della mobilità fisica del BIP. Maggiori informazioni saranno fornite successivamente.



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Career and mental health counseling for students - An integrated approach (Romania)
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INFORMAZIONI GENERALI

Date della mobilità fisica	Dal 06/05/2024 al 10/05/2024
Luogo della mobilità fisica	West University of Timișoara (Romania)
Posti disponibili	3
Periodo della componente virtuale	Maggio 2024
Finestra di candidatura	16/02/2024 – 08/03/2024 (ore 12)
Data per la valutazione del punteggio di merito	29/02/2024
Profilo dei partecipanti	Studenti e studentesse iscritte/i a corsi di laurea triennale, magistrale, magistrale a ciclo unico e dottorato.
Requisiti linguistici	Conoscenza della lingua inglese – livello B2 del quadro di riferimento europeo per la conoscenza delle lingue – necessaria per seguire le lezioni e lavorare in modo indipendente.
Ambito della formazione	Consulenza di carriera e della salute mentale.
Numero di crediti riconosciuti	3

OBIETTIVI E PROGRAMMA (a cura dell'università ospitante)

Obiettivi e descrizione	<p>Aligning mental wellness with career growth is essential, as a balanced mind fuels personal fulfillment and enhances productivity and resilience, creating a solid foundation for long-term professional achievement. Mental health plays a pivotal role in an individual's ability to effectively navigate their career journey.</p> <p>The blended intensive program “Career and Mental Health Counseling for Students - An Integrated Approach” has the general purpose of favoring employability, by developing the skills necessary to identify opportunities on the labor market and increase job satisfaction, but also facilitating a learning context for a better understanding and increasing mental well-being. Students from all study fields and at all study cycles will have the opportunity to train as part of their studies, the objectives of the program being:</p> <ul style="list-style-type: none">• exposing students to different views, knowledge, teaching, and research methods, as well as work practices in their study field;• developing their transversal skills such as communication skills, language skills, critical thinking, problem-solving, inter-cultural skills, and research skills in terms of career and mental health education;• facilitating personal development, such as adapting to new situations and self-confidence etc.
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Metodi e risultati	<p>The program "Career and Mental Health Counseling for Students - An Integrated Approach" merges guidance on career trajectories with comprehensive mental health support tailored for students.</p> <p>Through group counseling sessions, workshops and experiential learning activities etc., the students can explore both vocational aspirations and mental well-being, addressing potential barriers like stress, anxiety, or uncertainty impacting academic and career goals. Through this integrated approach, students gain clarity on career paths while developing coping strategies, resilience, and self-awareness.</p> <p>The program aims to bolster confidence, enhance decision-making skills, and foster a healthier mindset, enabling students to navigate their academic and professional journeys with greater confidence and mental fortitude. Ultimately, the outcomes include improved academic performance, heightened career satisfaction, reduced stress, and a strengthened foundation for long-term mental well-being.</p>
Descrizione della componente virtuale	<p>The online component will take the form of two follow-up sessions in which we will analyze and monitor together with the participants a series of activities to disseminate among their colleagues the information accumulated during this training. The first online meeting in the first week after the completion of the onsite activities will frame the type of activity carried out and the implementation status. The second meeting will analyze the impact of the activity carried out.</p>
<p>1. Planned activities during virtual component:</p> <p>After completing the onsite activities, the students, in groups according to the university of origin, will carry out a dissemination activity among their colleagues according to their needs and those explored during this training. Therefore, 2 follow-up meetings will be held as follows:</p> <ul style="list-style-type: none">• Follow-up meeting I - Activity status analysis• Follow-up meeting II - Activity impact <p>2. Planned activities during physical component:</p> <p><u>1st day:</u> We aim to facilitate mutual acquaintance and cultural immersion on the first day.</p> <p><u>2nd day:</u> On the second day, we aim to explore values, professional interests, and personality structure, as essential elements in the career development process, also exploring a series of soft skills of the future to ensure a much more effective transition and adaptability in the work context.</p> <p><u>3rd day:</u> On the third day, we will continue exploring soft skills, in the second part of the day, we will gradually outline the strategies for managing mental health in an occupational context.</p> <p><u>4th day:</u> We will continue with the outline of some general strategies to ensure and increase well-being, after which the students will come into contact with a series of representatives from the professional field of interest to explore the domain's specificity.</p> <p><u>5th day:</u> The last day will end with a creative workshop of the dissemination activities in which the students, in teams, will work on outlining some activities/interventions addressed to their colleagues from the university of origin, and in the second part of the day, we will facilitate the debriefing of the training.</p>	
<p>ULTERIORI INFORMAZIONI</p> <p>Per gli studenti e le studentesse vincitori/trici della metà, l'università ospitante coprirà le spese per l'alloggio per la durata della mobilità fisica del BIP. Maggiori informazioni saranno fornite successivamente.</p>	



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Comprends tú a minha limba romanza? (Portogallo)
Call 2022

INFORMAZIONI GENERALI

Date della mobilità fisica	Dal 20/05/2024 al 31/05/2024
Luogo della mobilità fisica	Instituto Politecnico da Guarda (Portogallo)
Posti disponibili	3
Periodo della componente virtuale	19/04/2024 (sessione sincrona con gli insegnanti) 16/05/2024 e 17/05/2024 (sessioni sincrone finali)
Finestra di candidatura	16/02/2024 – 08/03/2024 (ore 12)
Data per la valutazione del punteggio di merito	29/02/2024
Profilo dei partecipanti	Studenti e studentesse iscritte/i a un corso di studi triennale, magistrale, magistrale a ciclo unico o di dottorato afferente al Dipartimento di Filosofia e Scienze dell'Educazione.
Requisiti linguistici	I partecipanti devono conoscere almeno una lingua romanza (livello B2 di Francese/Italiano/Portoghese/Rumeno/Spagnolo).
Ambito della formazione	Intercomprensione applicata alla formazione primaria.
Numero di crediti riconosciuti	6

OBIETTIVI E PROGRAMMA (a cura dell'università ospitante)

Obiettivi e descrizione	The objective of the BIP “Comprends tú a minha limba romanza?” is to understand the importance of intercultural contexts in a multilingual environment, promoting a better inclusion of allophone pupils and developing oral and written competences as well as interaction competences in Intercomprehension.
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The programme will be developed during two weeks according to the following schedule:

Monday 20/05

Free morning.

14:30 - Opening session and presentation of the groups and schools to visit

Tuesday 21/05

10:30 - Workshop on IC

14:30 - Visit to cultural facilities in Guarda (Municipal Library; Museum; Theatre)

Wednesday 22/05 and Thursday 23/05

Field visits for observation of the different groups

Friday 24/05

10:30 - Meeting at IPG to collect contributes and propose an activity to be developed with the groups and the classes where they are working.

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Free afternoon.

Monday 27/05 and Tuesday (28/05)

Working group with the BIP teachers to prepare and implement the activities

Wednesday 29/05

10:30 - Implementation of the proposed activities in the schools

14:30 - Sessions at IPG and feedback from the experienced activities

Thursday 30/05

NATIONAL HOLIDAY

Friday 31/05

10:30 - Final considerations on the BIP and Closing Session

Free afternoon.

ULTERIORI INFORMAZIONI

Per gli studenti e le studentesse vincitori/trici della metà, l'università ospitante coprirà le spese per l'alloggio per la durata della mobilità fisica del BIP. Maggiori informazioni saranno fornite successivamente.



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Intercomprehension for language for specific purposes (Spagna)
Call 2022

INFORMAZIONI GENERALI

Date della mobilità fisica	Dal 17/06/2024 al 21/06/2024
Luogo della mobilità fisica	Universidad de Zaragoza (Spagna)
Posti disponibili	3
Periodo della componente virtuale	3 lezioni sincrone da svolgere dal 27/05/2024 al 31/05/2024
Finestra di candidatura	16/02/2024 – 08/03/2024 (ore 12)
Data per la valutazione del punteggio di merito	29/02/2024
Profilo dei partecipanti	Studenti e studentesse iscritte/i a un corso di laurea triennale, magistrale, magistrale a ciclo unico e dottorato di qualsiasi ambito interessati a una dimensione multilingue e multiculturale.
Requisiti linguistici	I partecipanti devono conoscere almeno una lingua romanza (livello B2 di Francese/Italiano/Portoghese/Rumeno/Spagnolo).
Ambito della formazione	Intercomprendere
Numero di crediti riconosciuti	4

OBIETTIVI E PROGRAMMA (a cura dell'università ospitante)

Obiettivi e descrizione	The potential of intercomprehension as a multilingual approach to foreign language teaching is now widely recognized. In an intercomprehension class, students are prompted to observe, contrast and use a wide range of different languages in order not only to achieve receptive skills in those languages, but also to develop language awareness and a spirit open to diversity. The only condition is that these languages are either languages related to the learner's mother tongue or that they are related to a language that the students already know. This being said, intercomprehension has a role to play in the intercultural communication taking place in multilingual contexts of professional and study mobility.
Metodi e risultati	During the intensive week, students will consolidate knowledge and skills developed during the online part of the BIP; furthermore, they will develop those techniques and strategies that are needed for a more conscious and professional use of intercomprehension. The focus of the programme will be on "intercomprehension for specific purposes", and students will be oriented towards cooperative task-based activities based on disciplinary content. The scope will be to show them the advantages but also the challenges offered by intercomprehension in their future careers, by proposing a project-based final evaluation where multilingual groups will be asked to present a communication campaign on UNITA topics in intercomprehension.



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Descrizione della componente virtuale

The virtual activities will be carried out autonomously by the students and are based on the plurilingual online course "Elementi di Intercomprensione", freely available on the Start@unito platform. A meeting will be first organized to explain the syllabus of the course, its goals and requirements. Three other online meetings will check students' progresses and propose collaborative tasks and exercises.

1. Planned activities during virtual component:

1st online session: Introduction

2nd online session: Written IC

3rd online session: Oral IC

2. Planned activities during physical component:

	17/06	18/06	19/06	20/06	21/06
9:00 11:00	Welcome	Warming up + IC LSP activities	Warming up + IC LSP activities	Warming up + IC LSP activities	Warming up + IC LSP activities
11:00 11:30	PAUSE	PAUSE	PAUSE	PAUSE	PAUSE
11:30 13:30	IC LSP activities	IC LSP activities	IC LSP activities	IC LSP activities	Final IC LSP activities in collaboration
13:30 17:00	Lunch	Lunch	Lunch	Lunch	Lunch
18:00 20:00	Linguistic and cultural activity City tour	Linguistic and cultural activity Visit to Paraninfo	Linguistic and cultural activity Visit to Museum	Linguistic and cultural activity Dinner students + teachers	

ULTERIORI INFORMAZIONI

Per gli studenti e le studentesse vincitori/trici della metà, l'università ospitante coprirà le spese per l'alloggio per la durata della mobilità fisica del BIP. Maggiori informazioni saranno fornite successivamente.



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Environmental issues in the European Union (Romania)
Call 2022

INFORMAZIONI GENERALI

Date della mobilità fisica	Dal 24.06.2024 al 28.06.2024
Luogo della mobilità fisica	West University of Timișoara (Romania)
Posti disponibili	3
Periodo della componente virtuale	21.06.2024
Finestra di candidatura	16/02/2024 – 08/03/2024 (ore 12)
Data per la valutazione del punteggio di merito	29/02/2024
Profilo dei partecipanti	Studenti e studentesse iscritte/i a un corso di laurea afferente al Dipartimento di Giurisprudenza e al Dipartimento di Cultura, Politica e Società che abbiano sostenuto o inserito nel proprio piano carriera un insegnamento di Diritto Costituzionale e/o Diritto dell'Unione Europea e/o Diritto Comparato e/o Diritto Pubblico Comparato .
Requisiti linguistici	Conoscenza della lingua inglese – livello B2 del quadro di riferimento europeo per la conoscenza delle lingue – necessaria per seguire le lezioni e lavorare in modo indipendente.
Ambito della formazione	Diritto
Numero di crediti rilasciati	3

OBIETTIVI E PROGRAMMA (a cura dell'università ospitante)

Obiettivi e descrizione	Foster an interdisciplinary approach to the most recent and salient legal issue off the environment; enhance the students' legal knowledge on both the national and European dimensions of the topic; develop the students' practical skills by moot court and case-solving activities.
Metodi e risultati	Enhancement of the students' sensitivity to the environment; individual study, lectures provided by experts from different fields; debates; practical exercises; comparative and problem-solving approach.
Descrizione della componente virtuale	The students will have to solve a case proposed to them in advance based on the main topics discussed during the physical component of the program. They will be tutored for this purpose by the BIP coordinators.

1. Planned activities during virtual component:

The students will have to solve a case proposed to them in advance based on the main topics discussed during the physical component of the program. They will be tutored for this purpose by the BIP coordinators, available during the virtual component days.

2. Planned activities during physical component:



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1st day:

- National perspective
- European policies

2nd day:

- Methodologies
- Interdisciplinary perspectives (economics, science, social...)

3rd day:

- European caselaw (CJEU)
- European caselaw (EctHR)

4th day:

- Legal practice of the environmental law

5th day:

- Moot court activities

ULTERIORI INFORMAZIONI

Per gli studenti e le studentesse vincitori/trici della metà, l'università ospitante coprirà le spese per l'alloggio per la durata della mobilità fisica del BIP. Maggiori informazioni saranno fornite successivamente.



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Interdisciplinary perspectives on youth identities and political- social participation (Romania)

Call 2022

INFORMAZIONI GENERALI

Date della mobilità fisica	5 giorni di mobilità nel mese di luglio 2024 . Le date esatte della mobilità saranno fornite successivamente.
Luogo della mobilità fisica	West University of Timișoara (Romania)
Posti disponibili	3
Periodo della componente virtuale	Maggio - luglio 2024
Finestra di candidatura	16/02/2024 – 08/03/2024 (ore 12)
Data per la valutazione del punteggio di merito	29/02/2024
Profilo dei partecipanti	Studenti e studentesse iscritte/i a un corso di laurea triennale, magistrale, magistrale a ciclo unico e dottorato interessati agli <i>Youth Studies</i> . Eventuali competenze in <i>media editing</i> sono da segnalare in fase di candidatura poiché costituiscono un vantaggio in fase di selezione, ma non sono un prerequisito necessario.
Requisiti linguistici	Conoscenza della lingua inglese – livello B2 del quadro di riferimento europeo per la conoscenza delle lingue – necessaria per seguire le lezioni e lavorare in modo indipendente.
Ambito della formazione	This is an interdisciplinary program loosely based in the field of youth studies, it is combining insights from educational sciences, sociology, political science, psychology and computer science among other disciplines.
Numero di crediti riconosciuti	6

OBIETTIVI E PROGRAMMA (a cura dell'università ospitante)

Descrizione e Obiettivi	The Interdisciplinary perspectives on youth identities and political-social participation Blended Intensive Program seeks to create a learning context for students that will enhance their awareness of challenges and opportunities of social and political participation of youth with a special focus on marginalized youth and processes of identity building. As a byproduct of the program, we expect to create a network of interested researchers, practitioners, students and young people focusing on youth related issues within or connected to the UNITA European consortium, as well as beyond.
Metodi	Learning outcomes: <ul style="list-style-type: none">Participants will gain an overview over the interdisciplinary field of youthstudies, on the political and social participation of youth in the European Union today with a special focus on marginalized youth.Participants will learn how to work with young people to foster active, dialogic learning and youth social and political participation.



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	<ul style="list-style-type: none">Participants will gain an overview over contexts of youth participation (NGOs, youth centers, social centers) and the present challenges and opportunities these contexts face. <p>Methods:</p> <ul style="list-style-type: none">The BIP seeks to create an active learning context that will embed experiential, exploratory, collaborative and reflective learning activities with 'classic' lectures.Field visits to local NGOs and other social actors (socio-educational centers, etc.) will be a key part of activities. These will be complemented with informative lectures that will seek to give an overview of the situation of youth in Europe and globally.Young people will engage in project based learning through working collaboratively in mixed teams on a common message encouraging/about young people's social and political participation. They will create a common product (podcast, poster, video) that will be used to voice their message.
Descrizione della componente virtuale	<ul style="list-style-type: none">One introductory webinar will take place via videoconferencing software (Google Meet or Zoom) in May/early June. The program's expected outcomes, aims, faculty and curriculum will be introduced. Students will get a chance to introduce themselves and have a short collaborative task in breakout rooms. At this webinar preparatory tasks and readings will be discussed. These will then be uploaded to a common course platform (Google Classroom, GDrive or Microsoft Teams).During the physical activity teams will be formed of students working together on a common project. This work will continue in June/July and be concluded through a team presentation in the final project webinar at the end of July 2024.After the program, students will have the opportunity to evaluate the program through Google Forms or Mentimeter administered online.
Planned activities during virtual component:	
<ul style="list-style-type: none">Introductory webinar & Final webinar + student team meetings to finalize group projects.	
Planned activities during physical component:	
<u>1st day:</u>	
<ul style="list-style-type: none">Official opening;Introductory session (getting to know each other, exploring expectations and group rules);Introduction to Youth Studies: contemporary interdisciplinary research approachesLecture: Research ethics in research with young peopleGuided tour of Timișoara from the perspective of (youth) identities	
<u>2nd day:</u>	
<ul style="list-style-type: none">Youth, migration, social – educational mobility and marginalization: lectures + reflective exercisesField visits to NGOs and social services working with migrant young people and/or young people who have parents working abroad	
<u>3rd day:</u>	
<ul style="list-style-type: none">Youth and political participation: lectures + reflective exercisesEuropean Identity and youth political participation (Lecture 1)Computational linguistics perspectives for studying populism and artificial intelligence (Lecture 2)	



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- Field visit to local NGOs working to increase the political participation and promote civic education of young people

4th day:

- New and old narratives of youth identities: lecture 1 + reflective exercise
- Identity building and youth: social and clinical psychological perspectives: lectures (1:2) + reflective exercises

5th day:

- Youth led participatory action research and other frameworks for encouraging youth participation and dialogic learning
- Group work and mentoring activities: what message of social/political participation would you like to send to young people and in which way (poster, podcast, video etc.)
- Final feedback

ULTERIORI INFORMAZIONI

Per gli studenti e le studentesse vincitori/trici della metà, l'università ospitante coprirà le spese per l'alloggio per la durata della mobilità fisica del BIP. Maggiori informazioni saranno fornite successivamente.



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Fighting prejudice: intercomprehension and interculturality (Francia)
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INFORMAZIONI GENERALI

Date della mobilità fisica	Dal 15/07/2024 al 20/07/2024
Luogo della mobilità fisica	Université de Pau et des Pays de l'Adour (Francia)
Posti disponibili	5
Date della componente virtuale	Lezioni nei giorni 10, 17, 24 giugno e 8 luglio 2024.
Finestra di candidatura	16/02/2024 – 08/03/2024 (ore 12)
Data per la valutazione del punteggio di merito	29/02/2024
Profilo dei partecipanti	Studenti e studentesse iscritte/i a corsi di laurea triennale, magistrale, magistrale a ciclo unico e dottorato.
Requisiti linguistici	I partecipanti devono conoscere almeno una lingua romanza (livello B2 di Francese/Italiano/Portoghese/Rumeno/Spagnolo).
Ambito della formazione	Tutti gli ambiti
Numero di crediti riconosciuti	4

OBIETTIVI E PROGRAMMA (a cura dell'università ospitante)

Obiettivi e descrizione	This BIP aims to use the intercultural communication skills developed to build collaborative projects in an intercultural context. To facilitate exchanges, students will be trained in inter-comprehension and will take part in workshops given by academics and representatives of the Préjugix Association, which prepares students in a playful and collaborative way for the prevention of prejudice. Other collaborative and cultural activities are also planned, such as a visit to Pau and street art.
Metodi e risultati	Define the concepts of culture, interculturality and otherness and consider the issues involved. Experience and/or observe real-life intercultural encounters and analyze them using a logbook: deciphering the pitfalls of intercultural relation, deconstructing stereotypes and prejudices and understanding the psycho-social issues involved in intercultural encounters. Use the intercultural communication skills developed to build collaborative projects in an intercultural context: Oral presentation to peers in their mother tongue, avoiding intercultural pitfalls. The final task will mobilise all the knowledge covered during the BIP. It is directly linked to the presentation by the Préjugix association. Each group will have to present its own medicine against the prejudice of its choice, using CI communication strategies. In other words, each group will express itself in its own language.



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	Morning	Afternoon	Evening
Monday July 15th	Arriving and settling down	Ice-breaking activity (bring 1 object) Terminologie culturală latină	
Tuesday July 16th	Intercomprehension Writing skills	Intercomprehension Oral skills	Luditaverne
Wednesday July 17th	Interculturality and translation	Interculturality and translation	Street art and Castle visit
Thursday July 18th	Glottophobia	Association Préjugix	Dinner at "petit Pau" restaurant
Friday July 19th	Presentation of the final task (in connection with the préjugix association activity)	Departure	

ULTERIORI INFORMAZIONI

Per gli studenti e le studentesse vincitori/trici della metà, l'università ospitante coprirà le spese per l'alloggio per la durata della mobilità fisica del BIP. Maggiori informazioni saranno fornite successivamente.