

When Participating in Mobility Activities - Before mobility

Internal Applicants: We offer to our ERASMUS students an English intensive language Course before the mobility/placement period, for which a grant may also be awarded. If possible, we present special request for the ERASMUS Intensive Language Courses (EILC), the ones are specialised courses in the less widely used and less taught languages organised in the countries where these languages are used as teaching languages at higher education institutions. English, German, French and Spanish (Castilian) languages are not eligible for EILC. The EILC give ERASMUS students visiting these countries for studies and placements the opportunity to study the language concerned for two to six weeks (with a minimum of 60 teaching hours in total, and at least 15 teaching hours a week) with the aim of being prepared for the ERASMUS mobility period abroad.

Before every mobility (students, professors, staff) we offer the following services:

- We help students and teachers in our institution with the application procedure, remind them of the deadlines and selection requirements, helping with filling in the various forms.
- Watch for problem areas: for example, students tend to be late with the production of sound recordings. If necessary, commenting on the student's or teacher's prospective destination based on knowledge of partner institutions, giving advice on whether or not the institution is suitable for the needs and wishes of the student or teacher.
- We discuss with students about their questions and wishes: a study abroad or placement period is a major undertaking for them and they want to prepare it well.
- We expect many questions regarding the study or work programme, but also about practicalities such as housing, visa requirements, and how students will be welcomed and helped upon arrival.
- We talk about the benefits, challenges, and pitfalls of studying or working abroad, reminding the student that he/she could experience his/her 'study or placement abroad process' by going through various phases. These various phases are described in chronological order of the mobility period as follows: application anxiety, honeymoon stage, cultural shock, initial adjustment, mental isolation, integration and autonomy, departure phase, re-entry phase, reintegration.
- For a list of frequently asked questions for students, we advice students to visit the section of the DoReMiFaSOCRATES website, advising our students to register at the PHILOX website, which connects European students searching for study, work, travel and other information.

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