

# Victoria University of Wellington New Zealand



# Excell

## Excellence in Cultural Experiential Learning and Leadership

*Presented by*

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<http://www.excellinterculturalskillsprogram.com>

# ExcelL helps:

International students learn six new competencies that have been identified as basic to maximising academic and social success in the new environment

# ExcelL covers 6 competencies:

- making social contact
- participating in groups
- seeking help and information
- expressing disagreement
- making and refusing requests
- giving feedback

# ExcelL involves:

- 4 - 6 sessions of 3 hours
- approximately 20 international students, five local student volunteers
- two trainers, preferably one from host country and one a successfully adapted migrant.

# Stages of an ExcelL session:

1. Introduce the competency.
2. Demonstrate competency using role play or video.
3. Construct a cultural map.
4. Practise in small groups.
5. Contract to practise before next session.

# Proven results:

## International students:

- gain self-confidence and social interaction skills
- reduce social anxiety
- increase time spent with other ethnic groups
- learn about others' and own culture
- gain insight into the complexity of culture.

## Local students:

- gain similar benefits, plus leadership training.



# ExcelL:

A strategy that  
contributes to the  
internationalisation of  
education

