Victoria University of Wellington
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ExcellL
Excellence in Cultural Experiential Learning and Leadership

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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