BLENDED INTENSIVE PROGRAMME

Global Citizenship in Multicultural Academic Settings

Location   : **"1 Decembrie 1918" University of Alba Iulia, Romania**
Virtual Phase : **March - April 2026**
Physical Phase : **11-15 May 2026**
Target Audience : **International students from diverse academic backgrounds and world regions**

PROGRAMME OVERVIEW

In our interconnected world, academic success increasingly depends on the ability to collaborate across cultures, navigate diverse perspectives, and contribute meaningfully to global communities. This Blended Intensive Programme (BIP) prepares students to become culturally agile global citizens who can thrive in international academic and professional environments.

Through a combination of virtual preparatory activities and intensive in-person experiences, participants will develop critical competencies in intercultural communication, global awareness, inclusive leadership, and collaborative problem-solving. The programme emphasizes experiential learning, peer-to-peer exchange, and practical application of knowledge in real-world scenarios.

LEARNING OUTCOMES

Upon completion of this programme, participants will be able to:

Knowledge Competencies
- Articulate key theories of intercultural communication and cultural intelligence (CQ)
- Analyze how cultural contexts shape educational systems, learning preferences, and academic expectations globally
- Identify unconscious biases, stereotypes, and privilege dynamics in multicultural settings
- Explain the relationship between globalization, internationalization, and higher education transformation
- Recognize diverse communication styles, conflict resolution approaches, and decision-making processes across cultures

Skills Competencies
- Communicate effectively across cultural boundaries using active listening, empathy, and adaptive language strategies
- Navigate and resolve conflicts arising from cultural misunderstandings with diplomacy and cultural sensitivity
- Collaborate productively in diverse teams, leveraging different perspectives to achieve common goals
- Facilitate inclusive discussions that ensure all voices are heard and respected
- Apply design thinking and participatory approaches to address global challenges
- Utilize digital tools for cross-cultural collaboration and knowledge sharing

Personal Development Competencies
- Demonstrate openness, curiosity, and respect toward cultural differences
- Practice self-reflection and continuous learning about one's own cultural identity and biases
- Exhibit adaptability and resilience when facing cultural ambiguity or discomfort
- Champion inclusivity, equity, and social justice in academic and professional contexts
- Embrace global citizenship as a lifelong commitment to intercultural understanding

Module 1: Understanding Cultural Identity and Awarness (Week 1-2, March)
Activities:
- Cultural Lens Exercise: Complete a personal mapping of your cultural values, communication style, and everyday norms using an interactive reflection tool.
- Asynchronous Learning: Watch short expert videos on how culture shapes perception, time orientation, relationships, and learning styles.
- Peer Dialogue Circles: Join small online groups (6–8 students) to exchange stories about how culture influences your studies, teamwork, and daily choices.
- Reflective Journal: Begin your weekly entries focusing on moments when you recognised or challenged your own assumptions.

Learning Outcomes:
- Understand your own cultural identity and how it shapes your worldview
- Understand how cultural awareness builds empathy and improves intercultural interactions.
- Build initial connections with peers from diverse backgrounds

Module 2: Global Perspective on Education and Learning (Week 3-4, March)
Activities:
- Comparative Learning Project: In international pairs, explore how education systems differ in values, methods, and expectations. Present your findings in a short digital poster.
- Guest Speaker Sessions: Join live talks from educators across regions (Europe, Africa, Asia, and the Americas) on how local context shapes teaching and learning.
- Case Study Workshop: Analyse real examples of cultural misunderstanding in classrooms and propose inclusive solutions.
- Discussion Forum: Contribute to debates such as "What does equality in education mean across cultures?" or "How do we decolonise knowledge?"

Learning Outcomes:
- Appreciate the diversity of global educational philosophies and practices
- Critically examine assumptions about "best practices" in education
- Strengthen your skills in cross-cultural communication and critical thinking.

Module 3: Intercultural Communication in Practice (Week 1-2, April)
Activities:
- Interactive Communication Lab: Participate in online simulations that explore direct vs. indirect communication, emotional expression, and non-verbal cues across cultures.

- Virtual Team Challenge: Collaborate with an international group (4−5 students) on a short applied task—designing a communication strategy for a multicultural organisation.
- Conflict Management Scenarios: Engage in role-play exercises that recreate common misunderstandings in cross-cultural teamwork and test different mediation techniques.
- Peer Coaching Session: Practise giving and receiving constructive feedback in culturally sensitive ways through guided peer exchanges.

Learning Outcomes:
- Communicate effectively across different communication styles
- Navigate group dynamics in virtual multicultural teams
- Give and receive feedback across cultural boundaries

Module 4: Global Challenges and Collaborative Solutions (Week 3-4, April)
Activities:
- Global Challenges Workshop: Work with peers from around the world to address real issues linked to the UN Sustainable Development Goals (SDGs). Each team selects one challenge—such as climate action, digital inclusion, or social equity—and proposes a realistic intercultural solution.
- Global Simulation Exercise: Participate in an online negotiation where regional teams represent different countries and collaborate to reach consensus on a shared global problem.
- Project Design Sprint: Form working groups for the physical phase and co-create the outline of your intercultural project, defining roles, objectives, and expected outcomes.
- Cultural Preparation Session: Learn about Romanian culture, social norms, and history through short briefings and language micro-lessons designed for daily use.

Learning Outcomes:
- Apply intercultural and collaborative skills to complex global issues.
- Strengthen teamwork, leadership, and negotiation abilities in diverse settings.
- Recognise how cultural perspectives shape approaches to sustainability and problem-solving.
- Prepare effectively for the physical phase and the cultural immersion experience in Romania.

Sunday, 10 May 2026

08:00 - 09:30 | Breakfast

09:30 - 18:00 | Exploring Alba Iulia's Multicultural Heritage
Activities:
- Guided tour of the Alba Iulia Fortress highlighting Roman, Hungarian, and Romanian influences
- Visit to the Union Museum and discussion on multiculturalism in Transylvania's history
- Traditional lunch featuring Romanian, Hungarian, and Romani cuisine
- Free time to explore and engage with the local community

18:30 - 21:00 | Welcome Dinner with Cultural Exchange
Participants share artifacts or stories from their home cultures.

Monday, 11 May 2026

08:00 - 09:00 | Breakfast

09:00 - 10:00 | Registration and Welcome Coffee
Location: *"1 Decembrie 1918" University, Doctoral School Building*

10:00 - 11:00 | Official Opening Ceremony
Speakers:
- Invited guests

11:00 - 11:30 | Coffee Break & Networking

11:30 - 13:00 | Workshop – From Virtual to Physical: Building Trust Across Cultures
Activities:
- Reconnecting after virtual phase through interactive team-building exercises
- "Cultural Iceberg" exploration of visible and invisible cultural layers
- Setting group norms for inclusive collaboration
- Introduction to the week's collaborative project

13:00 - 14:00 | Lunch

14:00 - 16:30 | Interactive Seminar: Cultural Intelligence in Practice
Participants rotate through four practical stations:

Content:
- Bias Recognition Lab
- Cultural Adaptation Scenarios
- Microaggression Theatre
- Privilege Walk

16:30 - 17:00 | Coffee Break

17:00 - 18:30 | Group Work: Global Challenge Project Launch

Task: Teams choose a challenge (education access, climate justice, digital equity, intercultural conflict) and begin developing solutions.

Deliverable: Final presentation on Friday

19:00 - 21:00 | Dinner at Traditional Restaurant

Optional evening: Cultural performances or informal socializing

Tuesday, 12 May 2026

08:00 - 09:30 | Breakfast

09:30 - 11:30 | Workshop: Deconstructing Educational Power Dynamics

Activities:
- Critical pedagogy dialogue inspired by Paulo Freire
- Fishbowl discussion on hierarchy and student agency across systems
- Addressing colonial legacies in curricula

11:30 - 12:00 | Coffee Break

12:00 - 13:30 | Interactive Session: Inclusive Classroom Design

Content:
- Universal Design for Learning (UDL) principles
- Designing psychologically safe learning environments
- Group task: redesign a syllabus for cultural inclusivity

13:30 - 14:30 | Lunch

14:30 - 16:30 | Workshop: Cross-Cultural Communication Mastery

Activities:
- Verbal and non-verbal communication across cultures
- Practice sessions on active listening, cultural questioning, and code-switching
  - Active listening across language barriers
  - Asking culturally sensitive questions
  - Reading and responding to non-verbal cues
  - Navigating language hierarchies and code-switching

- Simulation of complex multicultural interactions

16:30 - 17:00 | Coffee Break

17:00 - 18:30 | Group Work Session + Individual Coaching

19:00 - 21:30 | Dinner followed by International Night
Participants organize performances, presentations, or activities from their cultures

Wednesday, 13 May 2026

08:00 - 09:00 | Breakfast

09:00 - 10:30 | Workshop: Conflict Transformation in Multicultural Teams
Content:
- Understanding cultural conflict styles
- Mediation strategies and applied role-play exercises

10:30 - 11:00 | Coffee Break

11:00 - 13:00 | Design Thinking Lab: Collaborative Problem-Solving
Activities:
- Introduction to design thinking methods
- Team Challenge: Apply empathy mapping, ideation, and prototyping to global challenge projects
- Incorporating diverse perspectives into solution design
- Rapid prototyping and peer feedback sessions

13:00 - 14:00 | Lunch

14:00 - 17:30 | Field Experience: Community Engagement
Options:
- Visit to a local NGO (refugee, Roma, or migrant communities)
- Interactive session with Romanian high school students
- Visit to a social enterprise promoting intercultural dialogue

Activities include:
- Facilitated dialogue with community members
- Collaborative activities with local students/community
- Reflection on privilege, responsibility, and solidarity

17:30 - 18:30 | Return and Free Time

19:00 - 21:00 | Dinner
Evening: Cultural activities in Alba Iulia

Thursday, 14 May 2026

08:00 - 09:30 | Breakfast

09:30 - 11:30 | Seminar: Internationalization and Global Higher Education
Content:
- Trends: virtual exchange, research collaboration, student mobility
- Critical issues: brain drain, equity, and sustainable partnerships
- Panel: international students and faculty share experiences

11:30 - 12:00 | Coffee Break

12:00 - 13:30 | Workshop: Global Citizenship and Social Responsibility
Content:
- Ethical dimensions of international work
- Creating personal action plans for global engagement

13:30 - 14:30 | Lunch

14:30 – 17:00 | Collaborative Lab: Global Citizenship in Action
Content & Activities:
- Teams connect global citizenship principles to their chosen global challenge projects
- Apply ethical frameworks and sustainability perspectives to refine project impact
- Mentored working groups: Develop actionable strategies for real-world implementation
- Output: Integrate "social responsibility component" into final project presentations

17:00 – 17:30 | Coffee Break

17:30 – 18:30 | Reflection Circle: Learning Across Borders
Activities:
- Guided reflection using storytelling prompts ("My turning point", "What I unlearned")
- Peer feedback on intercultural growth
- Journaling exercise: From awareness to responsibility
- Preparation for Friday's final presentations

19:00 – 21:00 | Dinner & Informal Networking Evening
Theme: "Bringing the World Home" – informal sharing of stories, art, or photos from participants' countries

Friday, 15 May 2026

08:00 – 09:00 | Breakfast

09:00 – 11:30 | Final Project Presentations – Session 1
Format:
• Each team presents their global challenge solution (15 min + 10 min Q&A)
• Presentations should demonstrate intercultural competencies learned
• Peer evaluation using structured rubrics
• Faculty panel provides feedback

11:30 – 12:00 | Coffee Break

12:00 – 13:30 | Final Project Presentations – Session 2 & Jury Feedback
Format:
• Continuation of team presentations
• Panel summary and commendations for creativity, feasibility. and intercultural collaboration

13:30 – 14:30 | Lunch

14:30 - 17:00 | Final Project Presentations
Format:
- Each team presents their global challenge solution (15 minutes + 10 minutes Q&A)
- Presentations should demonstrate intercultural competencies learned

17:00 - 17:30 | Coffee Break

17:30 - 18:30 | Closing Session: Reflections and Next Steps
Activities:
- Group reflection and key insights
- Feedback session
- Launch of alumni network and closing ritual

19:00 - 22:00 | Farewell Gala Dinner
Celebration with music, dancing, and shared memories

ASSESSMENT AND CERTIFICATION

Assessment in this programme is based on active participation, engagement, and demonstrated intercultural competence. All components are graded on a Pass/Fail basis, determined by performance and contribution.

CERTIFICATION
Participants who successfully complete all requirements will receive:

- **A Certificate of Completion** issued by "1 Decembrie 1918" University of Alba Iulia;
- **5 ECTS credits,** subject to approval by the home institution;
- **A Digital Badge** in Intercultural Competence, recognizing practical skills gained throughout the programme.

1. **Virtual Phase Participation (30%)**
   - Completion of self-assessments and reflective journals
   - Active engagement in discussions and online activities
   - Consistent contribution to group work

2. **Physical Phase Engagement (40%)**
   - Full attendance and meaningful participation in workshops and seminars
   - Practical application of intercultural competencies
   - Constructive collaboration within multicultural teams

3. **Global Challenge Project (20%)**
   - Quality and originality of the proposed solution
   - Evidence of teamwork, creativity, and cultural sensitivity
   - Clear, engaging presentation and reasoning

4. **Final Reflection Portfolio (10%)**
   - Critical reflection on personal growth and key learnings
   - Inclusion of examples and artefacts from the programme experience
   - Outline of an action plan for continued intercultural development

PROGRAMME COMPETENCY FRAMEWORK

Core Competencies Developed

1. Cultural Self-Awareness
- Recognize own cultural identity, values, and biases
- Understand how personal background influences behaviorurs
- Practice critical reflection on privilege and positionality

2. Cultural Knowledge
- Demonstrate understanding of diverse frameworks and worldviews
- Explain how culture shapes communication, and social interactions
- Apply cultural theories to analyze real-world situations

3. Intercultural Communication
- Adapt communication style to different cultural contexts
- Practice active listening and empathetic inquiry
- Navigate language differences and non-verbal communication

4. Inclusive Leadership
- Create environments where diverse voices are heard and valued
- Address bias, microaggressions, and exclusion constructively
- Facilitate inclusive discussions and decision-making processes

5. Conflict Resolution
- Identify sources of intercultural conflict
- Apply mediation and negotiation strategies across cultures
- Transform conflict into opportunities for learning and growth

6. Global Collaboration
- Work effectively in diverse teams across distances and differences
- Leverage diverse perspectives for creative problem-solving
- Use digital tools for cross-cultural collaboration

7. Ethical Global Citizenship
- Demonstrate commitment to social justice and equity
- Act responsibly in international contexts
- Contribute to sustainable and inclusive global communities

8. Adaptive Mindset
- Embrace ambiguity and cultural complexity
- Remain curious and open to learning from mistakes
- Demonstrate resilience in challenging intercultural situations

PROGRAMME INNOVATION FEATURES

What Makes This Programme Unique

This programme stands out through its global reach, hands-on learning, and student-driven design – combining academic depth with real-world experience.

1. Global Perspective
Faculty and speakers from every continent share diverse viewpoints and case studies. The programme moves beyond Western frameworks to include multiple cultural perspectives.

2. Blended Learning Design
The online phase builds connections and foundations; the on-site phase turns ideas into action. Together, they form one seamless learning experience.

3. Experiential Learning
Less theory, more practice. Workshops, simulations, and real-world projects help you apply concepts directly to global challenges.

4. Student-Centred Approach
You're not just a participant – you're a co-creator. Peer learning, flexibility, and personal learning paths keep the experience relevant to your goals.

5. Sustainable Impact
Learning continues after the programme through alumni connections, mentoring, and personal action plans for applying what you've learned.

6. Critical and Transformative
You'll explore issues of power, privilege, and inequality, challenging old narratives and learning to drive positive change.

Virtual Phase (March–April 2026)
- Platform: Moodle/Canvas for course materials and Zoom for live sessions.
- Time Commitment: 3–4 hours per week, combining self-paced study and live interaction.
- Technical Requirements: Stable internet connection, computer with webcam and microphone.

Physical Phase – Alba Iulia (May 2026)
- Accommodation: University dormitories or nearby hotels arranged by organisers.
- Meals: Breakfast, lunch, and dinner included.
- Local Transport: Provided for all programme activities.
- Language: English as the working language, with Romanian language support available for daily use.

KA131 Participants (Europe)

Students from Erasmus+ programme countries will receive their individual mobility grants from their sending institutions according to Erasmus+ KA131 rules.

These grants typically cover travel, accommodation, and daily subsistence during the physical phase.

KA171 Participants (outside the EU)

Students from partner countries benefit from special financial support provided through the KA171 framework:

- Transport: Sending institutions cover international travel to Romania.
- Local Transfer: Free transfer provided by organisers from Cluj-Napoca or Sibiu airports to Alba Iulia.
- Accommodation and Meals: Free accommodation in university facilities and three daily meals during the on-site phase.

No Participation Fee

Participation in the programme is completely free of charge for all selected students.

Important Dates

- Application Deadline: 15 December 2025
- Notification of Acceptance: 15 January 2026

APPLICATION PROCESS

Who Can Apply ?

Eligibility
- Undergraduate or graduate students from any academic discipline;
- Minimum English proficiency: **B2 level;**
- Strong motivation to develop intercultural competencies;
- Commitment to participate in **both virtual and physical phases.**

Application Materials
- **Online application form**
- **CV/Resume**
- **Motivation letter** (500 words): Why this programme? What do you hope to learn?
- **Letter of recommendation** from a professor or academic advisor
- **Proof of enrollment** from your home institution
- **English proficiency certificate** (if applicable)

Timeline

- Application Deadline: 15 December 2025
- Notification of Acceptance: 15 January 2026
- Virtual Phase Begins: March 2026
- Physical Intensive: 11-15 May 2026

CONTACT INFORMATION

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LEARNING RESOURCES

Participants will have access to:
- A curated digital library of intercultural learning materials;
- Online discussion forums and a dedicated peer networking platform;
- Templates and tools for cultural assessment and project management;
- Alumni mentorship opportunities for ongoing professional growth;
- A post-programme learning community to support continuous development.

JOIN US IN BUILDING A MORE INCLUSIVE, EQUITABLE, AND INTERCONNECTED WORLD THROUGH EDUCATION!