

***Fostering contact with local students and population to improve international (Ukrainian) students' well-being and inclusion***

**LESSON 5**

**Perceptions of Inclusion, well-being and Identification with the European Union in Ukrainian university students**



**Co-funded by the European Union**



# Direct intergroup

## contact



➤ The most common form of intergroup contact is direct (face-to-face) contact. It can take place in classrooms, libraries, shops, residential buildings, and public services.

Direct contact generates the following effects:

1. reduces prejudice;
  2. improves outgroup evaluations;
  3. elicits positive emotions such as trust and empathy;
  4. attenuates the anxiety experienced during encounters with members of the outgroup
- (see Pettigrew & Tropp, 2006, 2008; Tropp & Pettigrew, 2011; see also Capozza, Falvo, et al., 2013; Capozza, Trifiletti, et al., 2013).

# Additional effects of intergroup contact

➤ Moreover, direct contact can:

1. make people more democratic and humanitarian (Meleady et al., 2020);
2. more open toward other cultures and worldviews (Boin et al., 2024);
3. promote the humanization of the outgroup (e.g., Capozza et al., 2017).

➤ **Interventions:** in University towns, it is important to encourage both students and local residents—through media and public engagement initiatives—to interact in a friendly way with students from other countries.

# Cross-group friendships



# Cross-group friendships



- Another effective form of contact is **cross-group friendship**. This refers to a more **intimate and close relationship between members of different groups** that generates effects similar to those of direct contact, but stronger (Hewstone et al., 2014; Mendoza-Denton et al., 2006; Page-Gould et al., 2008).
- Notable finding: intergroup friendships have been found to be associated with better health outcomes among minority students (Mendoza-Denton & Page-Gould, 2008; Page-Gould et al., 2014).

# Cross-group friendships



- Interventions to promote friendships between local and international students include:
  1. fostering physical proximity, for example, when assigning accommodation in university residences;
  2. encouraging cooperation, for example, by creating mixed working groups in academic courses. Cooperation promotes self-disclosure, which is a significant antecedent of friendship formation (e.g., Morrison & Cooper-Thomas, 2017).



- Online contact through social networks also produces positive effects: it reduces prejudice and increases openness to diversity (see Imperato et al., 2021).
- Local and international students should be encouraged to build relationships through online interactions.

# Thank you

Any Question?

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