

An intervention of Electronic contact

LESSON 11

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



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E-contact intervention



Goal = Promote positive interaction and cooperation between Ukrainian international students and local students.

Structure of the intervention

Students are paired in mixed dyads

Each pair includes:

- 1 Ukrainian student
- 1 local student

Each pair is supervised by a tutor buddy

Duration: 8 weeks

Fully online interaction: Students interact through video calls, chat platforms or shared

E-contact intervention



Each week students complete a collaborative online task lasting 30–40 minutes.

Examples of activities:

- introducing themselves via video call
- creating a short presentation about student life
- collaborating on a document about cultural similarities and differences
- reflecting on challenges faced by international students
- discussing music, films, or social media trends
- collaborating on a small academic project
- sharing a joint reflection on the experience

E-contact intervention



Key Principles guiding the intervention

- **Equal status = both students interact as peers**
- **Cooperation = tasks require joint effort**
- **Support and structure = tutors guide activities and ensure respectful and constructive interaction**

Assessing the effectiveness of the intervention



Before the first E-contact session participants complete measures of:

- attitudes toward host community and international students
- intergroup anxiety
- willingness for future direct contact
- perceived closeness and comfort

The same measures are administered again after 8 weeks.

Positive outcomes include: more positive attitudes, lower intergroup anxiety, greater willingness for face-to-face contact