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**Author**

KAKOURIDIS, Thierry

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**Abstract**

This article draws on the experience of a language professor who was head of International Relations at a 'Grande École' in France. The approach is holistic. The author emphasizes the need for individual human and cultural preparation for going abroad and the tremendous impact this can have on a student. Answers are proposed to the questions 'why?' and 'what for?' concerning international mobility. The author amply refers to his specially designed consciousness-raising course on cross-cultural communication (an outline is provided in the annex) in which, among other things, definitions are given for culture, identity, self-awareness and self-definition, otherness and interacting with difference. (HRK / Abstract übernommen)

**Signature**

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