

Highlighting your International Skills

In this section you can search for activities that you may have done whilst abroad and find out what skills they can provide proof of. You may be surprised! The examples shown are fictional and are written in the kind of format useful in application forms rather than CV's, they could also be useful as ideas for interview responses. They are meant to get you thinking about your own experiences and how they can provide you with evidence of specific skills and should not be copied word for word.

| Activity | Possible Skills Used | Example |
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| Acquiring Accommodation | Communication Organisation Planning Independence Working under pressure Language skills | <p>"Most of the landlords didn't speak English so I was immediately thrown in at the deep end and had to communicate and sign contracts in French which was quite stressful for my first week but thanks to researching each property thoroughly and making sure I was up-to-date with all the French renting laws and unwritten rules I got a great central apartment and never had a problem with it the entire year"</p> <p>"The University offered campus accommodation but I had read in my research that these were usually quite quiet and antisocial so I decided to search for accommodation in the city. By putting up flyers around campus asking for the type of flat I wanted I managed to arrange a flat-share with two locals which was great and very beneficial for my integration into the host city."</p> <p>"One of the most important aims for the year for me was to live with locals but most of the websites that I could use for accommodation searches were specifically for exchange students so I decided to wait until I arrived in the country to then conduct my search. This resulted in me living out of a hostel for a couple of weeks but eventually I found my ideal flat living with local professionals which allowed my language skills to improve significantly"</p> |
| Joining a Society/club | Communication Planning Team Working Leadership Initiative Interpersonal Creativity | <p>"I joined the Hiking club on campus which allowed me to interact with many of the locals. Through this partnership I was able to increase my understanding and knowledge of the country whilst partaking in key team-building exercises both through hiking and social meetings."</p> <p>"Having been the captain of the Physics Rugby team in Manchester I was able to join the rugby</p> |

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| | | <p>team in North Carolina at first as just an ordinary player but in my second term I was made the captain of the Juniors team. I took this role very seriously and under my leadership we went on to finish 3rd in the league!”</p> |
| Writing a blog about your experiences | <p>Communication Initiative Mentoring Clarity of writing Time-planning Explaining</p> | <p>“In order to keep my family and friends up-to-date with my adventures and to have something which I could look back on when I’m older I decided to write a blog of my experiences. As I was extremely busy with classes and extracurricular social events I had to allot a time to write during the week and keep to it. When on excursions to new places I would also ask a lot more questions than other people with a view to including it in my blog to make it more interesting for third parties. In the end I have fantastic memento of my trip which I can easily dip in to offer people advice about where to go and what to do when visiting the same places in future.”</p> |
| Using a foreign language | <p>Language Verbal (and non-verbal) Communication Interpersonal Self-expression Creativity Confidence in Public Speaking</p> | <p>“Having already had an intermediate level in the language before I arrived I grabbed whatever opportunity I could in order to increase my knowledge. By the end of the year I had volunteered for a few homeless charities (literally learning the language on the streets!) which improved my listening and comprehension skills as well as my familiarity with accents.”</p> <p>“As soon as I could I joined the local drama society and we performed one play each semester to an audience of over 100 people. Through learning the script and socialising with fellow cast members my knowledge of the language improved dramatically as well as my confidence in public speaking once you’ve done a play in a different language then speaking in front of people in English is by comparison very easy!”</p> |
| Maintaining relationships with friends met abroad | <p>Networking Communication Open mindedness Interpersonal</p> | <p>“For my final few weeks abroad I managed to arrange a trip around Europe visiting a lot of the friends I had made that year and staying with them in order to save money. This allowed me to strengthen my relationship with those friends, learn lots about both intra and intercountry travel in Europe and see a large quantity of Europe all on a budget!”</p> <p>“As an events officer for my University’s Politics Society, I arranged a visit to the European Parliament in Brussels. This was carried out through connections I made at my exchange University in Belgium with lecturers who had</p> |

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| | | connections to the visitors office in the Parliament” |
| Studied courses not available to you in the UK | Academic Learning Resilience Shows interest in your area of expertise Independence | “Being a leader in its field, The University of ... has allowed me to take courses that I would never have been able to take in Manchester. Though the courses were more intense I feel more prepared for a career in ... and that my passion for the subject has grown massively! Due to this more challenging academic environment, I was making myself exposed to different approaches to familiar problems and learnt a lot particularly about ...(subject you have done).” |
| Becoming a mentor when you return | Leadership Communication Organisation Time management Empathy Sensitivity Ability to engage with students | <p>“By becoming a Global Guidance Ambassador after returning I have built on my already substantial communication and organisational skills by being the first point of contact for prospective students and by leading my own project-based work portfolio. In addition it has allowed me to pass on some of my enthusiasm for the study abroad scheme to more junior students.”</p> <p>“When I returned from my exchange, I became a study abroad mentor for incoming exchange and Erasmus students. I organised formal presentation sessions about Manchester and the university, informal meetings during the year and kept in touch with my mentees through social networks in order to provide advice and guidance. I got a really good feedback on my mentoring role and am still in touch with some of my mentees even after returning to their home countries.”</p> |
| Increased workload and continual assessment whilst abroad | Problem solving Time management Working under pressure Adaptability Resilience | “Unlike in Manchester my host University delighted in using multiple mid-term examinations and essay deadlines placed unsystematically throughout the term. This was one of the hardest aspects of my study abroad and meant I had to adapt very quickly to a very hectic schedule. I overcame this by planning specific study times around all my major deadlines and not allowing anything to get in the way of them. This meant sacrifices in terms of the trips I could go on but paid off in the end as I performed exceptionally well for the year.” |