



Mobility Agreement

Staff Mobility For Teaching¹

Planned period of the teaching activity: from [day/month/year] till [day/month/year]

Duration (days) – excluding travel days:

The teaching staff member

Last name (s)	CONTI	First name (s)	CHIARA
Seniority ²	Intermediate	Nationality ³	Italian
Sex [M/ F]	female	Academic year	2021/2022
E-mail	ceonti@unich.it		

The Sending Institution/Enterprise⁴

Name	University G. d'Annunzio of Chieti		
Erasmus code ⁵ (if applicable)	ICHET101	Faculty/Department	Department of Psychological Science DISPUTER
Address	Via dei Vestini 32 66100 CHIETI	Country/ Country code ⁶	ISO 3166-2
Contact person name and position	Moncallo Costantini Disputer Erasmus Coordinator	Contact person e-mail / phone	disputer.erasmus @unich.it
Type of enterprise:	Public University	Size of enterprise (if applicable)	<input type="checkbox"/> <250 employees <input checked="" type="checkbox"/> >250 employees

The Receiving Institution

Name	Universidade do Porto	Faculty/Department	Psychology
Erasmus code (if applicable)	P PORTO 02		
Address		Country/ Country code	
Contact person name and position		Contact person e-mail / phone	sri@reit.up.pt erasmus@fpaq.up.pt

For guidelines, please look at the end notes on page 3.

**Section to be completed BEFORE THE MOBILITY****I. PROPOSED MOBILITY PROGRAMME**Main subject field⁷: *clinical psychology and psychosomatic medicine*Level (select the main one): Short cycle (EQF level 5) ☐; Bachelor or equivalent first cycle (EQF level 6) ☒; Master or equivalent second cycle (EQF level 7) ☐; Doctoral or equivalent third cycle (EQF level 8) ☐

Number of students at the receiving institution benefiting from the teaching programme:

Number of teaching hours: *8*Language of instruction: *English***Overall objectives of the mobility:***Teaching on clinical psychology and psychosomatic medicine (alexithymia and emotion regulation in ED)***Added value of the mobility (in the context of the modernisation and internationalisation strategies of the institutions involved):***The mobility aims to provide knowledge on the main psychosomatic theoretical and applicative models concerning alexithymia and emotion regulation. This is my main research field.***Content of the teaching programme:***The following topics will be addressed:
Alexithymia and physical illness: a psychosomatic approach
The concept of somatization
Levels of emotional awareness
Empirical associations between alexithymia and physical illness***Expected outcomes and impact (e.g. on the professional development of the teaching staff member and on the competences of students at both institutions):***It will be used an approach focused in clinical practice to allow students to use theories on technique of psychological assessment and interventions as close as possible to real world experience.*

**II. COMMITMENT OF THE THREE PARTIES**

By signing⁸ this document, the teaching staff member, the sending institution/enterprise and the receiving institution confirm that they approve the proposed mobility agreement.

The sending higher education institution supports the staff mobility as part of its modernisation and internationalisation strategy and will recognise it as a component in any evaluation or assessment of the teaching staff member.

The teaching staff member will share his/her experience, in particular its impact on his/her professional development and on the sending higher education institution, as a source of inspiration to others.

The teaching staff member and the beneficiary institution commit to the requirements set out in the grant agreement signed between them.

The teaching staff member and the receiving institution will communicate to the sending institution/enterprise any problems or changes regarding the proposed mobility programme or mobility period.

The teaching staff member

Name:

Signature:

Date:

The sending institution/enterprise

Name of the responsible person:

Signature:

Date:

The receiving institution

Name of the responsible person:

Signature:

Date:

¹ In case the mobility combines teaching and training activities, **this template** should be used and adjusted to fit both activity types.

² **Seniority:** Junior (approx. < 10 years of experience), Intermediate (approx. > 10 and < 20 years of experience) or Senior (approx. > 20 years of experience).

³ **Nationality:** Country to which the person belongs administratively and that issues the ID card and/or passport.

⁴ All references to "**enterprise**" are only applicable to mobility for staff between Programme Countries or within Capacity Building projects.

⁵ **Erasmus Code:** A unique identifier that every higher education institution that has been awarded with the Erasmus Charter for Higher Education receives. It is only applicable to higher education institutions located in Programme Countries.

⁶ **Country code:** ISO 3166-2 country codes available at: <https://www.iso.org/obp/ui/#search>.

⁷ The **ISCED-F 2013 search tool** (available at http://ec.europa.eu/education/tools/isced-f_en.htm) should be used to find the ISCED 2013 detailed field of education and training.

⁸ Circulating papers with original signatures is not compulsory. Scanned copies of signatures or electronic signatures may be accepted, depending on the national legislation of the country of the sending institution (in the case of mobility with Partner Countries: the national legislation of the Programme Country). Certificates of attendance can be provided electronically or through any other means accessible to the staff member and the sending institution.