

# Academic mobility and dual career planning

#### **Description and objectives**

Mobility can be an important factor for success in an academic career, and is nowadays even seen as an essential requirement in many cases. Academic mobility can be defined in a variety of ways, both long and short-term in relation to distance and time.

Furthermore, since the worldwide travel restrictions imposed due to Covid, will academic mobility no longer be viewed as a physical necessity to succeed in academia?

In this workshop we will discuss opportunities, challenges and impact of academic mobility. Participants will receive information and feedback on what factors to consider when contemplating their mobility. They will be encouraged to self-reflect in order to make grounded decisions regarding their own situations and aspirations.

### The participants will...

- Understand opportunities, challenges and impact of academic mobility
- Be more aware of creative solutions to balance professional and personal goals
- Be signposted to practical information on how to find a position abroad and how to prepare for an international move
- Feel more confident and informed about making decisions relating to academic mobility.

## Approach

Theoretical input will alternate with individual, pair and group work.

### Trainer

Sarah Blackford, Qualified careers adviser and coach