



# CIDDD NEWSLETTER

NEWS FROM THE CONSORTIUM OF INTERNATIONAL DOUBLE DEGREES



## The CIDDD Podcast - Degrees without Borders

The Consortium of International Double Degrees launched the new podcast *Degrees without Borders* in the previous newsletter. In this podcast, we discuss various topics in international collaboration and exchange. Our first episode, titled “The Benefits of Double Degrees” focuses on the benefits and challenges of completing a double degree in an increasingly globalized world. The episode includes interviews with two of our 2024 double-degree scholarship winners. It can be used to promote double degrees in your institution. [Click here to listen the episode.](#)

The podcast is co-hosted by Jana Blštáková from Slovakia, José Adrián Calcáneo Damián from Mexico, and Yoav Wachsman from the USA. We aim to produce four episodes per year – one per season. We hope to share this podcast with the international offices around the globe so they can use it to keep their staff and students informed about vital topics in global education and exchange.

We hope you enjoy our podcast and share it with your network. Contact us if you have suggestions for future episodes or want to participate in.

### IN THIS ISSUE

**SUPPORTING EXCHANGE IN  
A TIME OF POLITICAL CONFLICT**  
page 1

**PROVIDING PRACTICAL  
EXPERIENCE THROUGH KREA**  
page 3

**ADDRESSING MENTAL HEALTH  
CHALLENGES AMONG INTERNATIONAL  
STUDENTS**  
page 5

**ARE ACCREDITATIONS IMPORTANT?**  
page 8

**PREPARING FOR THE GENERAL  
ASSEMBLY**  
page 11

**KARLSTAD'S NEW BACHELOR'S DEGREE**  
page 13

**ASBBMC 2025**  
page 14

**SUMMER SCHOOL: UNIVERSITY OF  
ECONOMICS IN BRATISLAVA**  
page 15

# Supporting Exchange in a Time of Political Conflict

Recently, international students in the USA were arrested and face potential deportation. Several students at Columbia University were detained for their pro-Palestinian activities. The US government revoked over 1500 student visas, and some incoming students were stopped at the border.

In today's volatile geopolitical climate, political conflicts like the ongoing Russian invasion of Ukraine, the Israeli-Palestinian conflict, and escalating trade tensions between the United States and its trade partners are reshaping global mobility. These crises extend beyond borders, affecting not only economies and diplomacy but also the lives of international exchange students caught in the middle.



One of the most immediate consequences of political instability is the tightening of visa policies. In the wake of the Ukraine invasion, students from Russia and surrounding regions have faced increased scrutiny when applying for visas to Western countries. Similarly, the U.S.–China trade war has prompted reciprocal restrictions on student visas, with Chinese STEM students in the U.S. facing heightened background checks and, in some cases, denial or delays.

Understandably, some international students fear harassment, discrimination, or even deportation. Global tensions have fueled a surge in xenophobia. Exchange students may encounter discrimination or hostility, particularly if they come from countries at odds with their host nation. For instance, Asian students in the U.S. have seen a rise in anti-Asian sentiment amid both pandemic fears and political rivalry.

Despite these challenges, universities remain critical platforms for fostering mutual understanding and global collaboration. To continue attracting and supporting international students, institutions must double down on their commitment to inclusion and support.

**1. Clear Communication and Visa Support.** Universities should maintain transparent, up-to-date guidance on visa policies and immigration changes, ideally with dedicated legal advisors for international students.



**2. Mental Health and Counseling Services.** The psychological toll of studying abroad during a time of global instability can be immense. Institutions should provide culturally sensitive counseling services and peer support networks. This issue includes an article about supporting the mental health of international students.

**3. Safe Spaces and Anti-Discrimination Policies.** Creating safe, inclusive environments is essential. This includes strong anti-racism policies, prompt action against hate incidents, and inclusive programming that celebrates cultural diversity.

**4. Emergency and Financial Support.** For students from conflict zones, universities should offer emergency scholarships, housing aid, and flexibility with enrollment or attendance policies.

**5. Partnerships and Virtual Exchange.** Expanding virtual exchange opportunities and dual-degree programs can provide alternative pathways for students unable to travel due to political restrictions.

In times of division, international education serves as a powerful counterbalance. Exchange students act as cultural ambassadors, breaking down stereotypes and fostering understanding across borders. By bringing together people from diverse backgrounds, universities help build a more empathetic and interconnected global society—something sorely needed in an age of rising nationalism and political polarization.

Ultimately, continuing to invest in international education is not just an academic pursuit; it's a statement of values. It affirms that dialogue, learning, and cooperation can prevail even when the world is in conflict.



## Providing Practical Experience through Krea



Have you ever wondered what it's like to work in a real creative agency before graduating? That's exactly what students get to experience at Krea – Haaga-Helia's own marketing and communications agency.

Based at the Pasila campus in Helsinki, Krea was founded in 2015 with a goal to take marketing education beyond the classroom. Instead of just theory, the idea was to combine different marketing courses into one hands-on, experience-driven learning environment.

At Krea, students work on real-life projects for real clients. The assignments are always different, from strategy and concept development to visual design, research, content creation, and social media campaigns. No two courses are ever the same because every client brings a new challenge and a new learning opportunity.

Teamwork is a big part of Krea's DNA. Students collaborate in creative teams and are assessed through the actual work they deliver. This helps students to develop not only their marketing skills but also creativity, communication, and confidence. It's a safe space to test ideas, take initiative, and learn by doing.

Guidance comes from nine experienced coaches, all Haaga-Helia teachers, who support and mentor students throughout their projects.

Over the years, Krea has helped numerous Finnish brands from different industries with their marketing, for example, MTV, Valio, Wolt, Alma Media, and Tripla. Krea's clients often praise the students for their fresh ideas and professional attitude, and many Krea alumni find that this practical experience opens doors in the job market after graduating.

So, what does Krea do? Here's a taste of their services:

- Marketing Concepts
- Brand Strategy
- Visual Identity
- Social Media Campaigns
- Events
- Research

Krea also hosts a podcast called [MarkkinointiMiks?](#) where they dive into the latest trends and questions in the world of marketing with industry experts.

If you'd like to learn more about Krea and what they do, check their [website](#) or social media through the icons below.



**Dare to be yourself. Dare to be KREAtive.**



# Addressing Mental Health Challenges Among International Students

Studying abroad sounds like the ultimate adventure. Living abroad means a new culture, food, and friends. Going on an exchange program is a dream come true for many students. However, behind the photo-worthy moments and well-edited vlogs, studying abroad creates mental challenges. This dream often comes with emotional weight.

## **The Silent Struggle: It is Bigger than You Think**

Mental health challenges are hitting college campuses everywhere, but international students often carry a heavier load.



According to the *World Health Organization*, about 20% of college students worldwide experience anxiety, depression, or other psychological disorders. If we zoom in on international students, that number gets even higher. In a study published in *Frontiers in Psychology*, researchers found that up to 50% of international students report experiencing high levels of psychological distress. They often feel anxiety, loneliness, or feel overwhelmed. That is one in two students, and most are not getting help.

Many students come from cultures where mental health is rarely discussed – or worse, seen as a weakness. One student from China said she did not even know what a therapist was until she got to the U.S. Another student from Nigeria explained that back home, seeking mental health help might be seen as “a luxury” or something only for “crazy people.” Even if students want support, they often do not know how to access it. They might also be afraid it will affect their visa status. They may not feel comfortable opening up in a new culture where everything already feels foreign.

## **More than Culture Shock: What Makes It So Tough?**

Moving to a new country is exciting, but it can also feel like your world has been flipped around. International students are not just adjusting to new foods or languages — they are dealing with intense, often invisible challenges:

- **Homesickness:** Missing family, pets, and even little things like your mom’s cooking or the smell of your local bakery can build up over time.
- **Language barriers:** Even fluent speakers can struggle to express deep emotions in their second (or third!) language. Imagine trying to describe anxiety while translating in your head.

- **Academic pressure:** Many international students feel a burden to succeed for themselves or their families, who sacrificed to send them abroad. Failing a class does not only mean disappointment—it can feel like letting everyone down.
- **Visa stress:** One bad grade or gap in enrollment can mess with visa status. A whole other layer of anxiety that domestic students never have to think of.
- **Isolation:** Making friends in a new country is not always easy. If you are shy, introverted, or just culturally different, you might spend too much time alone, especially in a small town or a campus with few other international students.

In a survey by the *Journal of American College Health*, nearly 38% of international students reported feeling “frequently” or “constantly” lonely. Loneliness is not just sad — it is a major risk factor for depression and anxiety.

### **What Can Universities Do?**

Fortunately, universities can make things better. It does not have to be complicated or expensive — it just has to be intentional. Here is how schools can step up and create a healthier, supportive environment for their international communities:

#### **Make Mental Health Services Accessible and Visible**

Too often, counseling centers are hidden away. International students might not even realize help is available. Schools can:

- Offer mental health info during orientation, and repeat it throughout the semester.
- Translate basic wellness materials into the top languages spoken on campus. Have flyers on mental health widely available.
- Provide online counseling or chat services for those uncomfortable with in-person sessions.

One great example is the University of British Columbia in Canada, which offers international student-specific wellness programming and peer support groups led by trained students from different cultural backgrounds.

#### **Train Faculty and Staff to Spot the Signs**

Sometimes, it is the little things — missed classes, low participation, a student who suddenly seems disconnected. Faculty and staff are often the first to notice when something is wrong. With some basic training, they can learn how to check in, offer resources, and create safe spaces for students to talk. A simple “Hey, you doing okay?” can open a door.

#### **Foster Belonging and Connection**

Mental health improves when people feel like they belong. Schools should create more spaces for international students to connect with each other and the wider campus.



This could mean:

- Hosting cultural nights or international food fairs.
- Pairing new students with mentors or local “buddies”.
- Offering clubs or hangouts specifically for international students.
- Encouraging student leaders from diverse backgrounds to lead initiatives.
- Create a student club for international and national students with activities.

The University of Melbourne runs a “Welcome Dinner Project,” where local families host international students for dinner. It is a small gesture with a huge emotional impact.

### **Tackling Real-Life Stressors**

Universities should ignore the everyday stuff. Academic advisors, housing offices, and financial aid departments all play a role in mental health. A student who worries about affording rent, navigating immigration paperwork, or finding a part-time job may struggle to focus on self-care. Universities should:

- Offer emergency financial support or hardship funds.
- Provide clear, up-to-date visa info (with humans to talk to, not just websites!).
- Create guides for navigating everyday life—transportation, healthcare, shopping, etc.

### **Everyone Has a Role**

Mental health is not just a “student issue.” It is a community issue. When international students struggle, it is a sign that something needs attention. Student services, teachers, and administrators can help international students adjust. Smile. Listen. Recommend a resource. Be kind. You do not have to be an expert to make a difference. Behind every international student is someone far from home, trying their best to make it. We should make sure they are not doing it alone.



# Are Accreditations Important?

On business schools' or universities' websites, you might come across names like AACSB, AMBA, EFMD, or EQUIS. These names refer to accreditations and can tell a lot about a school or a specific programme. But what do these accreditations mean, and are they important?

## Why Accreditation Matters

In simple terms, accreditation is a quality assurance stamp. It shows that a school or specific programme meets high international standards in areas like teaching, curriculum, research, student outcomes, and partnerships with industry. For students, it shows that the school offers a credible, globally recognized education. For employers, it's a sign that graduates have been trained to a certain standard. There are different accreditations, and they are not all the same. In this article, we'll discuss the AACSB, AMBA, EFMD, and EQUIS.

## AACSB

The **Association to Advance Collegiate Schools of Business** (AACSB) is one of the most respected accrediting bodies worldwide, especially in the U.S. AACSB was founded in 1916 and focuses on advancing quality in business education globally. Only about 6% of the world's business schools hold this accreditation.

Key features of AACSB:

- Emphasize teaching, research, and societal impact
- Strategic management and innovation, learner success, thought leadership, and engagement are central

Why it matters: AACSB-accredited schools are known for strong academic rigor and a serious commitment to research and faculty excellence. If you're considering an academic or research career or applying to top MBA programmes, AACSB accreditation can carry significant weight.

For more information on AACSB, [click here](#).

## AMBA

The **Association of MBAs** (AMBA) is a prestigious UK-based accreditation body that focuses specifically on postgraduate business, focusing on MBA, DBA and Master's Degree programmes. Founded in 1967, AMBA accredits only the top 2% of business schools worldwide.

Key features of AMBA:

- Centred on impact, employability, and learning outcomes
- Rigorous criteria for teaching, learning, and curriculum design, career development and employability, student, alumni, and employer interaction

Why it matters: AMBA accreditation signals that a business school offers world-class, career-focused postgraduate programmes. It is especially valuable for professionals seeking global recognition and a high return on investment from their MBA.

For more information on AMBA, [click here](#).

## **EFMD**

The **European Foundation for Management Development** (EFMD) is a global, non-profit organization founded in 1972 and is dedicated to management development. It is known for its quality improvement systems and broad support for institutions. EFMD offers the EFMD Accredited system, which evaluates specific programs, like a Bachelor's or Master's in Business, instead of entire institutions.

Key features of EFMD:

- Focus on internationalization, a corporate perspective, and ethics, responsibility, and sustainability
- Strong emphasis on student support, alumni networks, and corporate connections

Why it matters: EFMD's program-level focus is particularly helpful for students comparing different degrees. It gives a clear picture of the quality and outcomes of individual programs.

For more information on EFMD, [click here](#).

## **EQUIS**

EQUIS (**EFMD Quality Improvement System**) is another accreditation offered by EFMD, but unlike the EFMD Accredited system, EQUIS evaluates entire institutions. It was founded in 1997 and is widely recognized across Europe and globally.

Key features of EQUIS:

- Evaluates institutions based on academic programmes, faculty quality, research output, and student services
- Emphasis on international perspective, corporate relevance, and ethical leadership

Why it matters: EQUIS-accredited schools are seen as globally competitive. The accreditation looks beyond academic content and assesses how a school engages with the business world and prepares students for global careers.

For more information on EQUIS, [click here](#).



## **Summary**

Each accreditation serves a bit different purpose and audience. Some schools even hold “Triple Crown” accreditation, meaning that they have received accreditation from the three following accreditations: AACSB, EQUISA, and AMBA. The Triple Crown schools are recognized globally for their quality.

However, accreditations aren’t just shiny stamps. They represent a school’s commitment to excellence, relevance, and global engagement. They are a strong signal that a school takes its quality and impact seriously.

So, are accreditations important? The short answer is yes. Accreditation can bring benefits not only to the school but also to students and employers.

# Preparing for the General Assembly

As in the past, this year's CIDD General Assembly will be hosted by one of our member universities. The 2025 General Assembly will take place in Brescia, Italy, on June 9-11, 2025, and will be hosted by the University of Brescia.

The General Assembly will include optional social activities on June 9, the official meeting and dinner on June 10, and workshops plus an optional activity on June 11. Our recent assemblies took place at The Hague (2024), Valencia (2023), and Karlstad (2022).



## How to Get to Brescia?

Brescia is located in North Italy between Verona and Milan. There are four airports near Brescia, listed below. Additionally, there are trains from Milan, Verona, Venice, and other major cities.

- Villafranca Valerio Catullo Verona Airport, 50 km from Brescia, [www.aeroporto.verona.it](http://www.aeroporto.verona.it)
- Orio al Serio il Caravaggio Bergamo Airport, 60 km from Brescia, [www.orioaeroporto.it](http://www.orioaeroporto.it)
- Milano Linate Airport, 80 km from Brescia, [www.milanoline-airport.com](http://www.milanoline-airport.com)
- Milano Malpensa Airport, 100 km from Brescia, [www.milanomalpensa-airport.com](http://www.milanomalpensa-airport.com)

There is a direct bus from Bergamo Airport and Brescia. From Verona Airport, take a shuttle bus to the Verona train station and take the train from there. From Malpensa, you can take a bus to Milano Centrale station and take a train from there. From Linate, you can take either trains or a bus and train.

## Where to Stay?

There are several hotels and Bed and Breakfasts in Brescia. While there is no group reservation for the General Assembly, we will leave from Hotel Vittoria for activities and campus visits. Below are some of the places you could stay in.

- Hotel Vittoria. Via X Giornate, 20, 25121 Brescia. [www.hotelvittoria.com](http://www.hotelvittoria.com). About 1 km (0.62 miles) from the university.
- Hotel Ambasciatori. Via Crocifissa di Rosa, 92, 25128 Brescia, [www.hotelambasciatori.net](http://www.hotelambasciatori.net). About 1.5 km (0.93 miles) from the university.
- Albergo Orologio. Via Beccaria, 17, 25121 Brescia. [www.albergoorologio.it](http://www.albergoorologio.it). About 850 m (0.53 miles) from the university.
- B&B Hotel Brescia. Piazzale Cremona, 20, 25121 Brescia. [www.hotel-bb.com](http://www.hotel-bb.com). About 2 km (1.24 miles) from the university.





### **What is Brescia Like?**

Brescia is a historical city in the Lombard region and a thriving industrial center. It is located in about an hour East of Milan near the foot of the Alps. The city is famous for its three UNESCO World Heritage sites, sparkling wine, and the Mille Miglia car race. It was the Italian Capital of Culture in 2023. The city is a wonderful place to walk around, with its main squares its cathedrals, and its Castle on a hill. The weather in June is warm with an average high of 27 C and an average low of 16 C.

### **What will we discuss in the General Assembly?**

During the General assembly we plan to report the activities of the board, review the budget, and discuss future projects, and elect the board. The following day, we will have two in-person workshops organized by the University of Brescia. We are working on finalizing the plans for the activities and meals.

- Monday, June 9. Walking tour at 18:00 followed by dinner.
- Tuesday, June 10. General Assembly from 9:00 to 12:30 (available via streaming), followed by lunch at 12:30, and discussions from 14:30 to 16:30. Dinner at 19:00.
- Wednesday, June 11. Workshops on 9:30 to Noon, followed by lunch, and optional activity.

The registration fee will cover the cost of all the activities, including dinners on June 9 and 10, lunches on June 10 and 11, and snacks/coffee.

We look forward to seeing many of you in Brescia. Please send any questions to Yoav Wachsman at [yoav@coastal.edu](mailto:yoav@coastal.edu).

# Karlstad's New Bachelor's Degree



At Karlstad Business School, our mission is to educate responsible professionals and conduct research with high societal impact. We define a responsible professional as a person who makes an impact in society through knowledge, shared thoughts and actions with consideration given to following sustainable social, environmental and economic values. Our research explores leadership and analysis of organisations and their stakeholders, with particular excellence in service research.

In September 2025, Karlstad Business School is launching a new programme, which will combine our research, international connections and close collaboration with the working world. The bachelor's level programme in Global Sustainable Business will provide students with the tools and knowledge to handle complex global sustainability challenges. With a focus on economic, social and environmental dimensions of sustainable development, the programme will equip students to create long-term business solutions in a changing world. The programme includes three years of study and provides a broad undergraduate education in business with a global profile.

Students following this programme will build upon their global knowledge with real life experience by participating in a compulsory semester abroad either studying at one of our exchange partner universities around the world or undertaking a traineeship abroad at an international organisation. Thereby developing their ability to work in international environments and different cultures. For students wishing to strengthen their international outlook further, Karlstad Business School would like to offer them the opportunity to study a double degree and is therefore interested in discussing possibilities with our CIDD colleagues.

Please contact [Candida.Mackenzie@kau.se](mailto:Candida.Mackenzie@kau.se) if you are interested in discussing a double degree collaboration.

For more information about the programme and courses please visit [Karlstad's website](#).

# 18<sup>th</sup> Annual Scientific Baltic Business Management Conference 2025

## HUMAN-TECH ERA: HUMANS AND TECHNOLOGY SHAPING SUSTAINABLE SOCIETIES TOGETHER

27-29 May, 2025, in Riga, Latvia and in virtual mode online

The ASBBMC 2025 Organizing Committee is pleased to invite you to participate in the Conference in person or online. For more information, please visit the Conference website [www.asbbmc.eu](http://www.asbbmc.eu).

By joining the Conference, you will have an opportunity:

- to experience inspiring Plenary Sessions with highly acclaimed international speakers on 28 May
- to present your research to an international audience on 29 May
- to publish your paper in journals indexed in Web of Science, Scopus, ERIH Plus, EBSCO and more
- for PhD students to attend the Doctoral Workshop and learn how to get their research published on 27 May
- to network informally with your peers while enjoying your dinner in the beautiful city of Riga

### Important Dates:

**22 May, 2025** – deadline for registration and submission of abstracts – notification of acceptance in 3 days

**27-29 May, 2025** – Conference days in Riga or online

**18 July, 2025** – deadline for your Full Papers

You can learn more on the [Conference website](http://www.asbbmc.eu) or by submitting an inquiry at [research@riseba.lv](mailto:research@riseba.lv).





## BRATISLAVA SUMMER SCHOOL 2025

## AI AND DIGITAL LEADERSHIP

14 - 25 JULY, 2025

### COURSES AND DATES

14 - 18 July 2025

Artificial Intelligence for Economists

21 - 25 July 2025

Managing People in the Digital Era

### WHERE

The University of Economics in Bratislava, Slovakia

### CREDITS

3 ECTS per completed course (6 ECTS in total)

### SCHOLARSHIP

Possibility to apply for Erasmus+ short term study mobility grant (not BIP), please check the eligibility with your university.

### CONTACT

summerschool@euba.sk  
+421 2 6729 5306

### FEES

2 courses - 450€

1 course - 250€

The fee **includes** tuition, a welcome pack, certificate of professional attendance and transcript of records, administrative support before, during and after the program.

The fee **does not include** visa, travel, accommodation, living costs, insurance, and other related costs.

### WHY EUBA?

- Quality business studies in Central Europe
- Great value for money in education
- Possibility to receive Erasmus+ scholarship

**Deadline to  
apply  
May 16, 2025**

### REGISTER AT

<https://summerschools.euba.sk/>

