



**MISSION
ACCOMPLISHED**

(a workshop on returning home)

A graphic illustration on a solid orange background. On the left is a dark grey tuxedo jacket with a white shirt and a black bow tie. To the right of the tuxedo, the words "MISSION ACCOMPLISHED" are written in large, bold, black, sans-serif capital letters. Below this, the text "(a workshop on returning home)" is written in a smaller, bold, black, sans-serif font. To the right of the text is a small, light blue suitcase with a handle and two wheels.

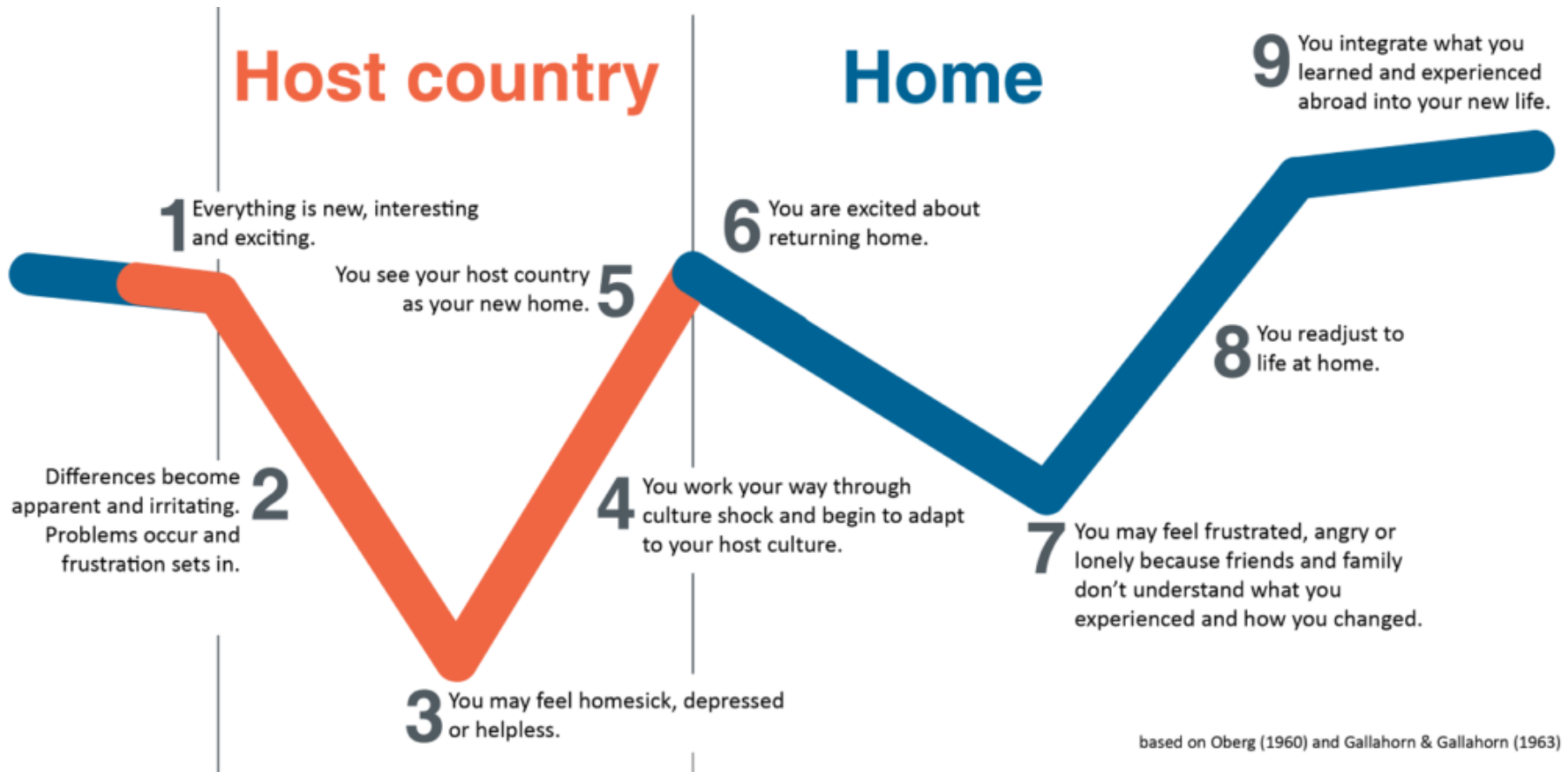
Personal Growth

- What does this experience mean for me?
 - Changed the way I think and perceive
 - Became more independent
 - Global explorer



What challenges do you perceive that you will face when you return?





Reverse Culture Shock

What could be some of your challenges?

- Boredom
- No one wants to listen
- You can't explain
- Reverse homesickness
- Relationships have changed
- Inability to apply new knowledge and skills

After the new, challenging, and enriching experiences you've had abroad, learning how to re-adjust to your home country may take a surprising amount of practice and time.

Some ways to deal with it

- Share your experience and save your memories!
 - Blogging
 - Video Montage
 - Travel Journal Scrapbook
 - Photo Wall



Some ways to deal with it

- Take time to check in with family and friends
 - Re-establish habits and social groups
 - Ask them about their experiences
 - Be mindful of fatigue in sharing your journey



Some ways to deal with it

- Take time for yourself
 - You have been through a lot
 - You have changed
 - Catch up on social trends (music, entertainment)
 - Recognise and explore the new view you have on a familiar environment
 - Your experience is part of who you are now



Some ways to deal with it

- Stay international
 - Join an International Club or Society
 - Buddy or mentoring programs
 - Ambassadors

