

## Ten Top Challenges for Returnees at Home

**Realistically, what can I expect when I get back?**

### **1. Boredom**

After all the newness and stimulation of your time abroad, a return to family, friends, and old routines (however nice and comforting) can seem very dull. It is natural to miss the excitement and challenges that characterize study in a foreign country, but it is up to you to find ways to overcome such negative reactions. Remember a bored person is also boring. Try new things, travel domestically, and continue cultural and linguistic studies.

### **2. No one wants to hear**

One thing you can count on upon your return: no one will be as interested in hearing about your adventures and triumphs as you will be in sharing those experiences. This is not a rejection of you or your achievements, but simply the fact that once they have heard the highlights, any further interest on your audience's part is probably unlikely. Be realistic in your expectations of how fascinating your journey is going to be for everyone else. Be brief.

#### **Think of..**

There may actually be some people who will be interested in your stories and hundreds of pictures or slides. Think about who they might be and make a list. Consider emailing them before you return and asking if they really do want an evening on "My experience in [fill in the blank]" and promise to make a date when you get home. Give them a chance to change their minds but respond now with a message that says you are really looking forward to your date.

### **3. You can't explain**

Even when given a chance to explain all the sights you saw and feelings you had while studying abroad, it is likely to be at least a bit frustrating trying to relay them coherently. It is very difficult to convey this kind of experience to people who do not have similar frames of reference or travel backgrounds, no matter how sympathetic they are as listeners. You can tell people about your trip, but you may fail to make them understand exactly how or why you felt a particular way. It's okay.

#### **4. Reverse "homesickness"**

Just as you probably missed home for a time after arriving overseas, it is just as natural to experience some reverse homesickness for the people, places, and things that you grew accustomed to as a student abroad. To an extent, writing letters, telephoning, emailing, and generally keeping in contact can reduce them, but feelings of loss are an integral part of international sojourns and must be anticipated and accepted as a natural result of study abroad.

#### **5. Relationships have changed**

It is inevitable that when you return you will notice that some relationships with friends and family will have changed. Just as you have altered some of your ideas and attitudes while abroad, the people at home are likely to have experienced some changes that are very important to them. These changes may be positive or negative, but expecting that *no* change will have occurred is unrealistic. The best preparation is flexibility, openness, minimal preconceptions, and tempered optimism.

#### **6. People see the "wrong" changes**

Sometimes people may concentrate on small alterations in your behavior or ideas and seem threatened or upset by them. Others may ascribe any "bad" traits to the influence of your time abroad. These incidents may be motivated by jealousy, fear, or feelings of superiority or inferiority. To avoid or minimize discomfort, it is necessary to monitor yourself and be aware of the reactions of those around you, especially in the first few weeks following your return. This phase normally passes quickly if you do nothing to confirm their stereotypes.

#### **7. People misunderstand**

A few people will misinterpret your words or actions in such a way that communication becomes difficult. For example, what you may have come to think of as witty humor (particularly sarcasm, banter, etc.) and a way to show affection or establish a conversation may be considered aggression or "showing off." Conversely, a silence that was seen as simply polite overseas might be interpreted at home, incorrectly, as signaling agreement or opposition. New clothing styles or mannerisms may be viewed as provocative, inappropriate, or as an affectation. Continually using references to foreign places or sprinkling foreign language expressions or words into an English conversation is often considered boasting. Be aware of how you may look to others and how your behavior is likely to be interpreted.

## **8. Feeling of alienation/seeing with "critical eyes"**

Sometimes the reality of being back "home" is not as natural or enjoyable as the place you had constructed as your mental image. When actual daily life is less enjoyable or more demanding than you remembered, it is natural to feel some alienation. Many returnees develop "critical eyes," a tendency to see faults in the society you never noticed before (e.g., Americans are so wasteful, materialistic, fat, in a hurry, etc.). Some returnees become quite critical of everyone and everything for a time. This is no different than when you criticized the host culture while abroad. In both cases, being critical is closely related to discomfort during readjustment and mild "culture shock." Mental comparisons are fine, but keep them to yourself until you regain both your cultural balance and a balanced perspective.

## **9. Inability to apply new knowledge and skills**

Many returnees are frustrated by the lack of opportunity to apply newly gained social, linguistic, and practical coping skills that appear to be unnecessary or irrelevant at home. To avoid ongoing annoyance: adjust to reality as necessary, change what is possible, be creative, be patient, and above all, use all the cross-cultural adjustment skills you acquired abroad to assist your own reentry.

## **10. Loss/compartmentalization of experience ("shoeboxing")**

Being home, combined with the pressures of job, school, family, and friends, often conspires to make returnees worried that they might somehow "lose" the experience. Many fear that it will become compartmentalized like souvenirs or photo albums kept in a box and only occasionally taken out and looked at. You do not have to let that happen: maintain your contacts abroad; seek out and talk to people who have had experiences similar to yours; practice your cross-cultural skills; continue language learning. Remember and honor both your hard work and the fun you had while abroad. To the extent possible, integrate your overseas experience into your ongoing life and activities. You can explore more on how to combat "shoeboxing" in the next section.

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>Adapted from a list originally created by Dr. Bruce La Brack, School of International Studies, University of the Pacific, for the Latin American Scholarship Program, American Universities of Harvard University, Central American Program for Undergraduate Scholars.