

Top Ten Re-entry Frustrations

(faced by most study abroad participants – you are not alone!)

1. **Boredom**
2. **“No one wants to hear about this.”**
3. **It’s hard to explain**
4. **Reverse homesickness.**
5. **Previous relationships have changed.**
6. **People see the “wrong” changes.**
7. **People misunderstand if I adopt elements of my host culture; they misinterpret my behavior.**
8. **Feelings of alienation – seeing home with critical eyes.**
9. **Inability to apply new knowledge and skills.**
10. **Fear of losing the experience, like storing it away in a souvenir box that we only occasionally look at.**

Learn how to combat some of these frustrations below!



RIT Top Ten Re-entry Solutions

1. **Come visit** the Education Abroad & International Fellowships office. We are travel people, too. We want to see your photos, hear your tales, and talk with you about your travels.
2. **Become a Global Ambassador!** Your experiences and perspectives are of great value to students contemplating a study abroad program. The Global Ambassador program is a fun way to keep your experience alive and regenerating, and looks great on a resume! Email global@rit.edu for more information.
3. **Continue studying** a foreign language if you studied one abroad. Use language apps like DuoLingo or Google Translate or software like Rosetta Stone.
4. **Get involved** in your local community. Getting involved with international organizations in Rochester or your hometown will give you the opportunity to share your experience and feel more connected to Rochester again. Check out Rochester Global Connections: rochesterglobalconnections.org.
5. **Befriend** a newly arrived international student. You might remember how difficult it was when you first arrived in your host-country and how nice it would have been to have a friend available to help. Volunteer with the RIT English Language Center: rit.edu/elc
6. **Join** the RIT Global Union to volunteer and participate in international events on campus: <http://www.rit.edu/studentaffairs/globalunion/>
7. **Look** into the various student clubs and organizations available at RIT. Learn about the various activities they sponsor. Get involved in working toward making RIT more culturally and socially diverse.
8. **Put an international spin on an academic project.** Incorporate your knowledge about your host country into a project for a class. Think of ways to tie in an international component to a class assignment as a way to continue to learn about other cultures.
9. **Make a scrapbook or video** of your travels. You will treasure the photos for years to come! If you make a video of your experience, share it with the Education Abroad office (global@rit.edu)!
10. **Study Abroad again!** If you have the itch to go abroad again, login to the Compass at studyabroad.rit.edu to search programs.