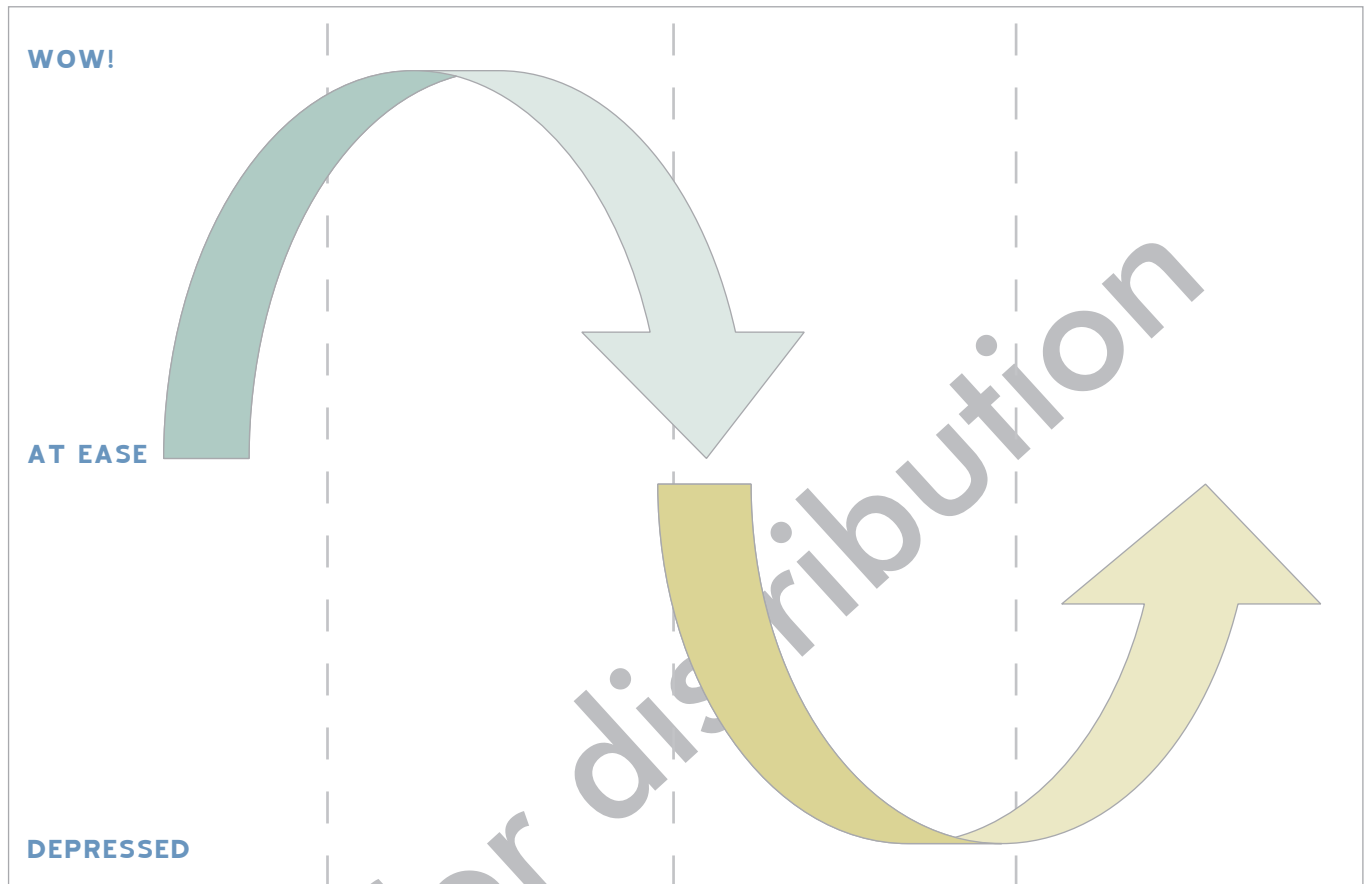


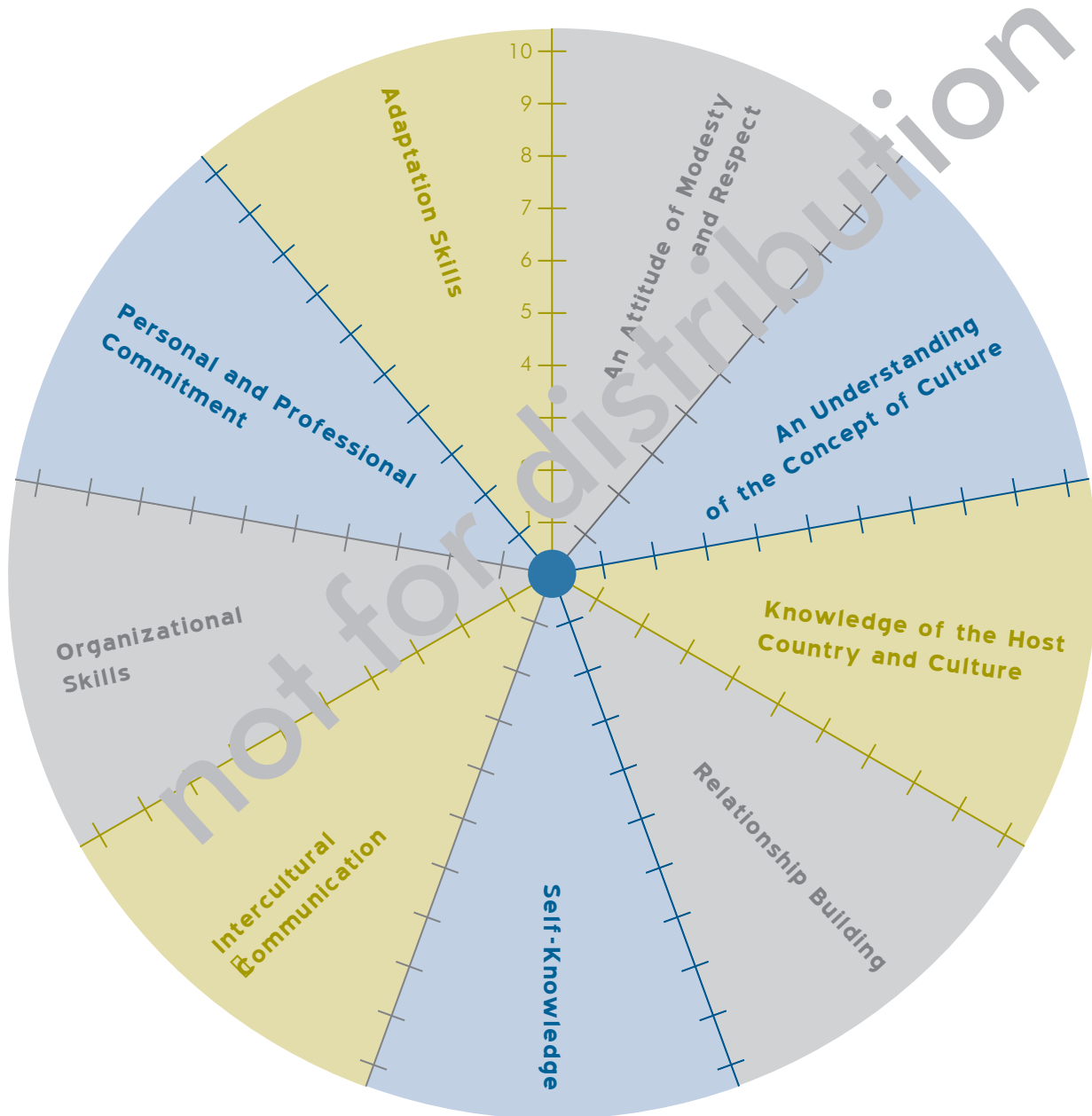
Cycle of Re-entry



Departure	Honeymoon	Reverse Shock	Readjustment
<p>Thinking more about what's next, rather than now. Excitement. Partying, Shopping and Packing. Anticipation. Expectations of "home" become concrete, if not realistic. Mood swings from happy to go home, to very sad to leave. An emotionally bittersweet</p>	<p>The first week (or even two) home is "perfect". Traveling to visit friends and family. You are probably a minor celebrity. No notice of changes in you or others. Indulging in favourite foods. No one expects or demands much. Home is everything you need it to be.</p>	<p>"Vacation" fades. Your novelty value wanes. Dislikes of home are brilliantly clear. Overseas was "perfect". Reacting to and criticizing home. Begin to realize personal change. Critical observer of, rather than participant in, society. Doubt. Overwhelmed.</p>	<p>At ease with being home. Focus on life "now" and not what it was. Balanced view and perspective on life in your country and overseas. Comfortable, relaxed and settled. Self-confidence returns. Realize readjustment is not an either/or choice.</p>

Radar chart

of intercultural competencies



Aspirations Tree



Planning Ahead

Personal Goals	The steps I plan to take to achieve these goals.
In the next two weeks	
1 _____ _____ _____	1 _____ _____ _____
2 _____ _____ _____	2 _____ _____ _____
In the next 4-6 months	
1 _____ _____ _____	1 _____ _____ _____
2 _____ _____ _____	2 _____ _____ _____
In the next year	
1 _____ _____ _____	1 _____ _____ _____
2 _____ _____ _____	2 _____ _____ _____

