

# RE-ENTRY

## Need-to-Know

Important ways to maximize your recent study abroad experience and minimize reverse culture shock

### My To-Do List



*Fill out Online Evaluation*



*Take CLEP Exam*



*Post on Facebook*



*Download AmeriSpan's e-reports*



*Use my Repeat Client Discount!*

# Introduction

So you've just returned from your study abroad trip. Whether you were abroad for two weeks, two months, or two years, we have prepared the following guide for you to follow to make sure you maximize your experience. We will also tell you about several opportunities available to you to help you keep learning and practicing your new language.

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Print this page out and use it as a handy checklist for post-program enrichment.

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# PART ONE: AS SOON AS YOU GET BACK

## 1. Review AmeriSpan's Reverse Culture Shock Tips

By the time you're ready to return to the United States, you'll already be fully acclimated to your host country. You'll have made new friends and adjusted to a new way of life. Returning home – or re-entry – is going to mean readjusting to the United States. After all, you've most definitely changed since you left, and others may not realize this. Because you've changed, you may find your relationships with people in the States have changed as well. Having spent a semester or a year (or more) abroad is going to make you view the U.S. through a new set of eyes, and you may not always like what you see.

### Some of the Symptoms of Reverse Homesickness Include:

- Becoming easily bored
- Feeling lonely and isolated
- Depression
- Frustrated because your friends and family aren't as eager to hear about your experience as you are to tell them about it.
- Missing your host country and the friends that you made there

Keep in mind that readjusting can take time – you may get frustrated, which is normal, but don't worry. As time passes, you'll become more accustomed to life in the United States as the person you now are.

### To Deal with Reverse Homesickness:

- **Be prepared.** It's going to take time to readjust to life in the United States. Don't expect everything to be the same as it was when you left – both you and the people around you will have changed. Be prepared for the time it's going to take to readjust.
- **You'll probably have matured, and your values and beliefs may have changed.** You're likely not the same person you were when you left. Your friends and family may not be prepared for those changes, so give them time to adjust.
- **Realize homesickness is normal.** Don't be surprised if you become homesick for your host country. After all, you've spent an extended period there and formed a bond with both the people and the country. Keep in touch with friends overseas. You might also try to find organizations or clubs in your area with international members, or members from your host country. This will help ease your reverse homesickness and help you stay connected with the international community. Look at photos and remember the fun you had, but also remember the fun that you are going to have at home!

## Tips to Make a Smooth Return to the United States

- **Share your experiences.** Many people who travel or study abroad often return home with a ton of great stories, and want to share their experiences. Unfortunately, many find that most people aren't willing to listen. If this happens to you, try asking your friends or loved ones about what has been going on in their lives first. Then, start telling them about your experiences.
- **Take time to catch-up.** Things will have changed in the U.S., especially culturally. You'll likely have to catch-up on the current events and latest news, the hottest and newest television shows, the latest trends, what everyone's talking about and the list goes on. Enjoy yourself – it's as though you're relearning your own culture! Also, take the time to get in touch with friends and family and to catch up on them.
- **Don't compare home and your host country.** Playing the comparison game with family and friends isn't going to endear you; in fact, it may anger or put your family and friends on the defensive. Don't completely praise your host country while downing the U.S. and vice-versa. Try to give a balanced view of both for your loved ones. Put yourself in your shoes: think about how you'd feel if a friend or loved one returned from abroad and constantly praised his host country while pointing out the U.S.'s flaws. It would probably make you feel defensive, right?
- **Talk with others who have studied abroad.** You're not the first person to deal with the challenges of re-entry, and you certainly won't be the last. Reach out to others who also studied abroad.
- **Journal.** Don't stop writing in your journal because you're returned home. Continue the story. When you feel homesick, open your journal and read what you wrote while you were abroad. Then write how you feel today, reading back on your experiences.
- **Stay involved.** If you are in college, ask your Study Abroad Office if you can volunteer to help other students prepare for their study abroad experience and help students who are returning home. You can help students who are experiencing the same range of emotions you did. Being able to help will also keep you connected to your own experience.

## 2. Online Evaluation

Next, we recommend you complete your AmeriSpan evaluation. You can do this easily online by going to [www.amerispan.com/evaluation.asp](http://www.amerispan.com/evaluation.asp). There are separate evaluations for each type of program (language, volunteer, fun, etc... ), and they are short and painless to fill out, yet help us improve our programs, not to mention help out future participants immeasurably!

We sincerely appreciate your feedback. Any thoughts you have as to what our website needs to add or revise, simply send us an email to [info@amerispan.com](mailto:info@amerispan.com).

## 3. Add Your Evaluation to other Study Abroad Sites

After completing your online AmeriSpan evaluation, why not keep the ball rolling and submit an evaluation to a study abroad site such as GoAbroad.com? Here is a direct link to the student testimonials page: <http://www.goabroad.com/providers/amerispan-study-abroad/testimonials> .

## 4. Academic Credit: CLEP Exams Now!

Do you want to receive some academic credit for your trip? The College-Level Examination Program® (CLEP) gives you the opportunity to receive college credit for what you already know by earning qualifying scores on any of 34 examinations. Depending on your college's CLEP policy, a satisfactory score on a CLEP exam can earn you from 3 to 12 college credits. The best part is the cost of an exam is less than \$100!

If you are thinking of taking a CLEP exam for college credit, make arrangements to do it immediately, before you start to lose your hard-earned edge on the language. Your language skills are at their best right now, so why not take the test when you're at your best?

For more information on academic credit and CLEP exams, go to [www.amerispan.com/language\\_schools/credit.asp](http://www.amerispan.com/language_schools/credit.asp)

## 6. Share Your Trip on Facebook

Feel free to post anecdotes, pictures, or tips from your trip on AmeriSpan's Facebook wall. Our goal is to share information about our programs with as many people as possible, and you can help! If you are not currently a Facebook fan of AmeriSpan, check us out at [www.facebook.com/AmeriSpanStudyAbroad](http://www.facebook.com/AmeriSpanStudyAbroad)

## PART TWO: MAINTAIN THE MOMENTUM

### 1. Blog, Photos, Videos, and more!

If you did not sign up to be an AmeriSpan guest blogger while on your trip, consider starting your own blog. We have used [Typepad](#) for our [www.amerispan.net](http://www.amerispan.net) blog with much success, we love how customizable the layouts are and how easy to use the interface is. Also, if you like, feel free to send us a sample of your blog for consideration on our site to [blog@amerispan.com](mailto:blog@amerispan.com), post your pics and videos to our Facebook wall, tag AmeriSpan in pics and videos already on your Facebook or YouTube... this is a great way to connect with other AmeriSpan participants who would love to hear your experiences.

Another fantastic way to cherish your memories from your time studying abroad is to put your photos in a book. These are easily assembled online at sites like [Kodak](#), and are sure to make a memorable keepsake or gift.

### 2. Social Updates

Follow AmeriSpan on Twitter ([twitter.com/AmeriSpanAbroad](https://twitter.com/AmeriSpanAbroad)), check out our Facebook page ([www.facebook.com/AmeriSpanStudyAbroad](http://www.facebook.com/AmeriSpanStudyAbroad)), and subscribe to our newsletter ([www.amerispan.com/newsletter.asp](http://www.amerispan.com/newsletter.asp)) in order to stay up-to-date with our latest news, specials, discounts, contests, languages, programs, and locations. Some of our specials go out specifically through social media, so don't miss out!

### 3. Keep it Fresh: At-Home Immersion

Consider an at-home language immersion program, such as **Bilingual America**, which offers its top-quality SpanishPower courses and even live Spanish tutoring over the phone. Many of AmeriSpan's past participants have had success with Bilingual America's products. New to Bilingual America is the Claro Initiative. If you are in a critical social service profession, such as medical, social work, law enforcement, school teaching, and more, you may be eligible to receive SpanishPower for free.

Go to [https://bilingualamerica.infusionsoft.com/go/claro/immer\\$\\$ab/](https://bilingualamerica.infusionsoft.com/go/claro/immer$$ab/)

Not eligible? No problem, you can still get their introductory package for free.

Check it out here: [https://bilingualamerica.infusionsoft.com/go/SPGPS/immer\\$\\$ab/](https://bilingualamerica.infusionsoft.com/go/SPGPS/immer$$ab/)

**Think Spanish** is an excellent at-home immersion community via magazine and online. Designed to increase fluency while learning about life and culture abroad, Think Spanish delivers ten engaging articles each month focused on fluency and grammar. Each article has an accompanying audio file that can be saved to your iPod or to a CD. In addition, each month you receive lessons, quizzes, vocabulary flashcards and more. Check out Think Spanish with this link and get a big discount: <http://www.thinklanguage.com/109-3-3-4.html>

## **PART THREE: FOR THE FUTURE**

### **1. Put Your Experience to Use**

Download our popular (and free!) e-report, “How Studying Abroad Can Help You Find a Job,” for tips on how to present your study abroad experience on your resume, negotiate an interview to show your experience abroad in a positive light, and much more!

Go here to download: <http://www.amerispan.com/downloadpdf.asp>

### **2. Repeat Client Discount**

If you didn't get enough the first time around, or you want to try a new language, location, or even program type, AmeriSpan offers our Repeat Client Discount. This discount is for participants who previously studied with AmeriSpan. You are eligible to receive 10% off any of our language programs year-round! How about improving your work-related language skills with one of our Professional programs, combine language with fun such as cooking, dancing, or sports with one of our Language & Fun programs, or even embark upon a Volunteer program adventure! Make sure to let us know that you are a former AmeriSpan student when applying. Use the discount code REPEAT when registering.

### **3. Get Involved**

AmeriSpan offers special deals to campus representatives, SALUD group leaders, and Group Immersion Trip leaders. Just for telling others about AmeriSpan or organizing a group you may be eligible for a discount, a scholarship, or even to travel for free.

For more information, go to our website:

SALUD Medical Spanish & Portuguese: Become a Lead Student

[http://www.amerispan.com/salud\\_medical\\_spanish\\_programs/student.asp](http://www.amerispan.com/salud_medical_spanish_programs/student.asp)

Group Immersion Trips: Find out about AmeriSpan's Group Incentives:

[http://www.amerispan.com/group\\_travel/why.asp](http://www.amerispan.com/group_travel/why.asp)

AmeriSpan Delegate Scholarship

[http://www.amerispan.com/scholarships/amerispan\\_delegate\\_scholarship.asp](http://www.amerispan.com/scholarships/amerispan_delegate_scholarship.asp)