

# WELCOME BACK!



---

Welcome back to IC! We hope that your time abroad enabled you to grow personally and intellectually, develop new friendships, learn about another culture, discover new interests and travel to other countries. We encourage you to think of your study abroad experience as the beginning of a life-long global journey. However, you will also need to think your return to Ithaca College. After London's theatre, museums, pubs, clubs, and traveling in Europe, life back in Ithaca will definitely be an adjustment. We hope this packet will help you readjust to life at Ithaca College.

---

## INSIDE:

REVERSE CULTURE SHOCK

HOW TO KEEP YOUR INTERNATIONAL EXPERIENCES ALIVE

STUDY ABROAD AMBASSADORS INFORMATION

WELCOME BACK RECEPTION

## Office of International Programs

**074** Peggy Ryan Williams Center (Garden Level)

[studyabroad@ithaca.edu](mailto:studyabroad@ithaca.edu) | (607) 274-3306

*We moved!*  
*Note our new office location.*



## WORKSHOP: ARTICULATING YOUR INTERNATIONAL EXPERIENCE

One of our affiliated partners, CEA CAPA, will be coming to campus in February to offer a workshop for students who have studied abroad (on any program – not just for students who studied with CEA CAPA). The workshop, **Articulating Your International Experience**, will discuss how to effectively add your international experiences to your resume, and how to speak about it in interviews and in other professional settings. The workshop will be held **Tuesday, February 13<sup>th</sup>, from 12:10-1:05 pm in Textor 103**. *Pizza will be provided!*

## HOW TO KEEP YOUR INTERNATIONAL EXPERIENCES ALIVE

- ❑ Become a **Study Abroad Ambassador**. Ambassadors are returned study abroad students who are involved in helping with peer advising about international programs, information sessions, orientations, pre-departure gatherings, and other events that promote study abroad on campus. Serving as an ambassador requires only a minimal time commitment, but it will allow you talk about your experiences with an interested audience and encourage others to study abroad. You'll receive an email from Rachel soon about how you can get involved.
- ❑ Join the **International Club**. The club sponsors internationally focused events for international students as well as U.S.-based students. Contact [jss@ithaca.edu](mailto:jss@ithaca.edu) for more information.
- ❑ Help get the word out about the ICLC and encourage other students to study abroad! ICLC Ambassadors are needed for all of the below events, and there will be others throughout the semester. If you're available, please email [rgould@ithaca.edu](mailto:rgould@ithaca.edu) and let Rachel know which ones you'd like to attend.
  - **London Center info sessions:**
    - Thurs. 1/25, 12:10-1:05 pm – focus on summer program (via Zoom, [register here](#))
    - Tues. 1/30, 12:10-1:05 pm – focus on semester program (via Zoom, [register here](#))
    - Wed. 2/7, 6:00-7:00 pm – focus on summer program (Textor 103)
    - Tues. 2/13, 6:00-7:00 pm – focus on semester program (Textor 103)
  - **London Center orientation** will happen in late March. We will need ambassadors for the **ICLC Ambassador Panel and Q&A on Thursday, March 28, 12:10-1:05** (via Zoom, link will be provided).
- ❑ Follow us on [Instagram](#) and [Facebook](#) for updates about things international on campus and in the community, and opportunities to get involved in encouraging other students to go abroad. **If you're interested helping us with our social media presence**, contact our student worker [Kai Moore](#) (ICLC F'22), who currently manages our accounts.
- ❑ Volunteer to be a **U.S. Buddy** to a new international student and help them adjust to life in the U.S. and at IC. Contact Diana Dimitrova, Director of International Student & Scholar Services, at [ddimitrova@ithaca.edu](mailto:ddimitrova@ithaca.edu)
- ❑ Take classes that are relevant to the UK at IC or at Cornell. Attend events on campus, at Cornell and in the community that are related to the UK or just international in scope.
- ❑ Make plans to study abroad again, or to work, volunteer or travel abroad. Let us know if we can help you plan for your next international adventure!

## REVERSE CULTURE SHOCK

You probably had many mixed feelings about leaving London and returning to the USA. While you have now been home from London for a while and have probably made the readjustment, being back in Ithaca may cause those feelings to come back. Most people expect to experience a period of adjustment when they travel to another culture but not when they come home. Although it's nice to return to friends and familiar places, you probably miss London and the life you led there. After a semester of living in a major city, traveling in European countries and visiting historically and culturally significant sites, it will probably take some time to readjust to life in Ithaca, NY.

### Back in Ithaca...

After your adventures in other countries, returning to old friends and routines may seem dull. It is natural to miss the excitement and challenges that are associated with the study abroad experience. Challenge yourself academically by taking classes that allow you to pursue interests you developed overseas. Make an effort to spend time with other students who went to London and can relate to your experiences. Gradually, you can strike a balance between your life at IC and your new international interests.

### **Feeling homesick for another country**

While you were abroad you may have felt homesick for your family or friends or familiar places in the USA. After spending a substantial amount of time in another country, it is common to miss the people, places, customs and lifestyles that became familiar while you were abroad. In order to alleviate these feelings, think of ways to go abroad again in the future, and keep learning about the UK.

### **People aren't interested**

You are probably full of enthusiasm about your time abroad and want to share your experiences with those close to you. Your friends and family may not seem interested in hearing the details of your adventures. They may not be able to relate to your experiences. Their lives kept going while you were away, so they may have a lot to share with you, too. Keep in touch with friends from London who can understand your experience and reminisce with you.

### **Renegotiating relationships**

Following a period of time away in another country, people often need to renegotiate relationships and adjust to being together again. Study abroad will have altered some of your ideas and attitudes, and the people at home may not fully understand your new perspectives. Expect that your relationships with relatives and old friends will be different. Be flexible and open as you develop new relationships with them.

### **Changes**

Integrating the knowledge you have gained of yourself into your lifestyle in the USA may be a challenge. If you experienced significant personal growth while you were away, it may be difficult to fit into the life you led before you went abroad. Be creative, be patient and use cross cultural adjustment skills to help you through the re-entry process.

### **Your international experiences**

Your memories and experiences will always be a part of you. Hopefully, London will be the first of many international experiences you will enjoy during your lifetime. You can continually build on the skills and interests you developed overseas, and keep your international experiences alive while you are in the USA.