



Session One: Re-entry Reflections

Three Phases of Transition

Orientation – You get settled and secure in the place you are

Disorientation – During your experiences you are challenged by all that you learn and do.

Reorientation - As you return from your experience you learn how to 'be' again amidst the same/known surroundings after you yourself have changed and been transformed.

To journey without being changed is to be a nomad.

To change without journeying is to be a chameleon.

To journey and to be transformed by the journey is to be a pilgrim.

~ Unknown

Another quote here..... or

What words come to mind when describing your experience abroad?

What words/phrases come to mind when describing your return home?

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❖ What are the parts of your experience abroad that you wish did not have to end? What do you miss most?

❖ In what ways were you 'disorientated'?

❖ How has your re-orientation been? What has been most challenging? Most surprising?

❖ How have you coped during your re-orientation? Who can you turn to for support?

❖ What has taken the most time to get used to again?