

WELCOME BACK!



The Office of International Programs welcomes you back from London! 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.

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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 family, friends and familiar places, you probably miss London and the life you led there. After a semester or summer 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, keep in touch with other ICLC students, see British films and read about current events in the UK.

People aren't interested

You are probably full of enthusiasm about your time abroad and want to share all of your experiences. However, your friends and family may not seem interested in hearing about your adventures. They may not be able to understand or 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.

HOW TO KEEP YOUR INTERNATIONAL EXPERIENCES ALIVE

- ❑ Join the **Cultural Connections Club**. The Cultural Connections Club is a student-run club for those students who have studied abroad (or are interested in studying abroad). If you are interested in promoting international experiences and study abroad to the Ithaca College community, this is a great opportunity. Contact Rachel at rgould@ithaca.edu for more information.
- ❑ Join the **International Club**. The club sponsors social and cultural events for international students as well as U.S.-based students. Watch for International Club signs for further information or contact the club co-presidents Heetisha Inderjeet (hinderjeet@ithaca.edu) or Giulia Villanueva Lopez (gvillanuevalopez@ithaca.edu)
- ❑ Help get the word out about the ICLC and encourage other students to study abroad at info sessions, orientations, and the Study Abroad Fair!

- **London Center info sessions** are coming up on Wed., 9/4, 6:00-7:00 pm, Thurs., 9/5, 12:10-1:00 pm; and Mon., 9/9, 7:00-8:00 pm. All sessions will be in Textor 101.
 - **London Center orientations** will happen the week after Fall Break. There will be a Coffee Talk on Friday, 10/25, 3:00-5:00 pm in Job 209, the main orientation on Saturday, 10/26, 9:00 am-1:00 pm in Textor 102, and the make-up orientation on Monday, 10/28, 6:00-9:00 pm, in Textor 101.
 - **The Study Abroad Fair** will be held Thursday, September 26, 11am-2pm, in Emerson Suites. We rely on ICLC ambassadors to keep the London Center table staffed and to speak to interested students about the ICLC. Look for an email regarding Study Abroad Fair planning if you're interested in being involved! We'll have Study Abroad Fair planning meetings on Thurs., 9/5, 6:00-7:00 pm, Textor 103; Thurs., 9/19, 7:00-8:00 pm, Klingenstein Lounge, and Tues., 9/24, 12:10-1:00 pm, Friends 207.
 - **Class presentations and panels** are being scheduled now. I usually like to bring a small panel of study abroad ambassadors to these events, so that students hear from other students instead of just listening to me. I'll be sending out an email very soon with opportunities to sign up for class presentations and panels.
- Join the [IC Engage Study Abroad portal](#) (previously OrgSync) which we use primarily for promoting upcoming study-abroad related events. You can also use IC Engage to create a co-curricular transcript on which you can feature your study abroad experience.
 - Find us on [Facebook](#) (Study Abroad at Ithaca College) and [Instagram](#) (@icstudyabroad) for general updates about things international on campus and in the community, and opportunities to get involved in helping encourage other students to go abroad.
 - Volunteer to be a **U.S. Buddy** to a new or returning international student. Help a new student adjust to life in the U.S. and at IC. Contact Diana Dimitrova, Director of International Student Services, at ddimitrova@ithaca.edu
 - Come to the **Welcome/Welcome Back reception**, held to welcome new and returning international students to campus. This is a great opportunity to meet some students who are "studying abroad" at Ithaca College. It will be held **Tues., 8/27, at 7pm outside of Muller Chapel**.
 - 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.
 - Seek people, events and reading material from London. For a small city, Ithaca has an extremely large international population, so it may be possible to develop connections with British people in town.
 - Keep in touch with your friends from London.
 - Start thinking about your next international adventure! Make plans to study, work, volunteer or travel abroad.
 - Become a **STUDY ABROAD AMBASSADOR!** (See below for details)

COME TO THE LONDON CENTER WELCOME BACK REUNION!

There will be a Welcome Back Reunion held on **Tuesday, September 3, from 7:00-8:00 in Klingenstein Lounge**, Campus Center. Pizza will be served. Bring your photos and reminisce with the rest of the Spring 2019 ICLC group!

SHARE YOUR EXPERIENCES WITH OTHER IC STUDENTS

We hope that your London Center experience was so positive that you would like to encourage other IC students to study abroad! If you would like the opportunity to share your experiences and stories with other students, you should consider becoming a **Study Abroad Ambassador**. The Ambassadors are returned study abroad students who are involved in helping with peer advising about international programs, information sessions, orientations, pre-departure socials 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.

If you are interested in becoming a **Study Abroad Ambassador**, please complete the [Ambassador registration form](#), and come to the Welcome Back Reunion (see above) for further discussion of the Ambassador program and opportunities for involvement in promoting the ICLC and study abroad.