

WELCOME BACK!

## Coming Home

"One of the biggest challenges for students who participate in study abroad can be the difficulty in re-adapting to the realities in the United States (otherwise known as "re-entry"). Many students who studied abroad went through many changes, re-examining their priorities, their values, and what they think of themselves and the United States. The "reverse culture shock" may be more difficult than the "culture shock" you felt while abroad, " ([www.studentsabroad.com/reentrycultureshock](http://www.studentsabroad.com/reentrycultureshock)).

### Read about Reverse Culture Shock:

[Study Abroad Handbook: Reverse Culture Shock](#)

[Abroad View: You're Back. Now What?](#)

## Campus Re-entry

- Interact/Work with international students at VU - Join VISA! Become involved with the Valparaiso International Student Association, live in the Global Leaders Community at Brandt Hall, attend international activities on campus, or simply become a friend to an international student. Join one of the many multicultural student organizations on campus: VISA, LIFE, AAA, BSO.
- Continue studying languages: Take additional language courses or join language clubs. German and French speakers at Valpo can also live in the German or French Houses.
- Help promote study abroad on campus: Volunteer to help spread the word about study abroad on campus. Submit your photos to [studyabroad@valpo.edu](mailto:studyabroad@valpo.edu) and be on student panels to talk about your experience.
- 
- Learn more about your host country: Register for courses on campus to learn more about the geography, history, political and social systems of the region you spent time living in. Read newspapers and books, view films, and basing research projects on your host culture. Visit the CCLIR to access international newspapers and magazines.
- 
- Keep in touch with your experience. Write/email your friends in your host country and send photos of your time together. Write a letter to your host institution explaining what the experience meant to you.

# Program Evaluations

Make sure you give your feedback to the Office of International Programs! We compile your evaluations and use this feedback to grow and improve our programs.

[Download and submit the evaluation](#)

The PDF Footer