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.

- 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?