There are plenty of reasons to look forward to going home, but there are also a number of psychological, social and cultural challenges involved in re-adjusting. These can be especially tough because they are often unexpected. Some students who, like you, faced these challenges and survived them well, made a list of symptoms of reverse culture shock.

- After all the newness and stimulation of your time abroad, returning to family, friends and old
 overcome such negative reactions. Try to incorporate your new perspective into your old home
 tourist in your own town.
- One thing you can count on upon your return: No one will be as interested in hearing about your adventures and triumphs as you will be in sharing them. This is not a rejection of you or your achievements, but simply a reflection of the fact that once your friends or family have heard the highlights, they'll feel like they've heard everything. Be brief in recounting your tales of adventure

Sometimes people may concentrate on small alterations in your behavior or ideas and seem

6.