



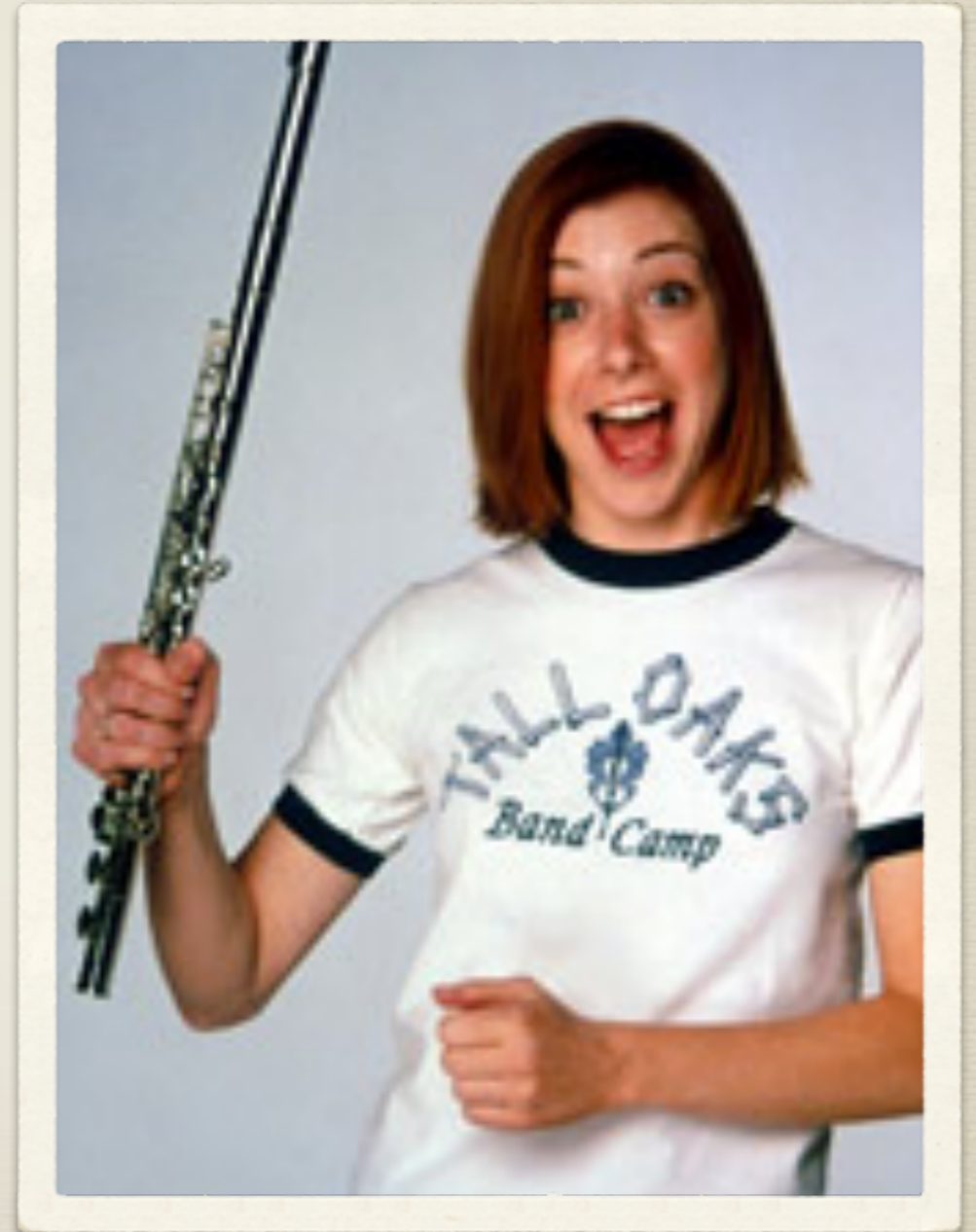
Reverse Culture Shock

RCS: What is it?

- * The difficulties that can be encountered after returning to your home country from a prolonged trip abroad
- * About 50% of returning JETs say they have felt RCS
- * Sometimes greater than beginning in Japan
 - * The familiar is no longer so familiar

RCS: Why?

- * "Japan Camp" Syndrome
- * New Home Culture
- * Changes



RCS: Coping

- * Understand that it is common and natural
- * Give yourself time
- * Relearn home culture
- * Find other JET Alumni

Don't Compartmentalise



- * Is there a new you?
- * Did you gain any skills?
- * Where can you practice those skills?