



Coming Home: The Rebound Experience

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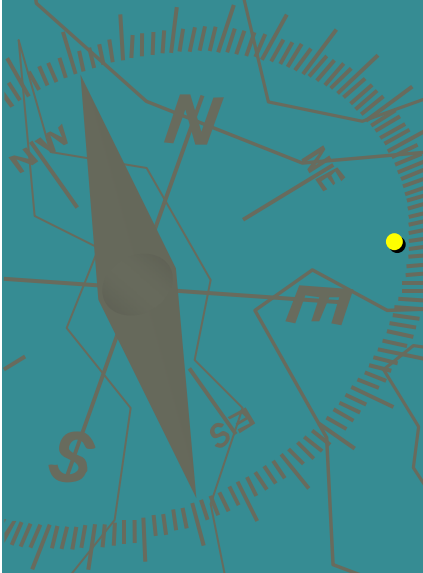
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When viewed on line, clicking on
any of the underlined
hyperlinks will take the viewer
to additional articles,
presentations and resources.

Youth Exchange:

- A three year program
- A three year obligation
- Sometimes, the greatest challenges and the greatest gains happen in the third year
- When we do not attend to the Rebounds, we lose them as ambassadors and we lose them from Rotary



What is culture?



Culture

An integrated system of learned behavior patterns that are characteristic of any given society. It refers to the total way of life, including how people think, feel and behave.



Communication, particularly language, is the foundation of culture. Language labels, creates, maintains, and transforms culture.



Language is not only the way culture is transmitted – it is one of the lenses through which culture is created



What do they mean?

- You are invited to take advantage of the chambermaid.

Japanese hotel

- I slaughter myself twice daily.

Israeli butcher

- Ladies, leave your clothes here and have a wonderful time.

French laundry





What is culture?



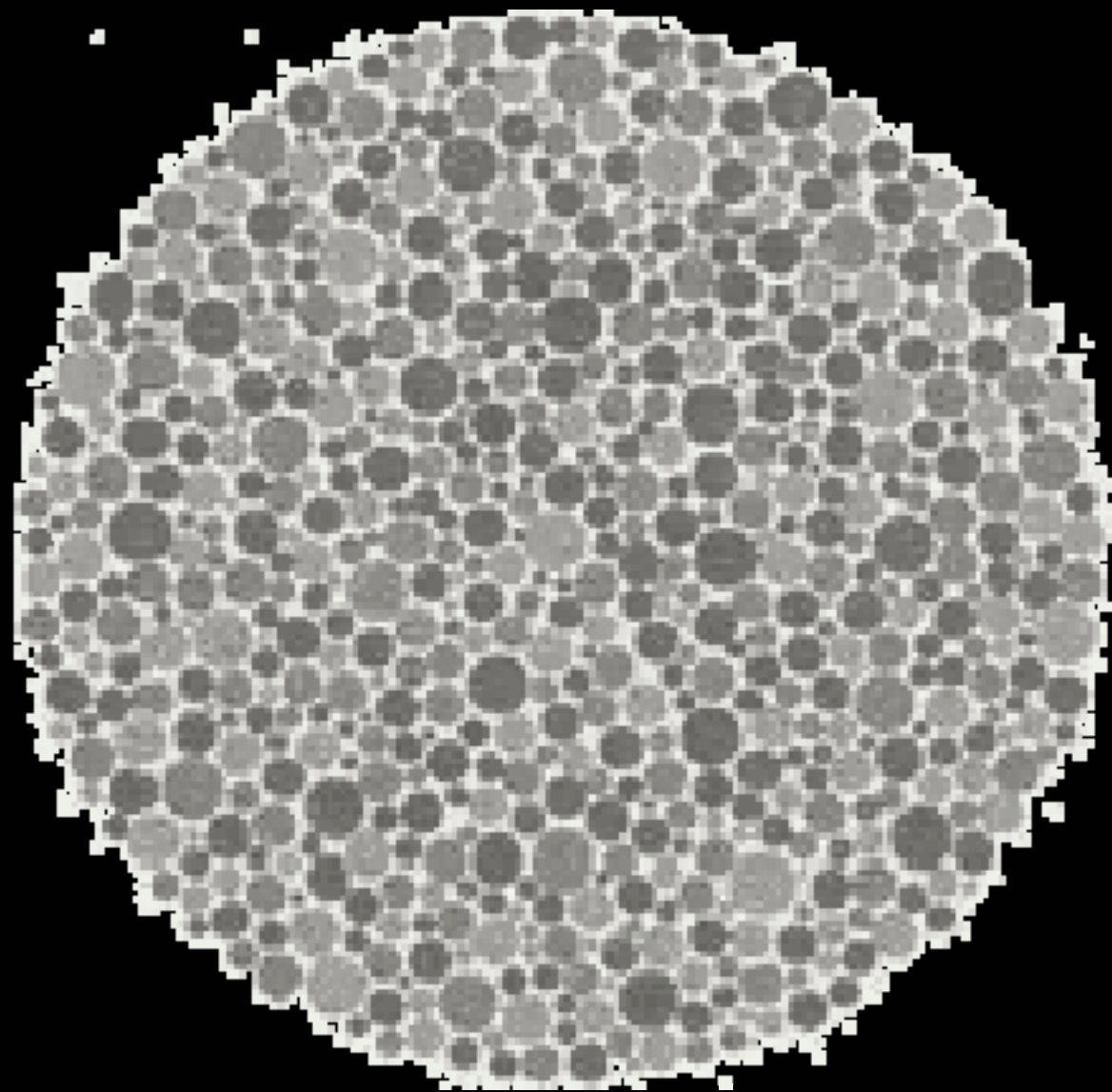
Culture

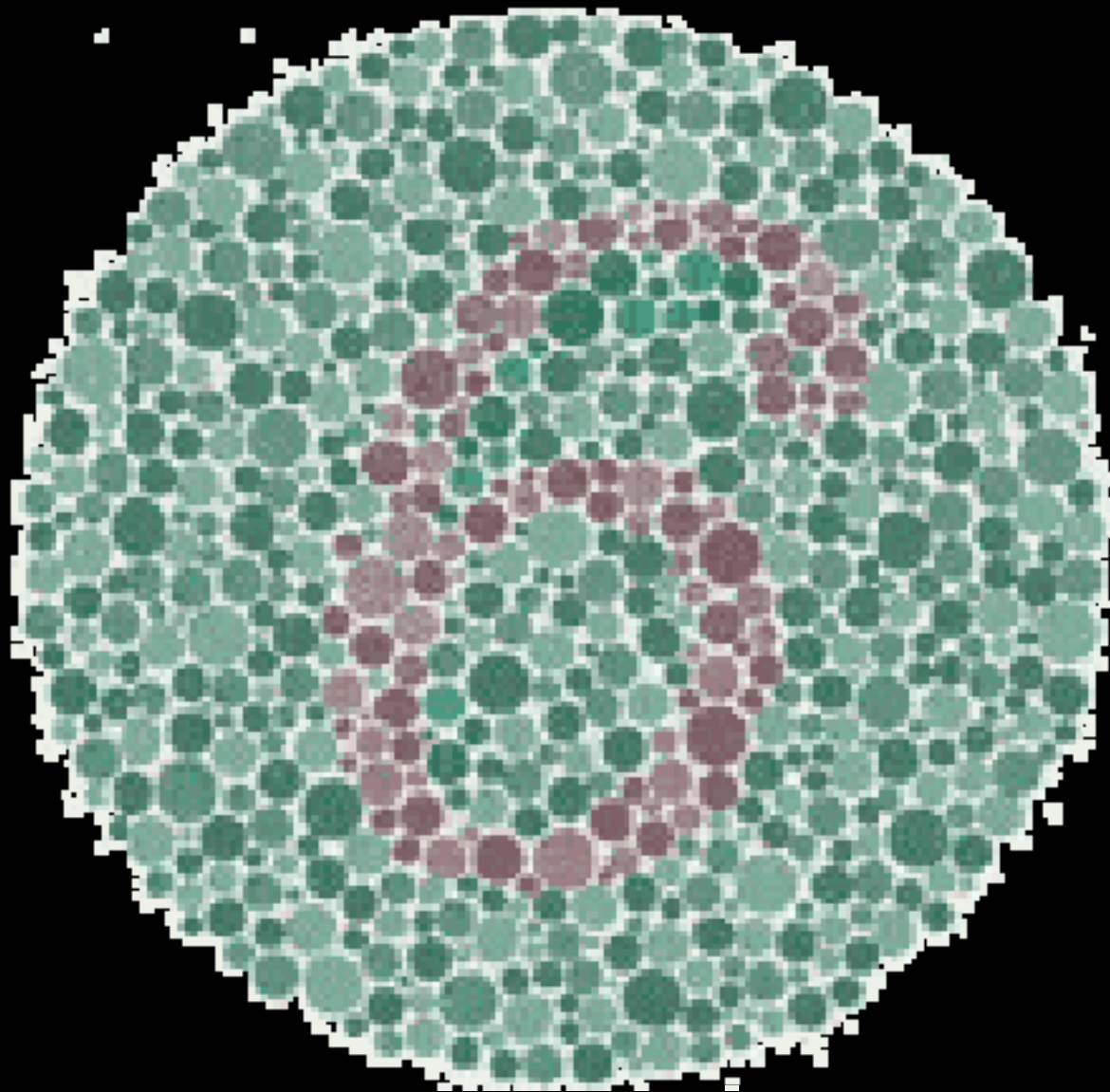
An integrated system of learned behavior patterns that are characteristic of any given society or group. It refers to the total way of life, including how people think, feel and behave.





Think of color-
blindness as
culture-blindness

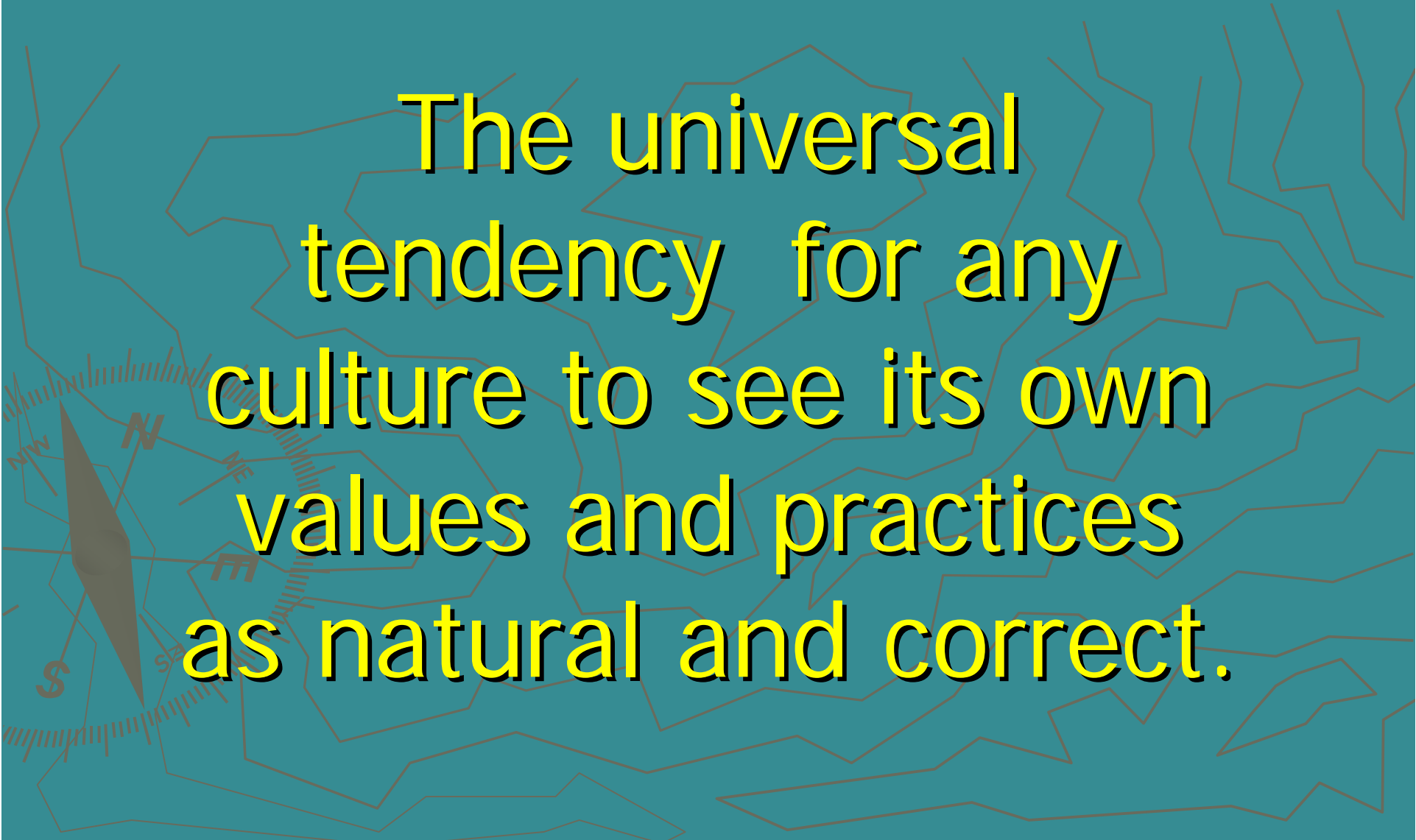






Ethnocentrism:

The universal tendency for any culture to see its own values and practices as natural and correct.





Ethnorelativism:

The acquired ability to see many values, beliefs and behaviors as cultural rather than universal.



Developing Intercultural Sensitivity



The Experience of Difference

Denial Defense Minimization Acceptance Adaptation Integration

Ethnocentric Stages

Ethnorelative Stages

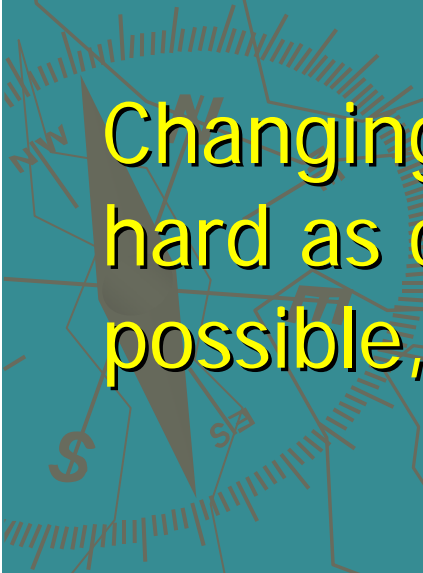
dev interc sensit non Rotary.ppt

One World or Many.doc

Our own culture, or sub-culture, comes to us as naturally and unconsciously as our handedness.

We generally don't think about what hand we will use to write our names.

Changing our cultural point of view is about as hard as changing our handedness. Both are possible, but neither is easy.



Culture Shock

The profound sense of disorientation and discomfort that comes with extended travel or living in a foreign culture markedly different from one's own.

[Culture Shock and Reverse Culture Shock](#)

[Presentation.ppt](#)

[Culture Shock.doc](#)

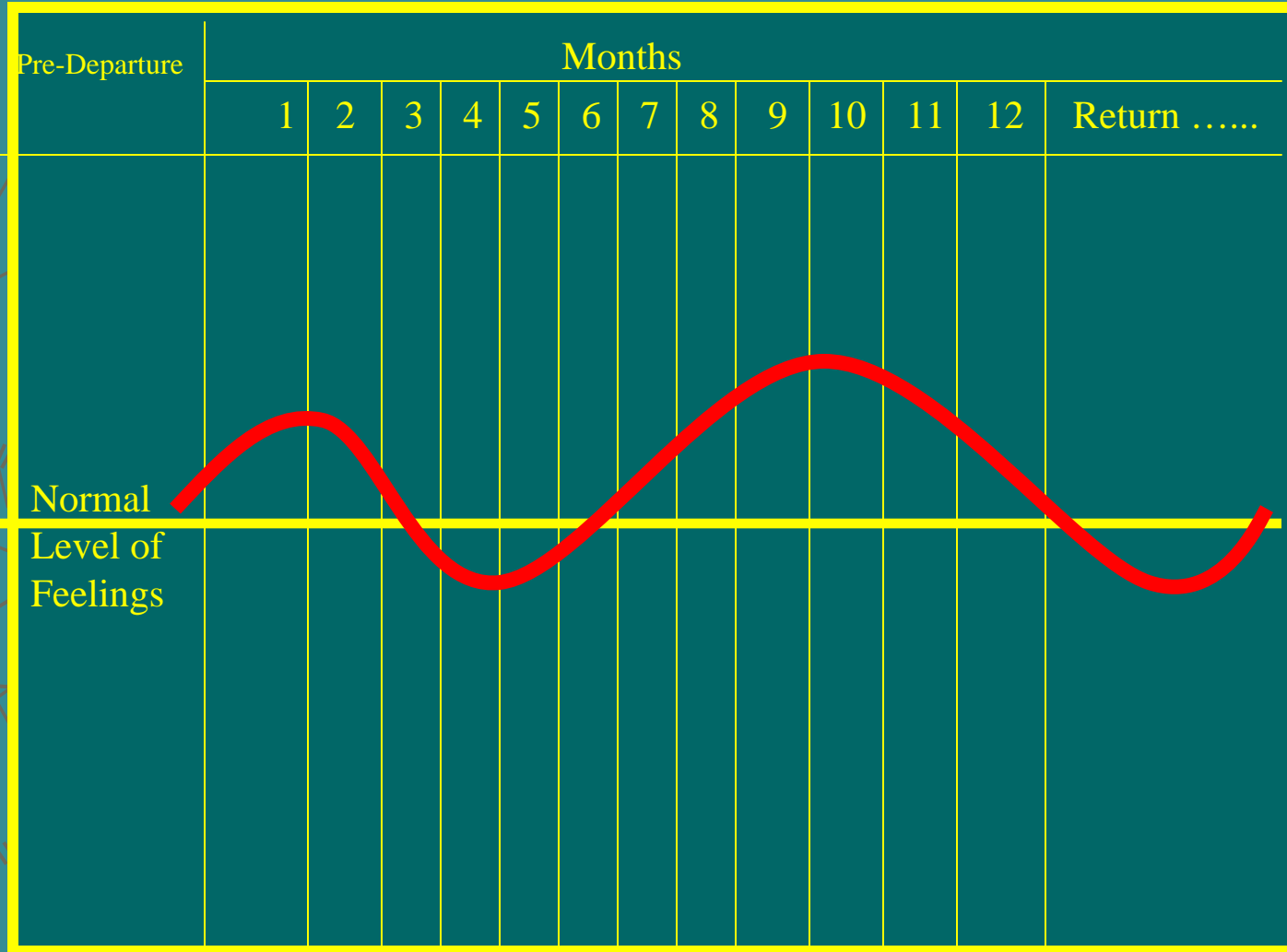
Stages of Culture Shock

1. Initial excitement
2. Irritability and negativeness
3. Gradual adaptation
4. Biculturalism

Culture Shock.doc

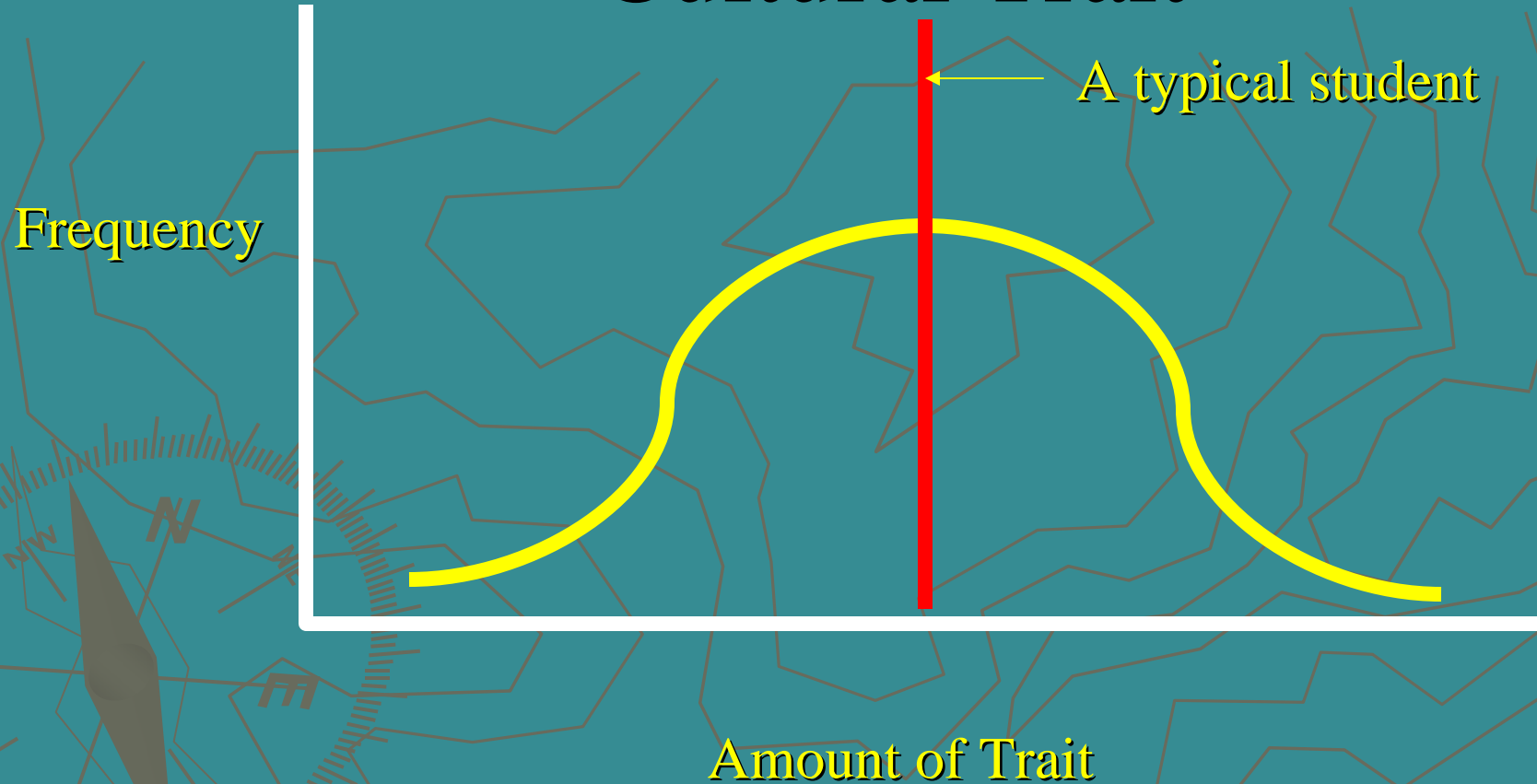


Culture Shock Cycle



Adapted from a model by Robert Kohls

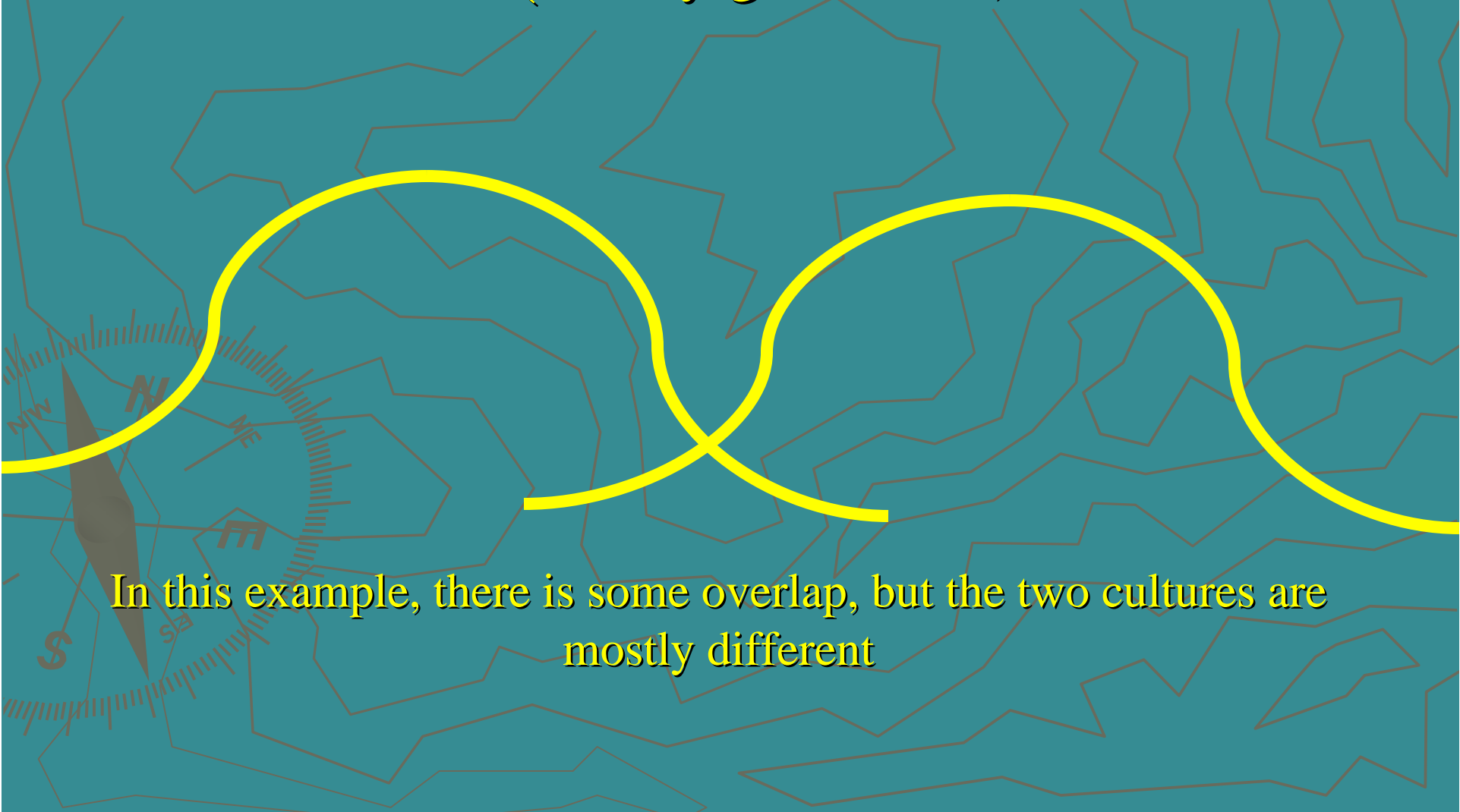
Normal Distribution of Any Cultural Trait



Example: Individualism vs. Group Orientation

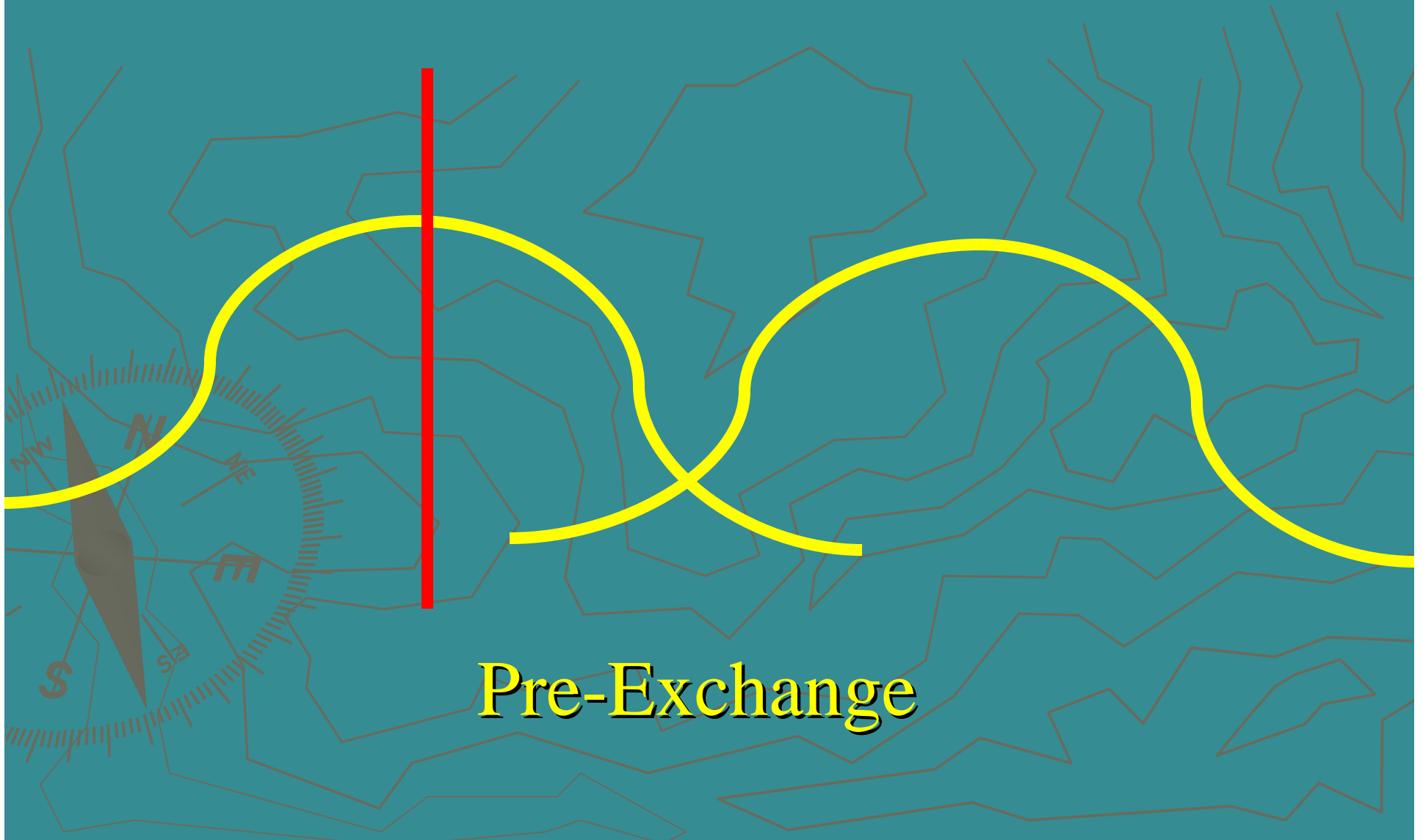
Comparing Two Cultures

(on any given trait)

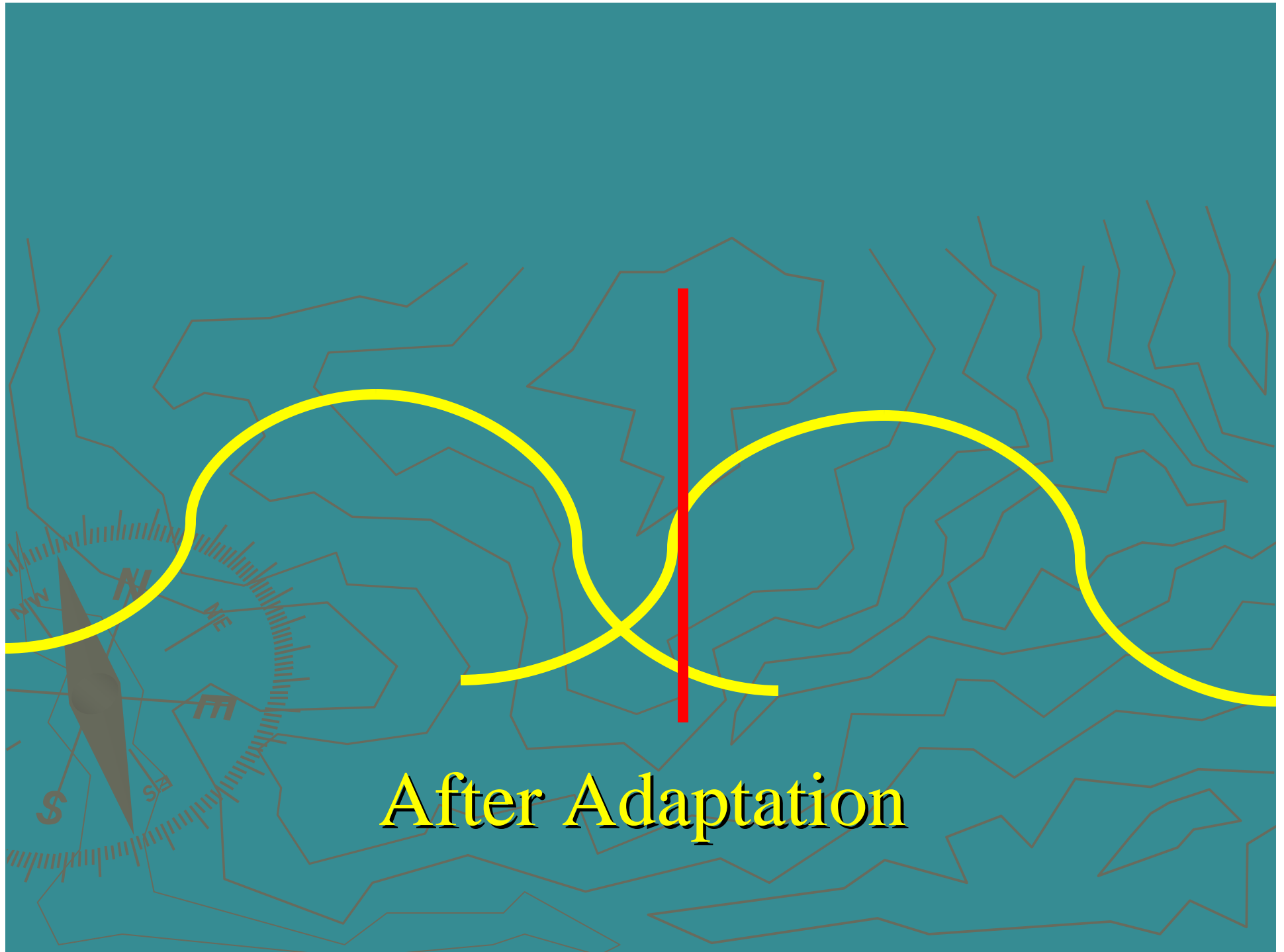
A Venn diagram consisting of two overlapping circles, one on the left and one on the right. The circles overlap in the center. The background is a teal color with a faint, brown-toned map or compass rose pattern. The compass rose shows cardinal directions (N, S, E, W) and a stylized 'S' symbol. The map lines are irregular and jagged, resembling a topographic map.

In this example, there is some overlap, but the two cultures are mostly different

Comparing Two Cultures

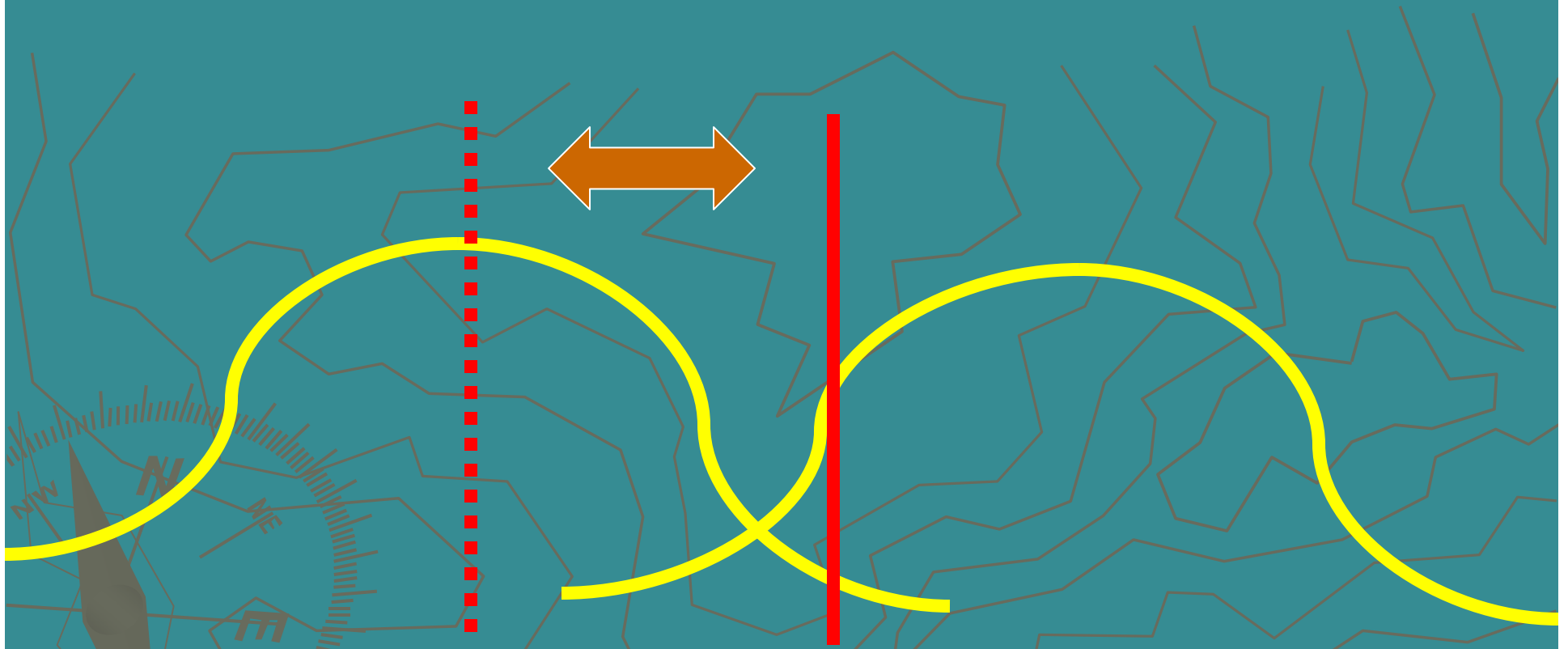


Pre-Exchange



After Adaptation

Culture Shock

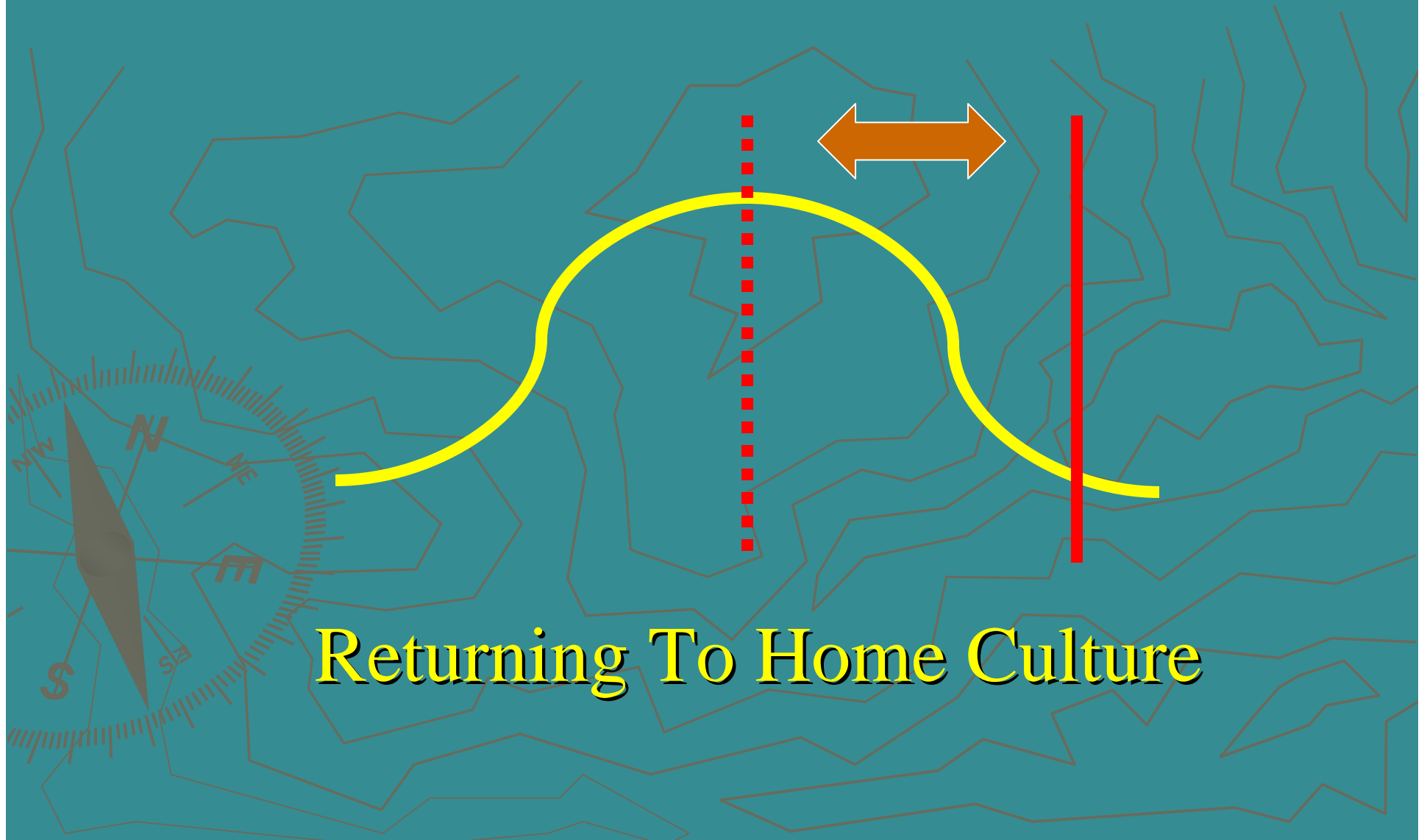


After Adaptation

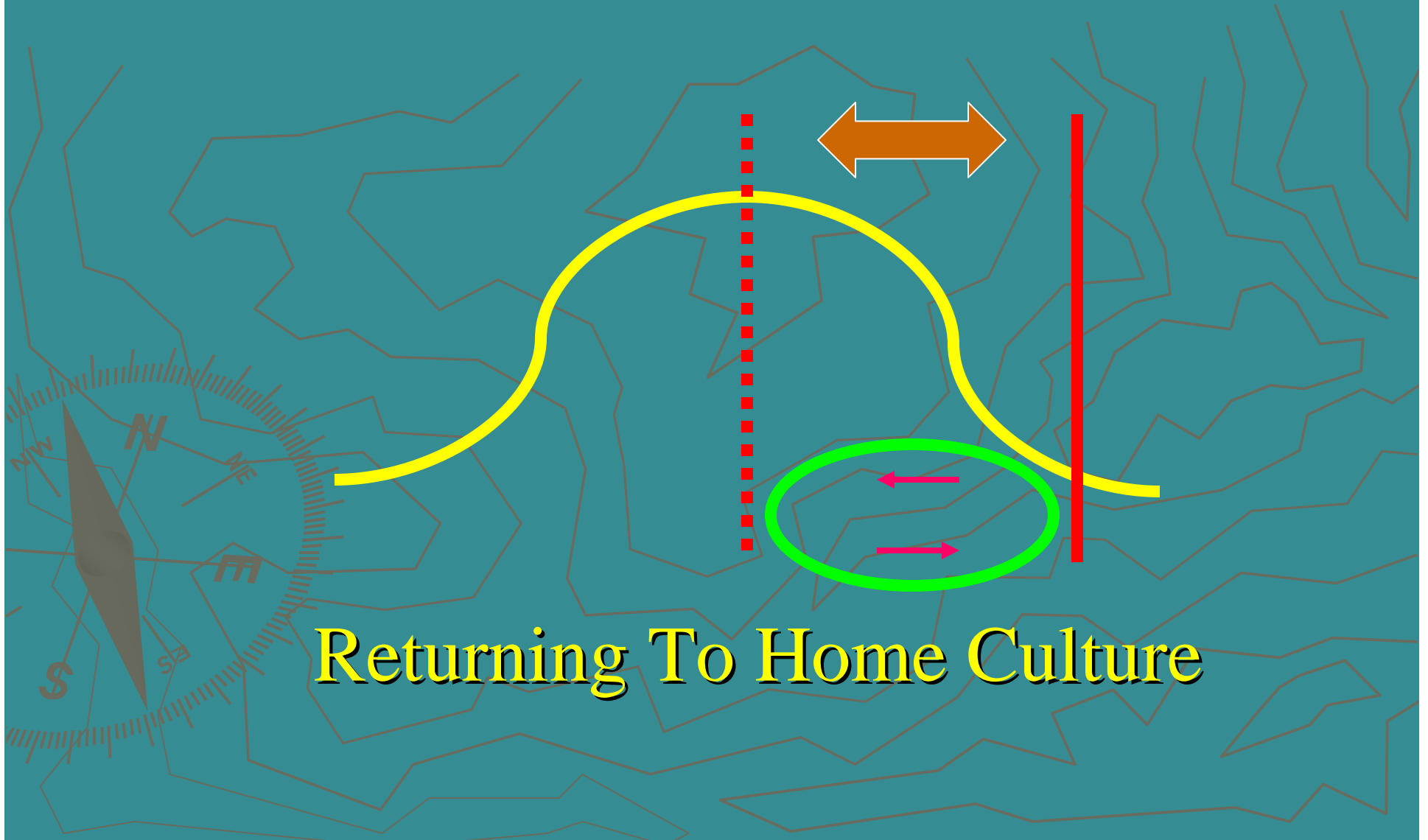


Returning To Home Culture

Reverse Culture Shock



Reverse Culture Shock



Returning To Home Culture

Reverse Culture Shock (Re-entry Shock)

The often unexpected and difficult period of disorientation and readjustment experienced after returning to one's own culture after an extended period of living abroad.



Reverse Culture Shock

1. Initial Euphoria (may be very brief or not happen at all)
2. Irritability and Negativism (may be very lengthy)
3. Gradual Adaptation
4. True Bi-Culturalism

Going Home.doc

So You Think You're Home Now.doc

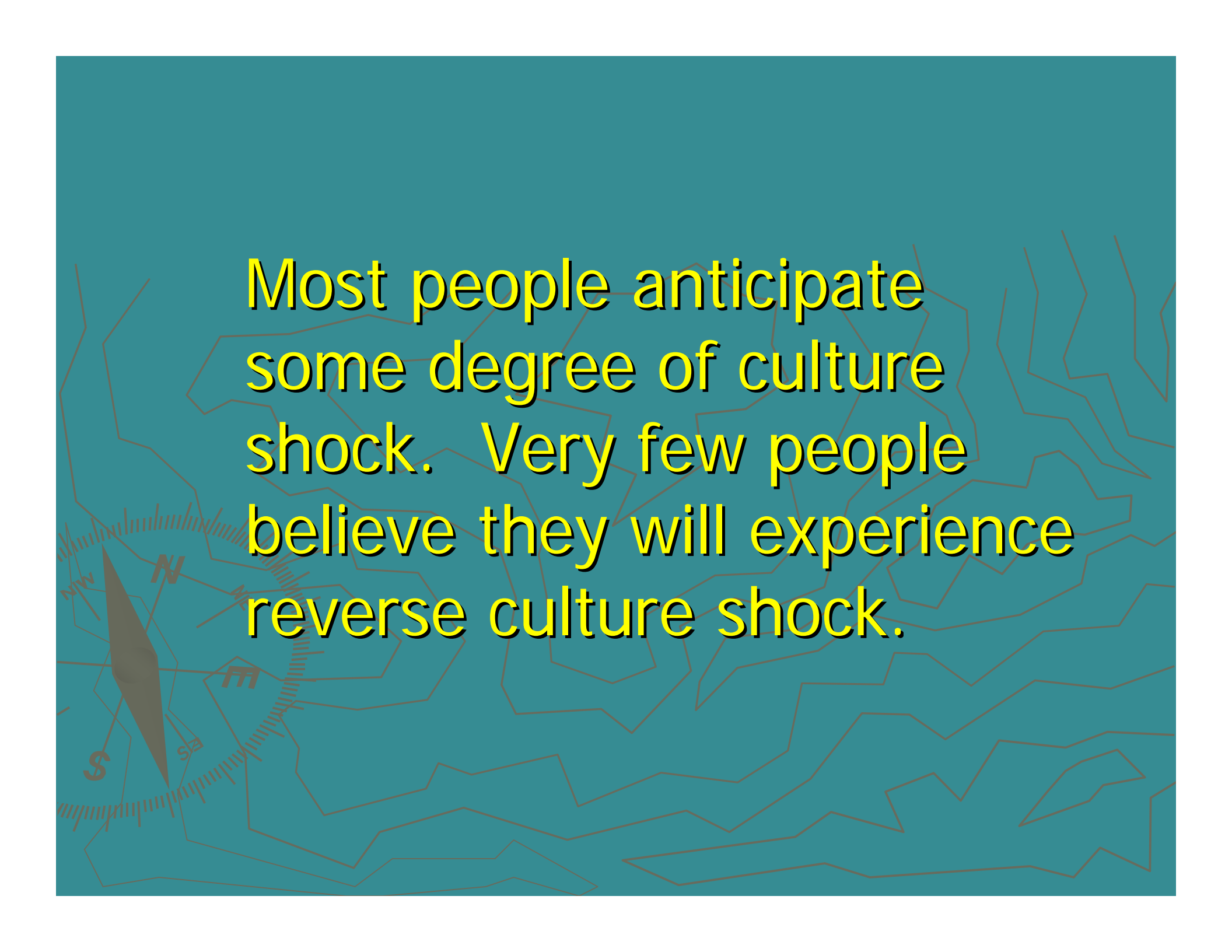
Reverse Culture Shock

Since it is seldom expected, it is more likely to be a surprise

Since we are not "here" voluntarily, we are less likely to work at it.

As a result, it can be a long, slow, difficult process.






Most people anticipate some degree of culture shock. Very few people believe they will experience reverse culture shock.

FedEx®



FedEx®



Culture Shock and Reverse Culture Shock are not just unpleasant side effects of international living.

They are the necessary ingredients that bring about quality exchanges.

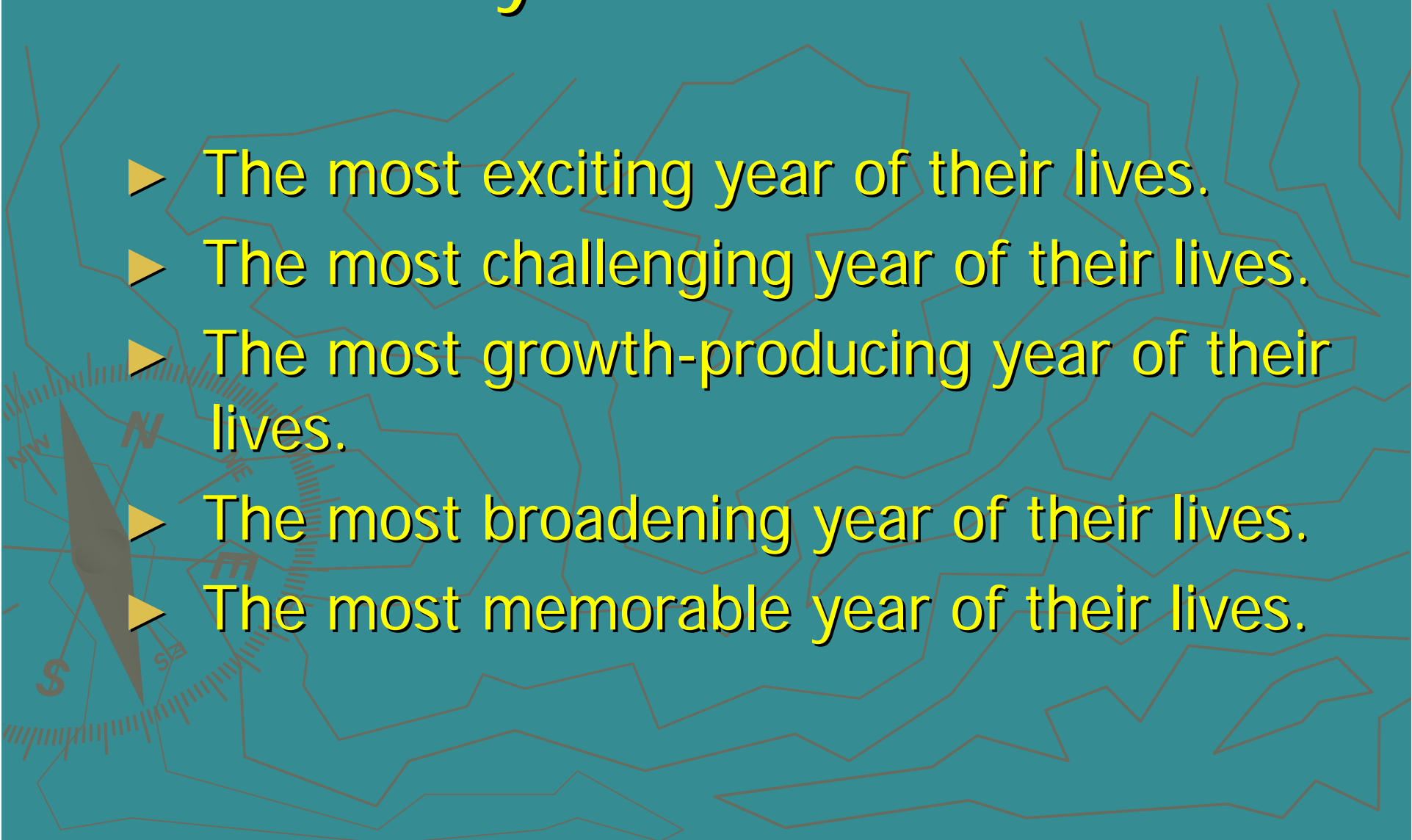


We can prepare for re-entry by:

- ▶ Appointing a District Rebound Coordinator.
- ▶ Giving the "Rebound Year" as much attention as the two previous years.
- ▶ Understanding and Anticipating CS and RCS.
- ▶ "Normalizing" these phenomena.
- ▶ Remembering that "compost happens".
- ▶ Discouraging the phrase "The best year of my life", and instead considering the possibility that:

For many exchange students the year abroad is:

- ▶ The most exciting year of their lives.
- ▶ The most challenging year of their lives.
- ▶ The most growth-producing year of their lives.
- ▶ The most broadening year of their lives.
- ▶ The most memorable year of their lives.



Rebound Resources

[Rebound Training.doc](#)

[So You Think You're Home Now.doc](#)

[So You Think They're Home.doc](#)

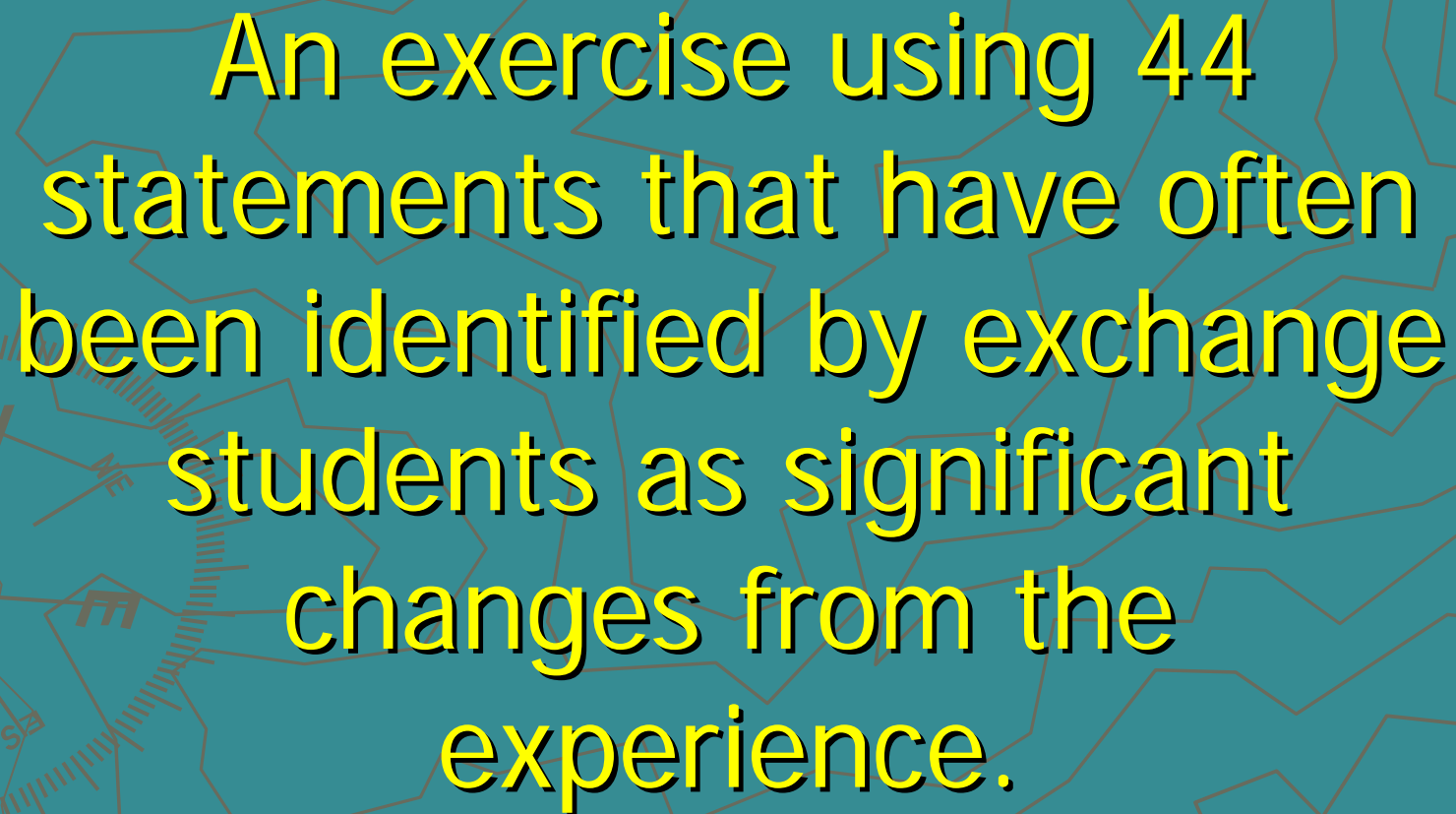
[Rebound Programming.doc](#)



How I Have Changed?

How Have I Changed.doc

An exercise using 44 statements that have often been identified by exchange students as significant changes from the experience.

The background of the slide is a teal color with a faint, stylized topographic map. A compass rose is visible on the left side, showing cardinal and intercardinal directions (N, NE, E, SE, S, SW, W, NW). The map lines are thin and brownish, creating a subtle texture behind the text.

How I Have Changed

One student's response

My youth exchange year was one of incredible change and growth for me. In addition to seeing so much of the rest of the world, and making such wonderful friends, I changed in ways I never knew were possible.

How I Have Changed

One student's response

I am more confident and positive when meeting new people. I have a greater ability to empathize with others and to put myself in their place when making judgments. I have greater willingness to take on new roles and tasks.

How I Have Changed

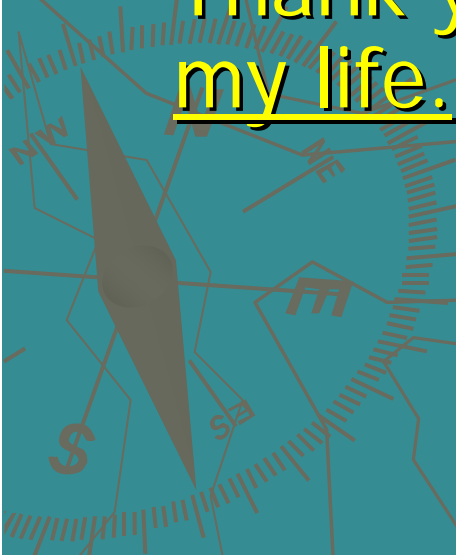
One student's response

I have more ability to see myself objectively, in a more realistic context. I understand more fully my own strengths and weaknesses. I am more tolerant of ambiguous situations and more open to differing interpretations of them. I feel greater respect and appreciation for my family.

How I Have Changed

One student's response

And most of all, I feel more surely that common bonds unite all human beings. Thank you, Rotary for the best year of my life.



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