Exchange 2011
Returning students

Issues that need to be considered understood and managed when students return from exchange.

“Having such a life changing experience and coming back to everything the same.”

Issues experienced when students returned from exchange (short term)

Academic Work
- amount of work that had to be caught up
- the pressure to catch up
- managing time and prioritising.

“Sameness” of everything on return
- having such a life-changing experience and coming back to everything the same and having to suddenly adjust and fit in.
- constantly comparing exchange “life” to life at home/St Cyps.
- loss of new ways of life experienced on exchange.

Loss of Independence
- after gaining so much independence and freedom on exchange, having to “give it up” on return was tough.
- having to leave that new way of life was hard.

Routines
- struggled to get back into school and family routines as they are so different to exchange routines.
- people here having got into new routines without you, and getting them to let you in again.

Relationships
- loss of new connections (exchange friends and families).
- only a few people here can relate to what you have/are going through on return.
- struggled relating to some people on return – some friendships had changed (because exchanges have changed so much).
- emotionally distant to family.

Reporting on Exchange
- some girls felt that by writing the articles and doing the exchange speech did not help getting over the exchange.
**Issues experienced when students returned from exchange (long term)**

“Missing my other life, friends and family”

**Relationships**
- some relationships with parents struggling
- parents disinterested in daughters exchange and don’t ask about it
- not many people (parents, friends) understand/can relate to the exchange experience, and the difficulties of being back
- struggling with some friendships

**Longing for exchange experience**
- missing exchange life, friends and family
- longing to go back.
- longing to reconnect with exchange friends
- hard to stop thinking about and comparing exchange life to life here.

**Academic Work**
- knowledge gaps in some subjects

**Strategies on return from exchange – at school**

“The toughest part of exchange is coming home”

- workshop with other exchange (peer) students, discuss experiences
- communicate with previous years exchange students
- communicate with tutor
- book time school councilor
- understand your position in regards to your friends, parents, family and school
- meet regularly once a month continue the discussion as new events and feeling will emerge
- completing the SCS phase 5 document requirements

**Strategies on return from exchange – at home**

- presentation of experience photo’s etc to family and friends
- welcome activity
- time devoted to chatting about exchange (not to happen if forced)
- tolerant attitude to the sharing of the experience
- redefine boundaries and expectations
- all parties to be open minded