Reintegration planning

When international students return home
Reintegration planning
Uma Lulik
Not Wellington
Tuvalu
Pyjamas at the supermarket
Pyjamas at the supermarket
Reverse Culture Shock

In a study of 785 Turkish students returning home:

- 18% experience clinical depression
- 45% reported 'problem anxiety'
- 34% regretted returning home

Labour market concerns job-education mismatch

- Philippines - 1,000,000 graduates without jobs
- Timor-Leste - 60% job-education mismatch
- Vietnam - the tertiary educated are twice as likely to be unemployed
- Thailand – 9% of workers are over-qualified and is worsening over time
- Sweden – job-education mismatch results in a 20% lower income
- UK – 50% of new graduates enter jobs that do not require a degree.
Reintegration Planning

Goals

1. Logistics are clean and efficient
2. The student becomes an advocate for your institution
3. The student makes meaningful contributions to their home-country, industry and profession
4. A student is prepared for the inevitable cultural readjustment
Practicalities

- Rental bond
- Travel (before visa expires)
- Additional luggage and shipping
- Closing of bank accounts
- Closing of contracts – phone and internet
- Outstanding debts
- Ensuring eligibility to graduate
- Registering as alumni
- Thesis printing and binding
- Police checks
- Academic reference letters
- Currency exchange
Practicalities

NEW ZEALAND SCHOLARSHIPS DEPARTURE CHECKLIST
VICTORIA UNIVERSITY OF WELLINGTON - NEW ZEALAND

Please complete this form and return it to your international Student Officer

STUDENT'S DETAILS
FULL NAME (AS WRITTEN IN PASSPORT)

CONTACT PHONE NUMBER

CONTACT EMAIL ADDRESS

When is your final exam/assessment date?

Have you confirmed your final travel?

☐ Yes
☐ No. Please email your travel form with passport and visa to Victoria.International@vuw.ac.nz

What is your departure date?

Will you require extra baggage and/or shipping?

☐ Yes
☐ No

Only pack what is necessary. You must cover any additional baggage fees yourself. The Reintegration Allowance will help with this and is paid with your final stipend.

ACCOMMODATION
Have you given appropriate notice of your departure to your landlord/university accommodation?

☐ Yes, I have informed my landlord/university accommodation that I am leaving.
☐ No

Notice periods are outlined in your tenancy agreement and are typically one month. It is important that you let the landlord know you are intending to leave ahead of time, otherwise you could end up paying for the accommodation long after you have left. Tenancy agreements are legally binding.

FINANCES
Have you made arrangements to close your New Zealand bank account?

☐ Yes
☐ No

Have you made arrangements to pay off all outstanding debts? E.g. cleared power, phone, internet and gas accounts. Have you paid outstanding fines and library and printing fees?

☐ Power
☐ Library/Printing
☐ Phone/internet
☐ Gas
☐ Other:

Will you be requesting your printing and binding allowance? (Thesis students only) This must be done before you depart.

☐ Yes. Send a quotation or receipt to your IFO.
☐ No

PLANNING YOUR DEPARTURE FROM WELLINGTON
Have you made plans for travelling to Wellington airport?

Who will pick you up and where you will stay when you arrive home?

☐ Yes
☐ No

Have you made an appointment with Victoria Careers and Employment Service or used Career Hub?

☐ Yes
☐ No

Victoria University provides free career and employment advice as well as a CV service. Victoria Careers and Employment is located at MU120, Ph. +64 4 463 5883, careers-service@vuw.ac.nz

Have you asked lecturers or employers for their contact details to use as a work reference? You may want to ask for a reference letter as well.

☐ Yes
☐ No

If you require a police check when you return home, apply online: https://www.justice.govt.nz/crime-record-a/get-your-own/
Students as advocates for your institution

I chose Victoria because it has a great reputation for academic excellence, proven as New Zealand’s top-ranked university for research quality.

Dyah Retno Kusumaningtyas
Master of Professional Economics

- Recruitment
- Engagement
- Support network for future graduating students
Long-term links - recruitment

- Adding to student diversity depicted in marketing materials
- Stories and profiles for country/cohortspecific marketing materials
- Facilitators of recruitment trips
- Word-of-mouth
- Multiple qualifications
- Partnerships – articulation agreements and exchange
- Lecturer exchange
Long term links - engagement

- International dissemination and uptake of your institution’s research
- Joint publishing
- International partnerships
  - Institution to institution
  - Institution to government
  - Institution to organisation
  - Private sector partnerships
Cultural readjustment
– preparing to depart

**KIWI RECIPES**

Here’s some Kiwi treats to make for friends and family back home

**PAVLOVA**

A Kiwi favorite and the perfect dessert because it’s fat free!

- 2 egg whites
- 3/4 tsp vanilla
- 1/4 tsp cream of tartar
- 2/3 cup sugar (or less, to taste)

Put the egg whites in a small mixing bowl and let stand at room temperature for 30 minutes. Draw a ten-inch circle on a piece of wax paper and place (writing-side down) on a baking sheet.

Add vanilla and cream of tartar to egg whites. Beat with an electric mixer until soft peaks form. Add sugar, one tablespoon at a time, beating on high speed until very stiff peaks form and sugar is almost dissolved (about five minutes).

Using the back of a spoon, spread meringue onto the circle, building the sides up to form a bowl.

Bake in a 300°F/150 °C oven for 35 minutes. Turn off the oven and let shell dry in the oven with the door closed, for one hour. Remove the shell from baking sheet and pull off wax paper. Store in an airtight container. Will keep indefinitely.

The traditional filling is whipped cream topped with fruit (to be totally authentic use kiwifruit) though you can cover the Pavlova with anything you like. Enjoy!
Cultural readjustment – preparing to arrive home

- Career planning
- Individual goal validating/refreshing
- Allocate time to reflect after arrival
- Plan reunions – family, friends

You cannot go abroad without coming home a changed person.
Reverse culture shock

Identity crisis.
Strategies for reintegration

![Graph showing the phases of adaptation, return home, and reintegration with corresponding time periods and satisfaction levels](image-url)
Final thoughts

1. Convince decision makers to allocate resources to reintegration planning
2. Trial reintegration sessions with smaller cohorts
3. Round-out the university experience for graduating students
From an impoverished uni student
His Excellency, Dr. Rui de Araujo
Prime Minister Timor-Leste