

Reintegration planning

When international students return home





Reintegration planning





Uma Lulik



Wellington



Not Wellington



Wellington



Tuvalu



Pyjamas at the supermarket



Pyjamas at the supermarket



Reverse Culture Shock

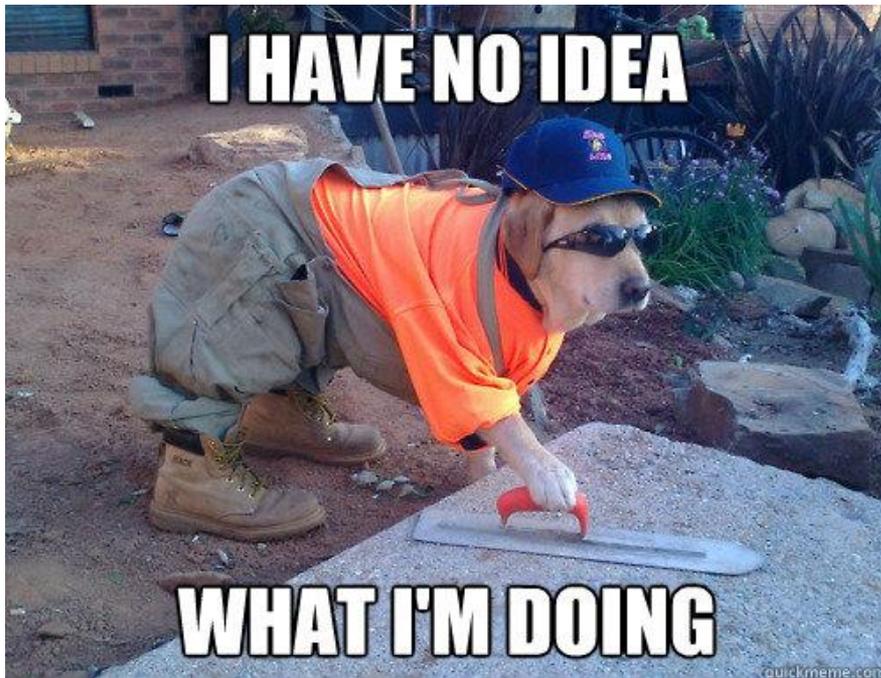


In a study of 785 Turkish students returning home:

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

Sahin, N. H. (1990). Re-entry and the academic and psychological problems of the second generation. *Psychology and Developing Societies*

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



- 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



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.University@apx.co.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 moving out.
- 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 ISO.
- 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 HU120, Ph. +64 4 463 5393, 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/criminal-records/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/cohort-specific 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 desert because it's fat free!

2 egg whites 1/4 tsp cream of tartar
3/4 tsp vanilla 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!

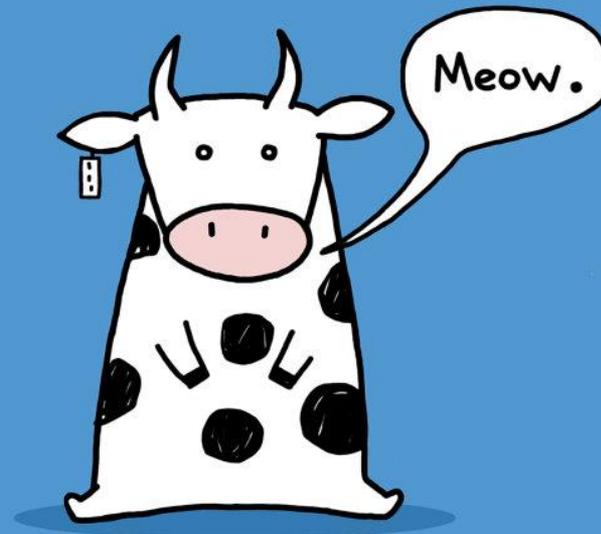
- Pavlova recipe
- Saying farewell
- Buying souvenirs
- Gather 'kiwiana' or 'Australiana'
- Pounamu
- Last minute tourist activities
- Photos of the institution and city

Cultural readjustment – preparing to arrive home

*You cannot go abroad
without coming home
a changed person.*

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

Reverse culture shock



Identity crisis.

Strategies for reintegration



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



Prime Minister of Timor-Leste



His Excellency, Dr. Rui de Araujo
Prime Minister Timor-Leste