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For those who took the challenge to study abroad, the transition back to life at home can be full of exciting possibilities. This toolkit will be a starting point for you as you readjust to home life. Our goal is to provide you with resources to smooth your transition, help you integrate your experiences into your academic and professional lives, and take action to be an engaged global citizen. You can put your study abroad experiences to use in many ways. Most important, your learning does not stop here. Study abroad will continue to affect your life for many years to come as you pursue a new world of experiences and knowledge.

You’re probably returning home energized with new emotions, newfound passions, and maybe even confusion from seeing the world in a different way. As you re-integrate into your home campus and community, you will also learn a lot about yourself. Many view re-entry as simply the bundle of emotions that you feel as you see your home community or country again after studying or living abroad. But emotions are just one aspect of your experience. SIT can continue to provide you with support with emotional aspects of the re-entry process, academic reintegration, civic engagement, social action, and professional development.

WHAT IS RE-ENTRY?

For those who took the challenge to study abroad, the transition back to life at home can be full of exciting possibilities. This toolkit will be a starting point for you as you readjust to home life. Our goal is to provide you with resources to smooth your transition, help you integrate your experiences into your academic and professional lives, and take action to be an engaged global citizen. You can put your study abroad experiences to use in many ways. Most important, your learning does not stop here. Study abroad will continue to affect your life for many years to come as you pursue a new world of experiences and knowledge.

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RE-ENTRY CONFERENCES IN YOUR REGION

Why attend a re-entry conference? Attend a conference to connect with other returnees and talk about the topics covered in this toolkit – emotional re-entry, academic reintegration, professional development, civic engagement, and continued education. These conferences can be a time to figure out what’s next, sharpen your résumé, and network with professionals working internationally. Your college may host a re-entry conference just for your classmates, or you may attend a conference organized by a local community of international education professionals. New conferences are added all the time, so check the following websites often:

Connecticut Area Study Abroad (CASA) Re-Entry Conference will offer sessions on career paths of study abroad participants, volunteer and nonprofit opportunities abroad, how to go abroad again, and internationalizing your résumé and interviews. Developed by a committee of study abroad professionals, this event is open to any student from a college or university in Connecticut who has studied abroad, in any foreign country, for any length of time.

Lessons from Abroad is a nonprofit network that offers re-entry conference programming in collaboration with colleges and universities areas around the country. Currently, annual re-entry conferences are held in the San Francisco Bay Area, Los Angeles, San Diego, the Rocky Mountain Region, Nebraska, Washington, central Texas, Missouri, Oklahoma, Georgia, Chicago, Virginia, Three Rivers, Baltimore, Md., and Washington, D.C.
New England Study Abroad Returnee Conference was developed by a committee of volunteers in the study abroad field. The conference features sessions in adjusting to re-entry, becoming an advocate for study abroad, marketing your international experience, exploring careers in international fields, and finding opportunities to go abroad again. Usually held in early-February.

One of the biggest and most immediate challenges you are likely to face when returning home will be a fluctuating emotional state. Many students undergo what is sometimes called “reverse culture shock.” When going through this re-entry phase, you can experience a wide range of emotions — relief to be home again, happiness to see friends and family, and excitement about your recent learnings while abroad. You might also be feeling sadness, missing your host family and the culture you just left, and frustration if people at home lose interest in your cross-cultural experiences. You might be confused about how to reconnect with your friends in the United States whose lives have also changed while you have been away. All of these feelings are common and many people cycle through some or all of them at different times. During your time abroad, you will have adopted new habits and cultural practices to get the most out of your experience, and these new behaviors and attitudes will not go away on the plane ride home. You may not want them to! You may not even be aware of some of the changes you have gone through until your return home. Change of any kind, even positive change, can be stressful until you regain your equilibrium. Because we think returning home should be easy, there is much less preparation for this phase of the sojourn, and therefore students are unprepared for what they experience.

Often, we go abroad because we want to and return home because we have to, and this can shape our psychological reactions as well. Just like your initial cultural adaptation, adjustments during the re-entry process will take time. But there are many important strategies to help you prepare for these challenges, and a great first step is recognizing that you can hold on to all the ways you have grown, while still appreciating your home.

STRATEGIES FOR HANDLING THE EMOTIONAL IMPACT OF RE-ENTRY

Seek support networks: Your parents and closest friends are most in tune with your emotional health and well-being. Let them help guide you through the process. We also have a handbook for parents or guardians so that they can best assist you upon your return.

Find mentors: Look beyond the study abroad staff and academic faculty at your school to other people in your community who have experienced re-entry — other study abroad participants, professionals who have worked internationally, and adults who lived overseas as children.

Continue writing and journaling: Use the skills you learned during the program to closely examine your shift in understanding — describe the incidents or events objectively; interpret it in context; evaluate your experience.

Develop or participate in support groups with other students who studied abroad. Meet with a counselor: Whether you just want a “check-up” or

ALL THE FEELINGS
can’t shake the negative emotions, take advantage of the on-campus counselors who are particularly attuned to working with study abroad returnees.

CHECK-IN WITH YOURSELF
Being your best self — the best of who you were before study abroad with the new skills, attitudes, and habits you acquired during study abroad — requires you to acknowledge your emotions and put health and wellness at the top of your priorities list.

We encourage you to stop and check in with yourself throughout your day. How are you feeling right now? Are you getting competing signals from your heart, your head, and your body? You may need help decoding these feelings. This is a good chance to look for a community of other returnees or a counselor who can help you work through these new and complex emotions. Your priorities list.

International Education specialists Jim Citron and Vija Mendelson have compiled some of the most common feelings upon coming home, and decoded them for you. What would you add to this list?

BE PATIENT, BE FLEXIBLE
Especially if this is your first time returning from a long sojourn overseas, do not expect the transition to happen within a specific timeline or following a strict process. Be confident that your process is important and personal, and will be different than any of your fellow returnees.

SHARE YOUR STORY WITH SIT STUDY ABROAD
Sharing the story of your experience abroad can help you remain connected to your time in the host community and inspire others to engage with study abroad and initiatives in the host country.

Contribute content to the SIT Study Abroad website and social media platforms. We welcome stories and photos about your experiences on an SIT Study Abroad program. We also invite you to share your videos for our YouTube channel, and tag us on Instagram at @SITStudyAbroad and hashtag #SITstudyabroad. We frequently repost interesting alumni posts and credit them. Please contact marketing@sit.edu for more information.

Connect with other SIT alumni, learn about job opportunities, stay up to date on alumni gatherings by registering in the alumni community and directory at Connect SIT.

Stay connected to your SIT network: Fellow alumni on campus and in your local community will understand the re-entry rollercoaster like no one else. Also, be sure to visit with SIT staff when they’re on your campus. They’ll want to listen to all the stories you want to tell!

SHARE YOUR STORY ON CAMPUS
Submit an article to your college or university student newspaper.

Host an Information Session: Do you want to promote study abroad on your campus? Pick a theme for a group presentation, such as “Non-Traditional Study Abroad Locations” or “Service-Learning Abroad.” Check to see what programs your study abroad office is already planning where you can present!

PechaKucha Presentations: Do something unique. Invite fellow alumni to share stories in a brief, concise, and engaging format called PechaKucha. This is a simple presentation format in which you show 20 images each for 20 seconds.
Visit a classroom or faculty department or committee to make a quick study abroad presentation.

Invite other returnees to a meet-and-greet or other social event.

Get involved in freshman orientation: Talk to them — and their parents — about your study abroad experience!

Become a student volunteer in your study abroad office.

SHARE YOUR STORY WITH THE WORLD

If you’re interested in sharing your experiences with a wider audience, consider submitting your work to the following travel blogs and online magazines. The descriptions below are taken from the websites of each publication.

GoAbroad.Com: GoAbroad.com is committed to providing the most comprehensive international education and alternative travel resources. Our user-generated reviews, verified program listings, comprehensive interviews, and authoritative articles aim to help future travelers see the world intentionally and thoughtfully.

Her Packing List: The voice of Her Packing List is a collective that will only grow bigger and grow stronger as more female travelers participate. If you are a female traveler with tips and experience when it comes to female travel gear, then we are looking for your submissions.

Matador Network: An independent media company and nexus of travel culture worldwide. Launched in 2006, it envisions itself as a travel site and community based on the real cultures, people, and places we encounter, as well as a broader global discussion of historical, political, and socioeconomic realities that inform traveling.

Verge Magazine: Verge is a magazine for exploring opportunities to study, work, and volunteer abroad. It is published quarterly.
FOLLOW YOUR ACADEMIC PASSIONS

Coming home usually involves a new passion for knowledge that puts your study abroad learning into a larger frame or follows up on paths opened during study abroad. The key to academic reintegration is finding ways to actively integrate your new knowledge, interests, and skills into your college or university experience. You may be asking yourself, “How can I talk about my experiences in class?” “Where can I talk about or present my ISP?” This section will get you started on integrating your new experiences into your academic life.

STRATEGIES FOR ACADEMIC REINTEGRATION

Register for courses related to the location or theme of your program.

Identify professors who do work in the locations or on the same theme as your program or research. Visit them during their office hours and discuss your experience and their recommendations for continued study.

Choose assignments that focus on your host country and program-related topics.

Visit the library and become familiar with the literature and resources available related to your academic interests.

Use the primary research skills you developed for your ISP project in research assignments back on campus.

Build on the research you started for your Independent Study Project. Take your ISP to the next level by growing it into your senior capstone.

Present and attend conferences, seminars, or presentations related to your study abroad program.

Connect with staff in your school’s Office of Nationally Competitive Awards to support ongoing research, professional experiences, and graduate study.

PUBLISHING AND PRESENTING ACADEMIC WORK

Undergraduate Research Conferences
Consider submitting and presenting your ISP at one of these conferences geared toward undergraduate students. Descriptions below are taken from each conference’s website.

We also encourage you to look at professional conferences. Recent alumni have presented at the International Conference of the American Cetacean Society, the American Anthropology Association Conference, and the Global Health & Innovation Conference.
Latin American and Latinx Studies Symposium: A multi- and inter-disciplinary undergraduate research conference showcasing original research and creative projects conducted during the preceding year by undergraduate students from approximately 30 colleges and universities. The conference takes place in April. Submissions are due in March.

University of Notre Dame’s Human Development Conference: An annual, student-led conference that brings together undergraduate and graduate students to present their research related to issues of international development. The conference takes place in February, with submissions due in early fall.

National Collegiate Honors Council Annual Conference: Specifically, for Honors College students, this conference invites administrators, faculty members, and students to present together on collaborative research and scholarship. This annual conference is usually held in the late fall.

National Collegiate Research Conference: NCRC promotes the growth of a national undergraduate research community by facilitating communication, collaboration, and identity for undergraduate students in the global research sphere.

National Conference on Undergraduate Research: Sponsored by the Council on Undergraduate Research, this conference promotes undergraduate scholarship and creative activities in partnership with faculty or other mentors. This conference takes place annually in April, with proposals due in December.

Posters on the Hill: Also sponsored by the Council on Undergraduate Research, this mini-conference is an undergraduate poster session on Capitol Hill where students have the opportunity to speak directly to members of Congress and demonstrate how they have been impacted by undergraduate research programs. Posters on the Hill takes place in spring, with proposals due in early November.

UNDERGRADUATE RESEARCH JOURNALS
Undergraduate Research Journals
There are many undergraduate journals, often specializing in a specific discipline. This list includes journals that have recently published work of SIT Study Abroad alumni. Descriptions below are taken from their websites.

American Journal of Undergraduate Research: A national, independent, peer reviewed, open-source, just-in-time, multidisciplinary student research journal with a 10-week publication schedule for excellent student articles.

Critique: A worldwide student journal of politics that provides a forum for graduate and undergraduate students of politics to express and exchange diverse ideas and to imagine new possibilities for democracy and justice.
Journal of Undergraduate International Studies:
A peer-reviewed journal that seeks to publish the best undergraduate work across the country related to international themes and topics including, but not limited to: international conflict and conflict resolution, human rights, environmental issues, history, comparative politics and economics, development and trade, global security and international health.

The Journal of Global Health: Columbia University’s premier undergraduate-run public health publication and media organization, committed to featuring original student research in public health and spotlighting grassroots public health activism.

World Outlook: A student-run, peer-reviewed international affairs journal at the Dickey Center for International Understanding at Dartmouth College that publishes outstanding work by Dartmouth students and undergraduates worldwide.

PURSUE GRADUATE STUDY
At this point, many students are considering whether to continue their education or take a break for professional experience. Both options are good ones. Consider what motivates you more right now.

Are you interested in continuing to pursue the languages and area studies of your study abroad program? Check out the U.S. Department of Education Title VI National Resource Centers for appropriate programs related to your country of study and academic content of interest. These centers often are great sources of funding for scholarships and grants to continue research.

SIT GRADUATE INSTITUTE
If you are interested in pursuing a graduate degree, consider SIT Study Abroad’s sister program, SIT Graduate Institute, which has been educating passionate professionals for intercultural and international careers for more than 50 years. A nonprofit, accredited graduate school with a unique and distinguished history rooted in the Peace Corps, SIT is committed to experiential learning and social justice. We offer graduate certificate programs and MA degrees in global and low-residency formats designed to meet the needs of students at every stage of their career.

SIT GLOBAL MASTER OF ARTS DEGREE PROGRAMS
SIT is pioneering a graduate-level one-year format that is taught entirely abroad with each semester in a different country and a flexible practicum during the third semester that takes place at an approved site.

Climate Change and Global Sustainability
Examine the impacts of climate change and the innovations and policies used to combat them. Starting in Iceland, you'll be introduced to climate...
science, assessment methods, and energy and climate policy. You will spend the second semester in Zanzibar engaging with community members, scientists, activists, and government officials as you explore agriculture and aquaculture, food chains and markets, water and food security, and government policies on coastal urban planning. A semester-long practicum at a prominent environmental or climate change organization rounds out your experience.

**Humanitarian Assistance and Crisis Management**
Get hands-on, graduate-level training in Jordan and Uganda, which together host nearly three million refugees. You will meet with NGO workers, observing humanitarian assistance in action, and conducting fieldwork. You’ll also experience a 10-day field visit to Geneva, a global hub for humanitarian assistance, where you’ll learn about humanitarian policy and advocacy and contrast the work of humanitarian and UN agency headquarters with hands-on work conducted on the ground.

**LOW RESIDENCY MASTER OF ARTS PROGRAMS**
Designed for working professionals, in this degree format you will attend classes in person during for approximately two weeks each semester and complete the remainder of your coursework online.

**International Education**
The oldest program of its kind, SIT’s Master of Arts in International Education formally prepares more professionals in the field of international education than any other university in the world today. You’ll develop expertise in areas that include advising, exchange management, nonformal and community education, volunteer program management, language teaching administration, and development education. You can choose from flexible program options to fit your needs.

**Peace and Justice Leadership**
Get the skills you need to design and lead interventions that address the causes and consequences of conflict. You’ll learn from peacebuilding experts in government, nongovernmental, and international organizations both in the United States and abroad, and examine and practice strategies for conflict transformation at interpersonal, intercommunal, national, and international levels. The first two-week residency takes place through the CONTACT Peacebuilding Program in Vermont (see more below). The second residency takes place in South Africa, where you will witness post-conflict transition in Johannesburg, Durban, and Cape Town. In addition, you may opt to take skills-building seminars in Washington, DC, with the United States Institute of Peace and the Alliance for Peacebuilding.

**Sustainable Development**
Get conceptual and practical tools to understand and directly engage with the complexity of today’s systemic problems. Identify gaps in current sustainable development policy and how innovative eco-social design can be applied in these areas. You will get a global, comparative perspective on sustainable development and regeneration across geographical, ecological, socioeconomic, cultural, and political contexts. During short residencies in Brattleboro, Vermont, and Oaxaca, Mexico, you’ll witness a diverse array of ongoing sustainable development projects that highlight innovation and creativity. During the online portions of the program, you’ll apply your learning in your own job or community.

**TESOL**
A leader in TESOL education for more than 50 years, SIT gives you the training to meet your students’ learning needs and promote positive change within your communities. You’ll learn to think
deeply about teaching and learning using your examination of the major shifts in the field (systems thinking, chaos theory, ecological approach, multilingualism, and plurilingualism) to analyze and interrogate your beliefs. A faculty advisor will mentor you and observe you in your own classroom anywhere in the world. You’ll further customize your learning experience by choosing one of four areas of specialization: teacher training, plurilingual pedagogy, teaching refugees and displaced persons, or teaching young learners.

CERTIFICATE PROGRAMS

CONTACT Summer Peacebuilding Program
In this three-week professional and academic training program, you’ll learn the core ideas and practices of conflict transformation. The program takes place on SIT Graduate Institute’s beautiful Vermont campus and is led by a diverse group of internationally recognized faculty with years of applied, classroom, and research experience. This group includes professional peacebuilders and faculty from our partner, the international NGO Musicians without Borders. You and your fellow CONTACT participants will learn from one another and your instructors in an intensive format following an experiential learning model. Typically, peacebuilders from at least 15 countries participate in CONTACT.

Graduate Certificate in International Education
Get a strong foundation in and understanding of the field of international education through our low-residency format, which allows you to complete most of your coursework online so you can stay in your job and community. This program is popular with international education professionals who have a master’s degree in another field and want to increase their understanding of international education, as well as with individuals seeking a one-year, low-residency program. The 20-credit curriculum follows the same sequence as the first year of our MA in International Education. If you choose, you can easily continue with our low-residency master’s program after you complete the certificate program.

SIT TESOL Certificate
Offered through World Learning, SIT’s parent organization, our internationally recognized, accredited TESOL Certificate Program will give you an edge in your pursuit of a career teaching English as a second or foreign language, either in the U.S. or abroad. Established in 1997, the SIT TESOL Certificate is accredited by SIT Graduate Institute and accepted at Level 5 of the European Qualifications Framework. Based on the principles of experiential learning, the certificate builds on SIT’s 50-year history as a leader in the fields of TESOL and teacher education. Designed for both new and experienced teachers, the certificate is delivered by licensed trainers at centers around the world, including the U.S., Costa Rica, Ecuador, Guatemala, Mexico, Turkey, and South Africa.
After spending so many months immersed in a new culture grappling with critical global issues, you will likely want to remain engaged in social change when you return home. You may want to get involved in action groups on your campus, begin a new project, or pursue volunteer work outside of school. Activist work cannot be done alone. The key to civic engagement and social action is connecting with organizations and people doing the work you want to do. This section will help you turn your ideas into action.

STRATEGIES FOR CIVIC ENGAGEMENT AND SOCIAL ACTION

Stay connected to your host country by seeking out relevant cultural, academic, and political events. You may find there is a diaspora from your host country near you.

Write an article for your local newspaper or college paper on how your experience abroad helped you gain global understanding about a particular global issue. What is your perspective about a social issue having lived abroad?

Explore possibilities for volunteering or interning. Is there a community group from your host country in your community? What service providers are working with your local immigrant or refugee communities?

Get involved with the international student union or another international student group on your campus. Is there not an active group yet? Collaborate with other interested students to start one!

Stay in touch with your friends and host families from study abroad. You may find opportunities to work with them on projects or visit in the future.

Present and attend conferences, seminars, or presentations related to your study abroad program.

Stay in contact with SIT Study Abroad. Sign up for the World Learning Alumni newsletter. Check out the World Learning’s Exchange to build connections with fellow World Learning alumni.

SOCIAL ACTION WITH SIT STUDY ABROAD

During your time with SIT Study Abroad, you will have realized the importance of reciprocity. Many SIT alumni describe their experiences as transformational and wish to give back to their host communities in a meaningful way.

The SIT Global Reciprocity Fund is a unique opportunity for reciprocity in SIT host communities. The fund supports sustainable, community-supported projects that foster an ongoing collaboration among students, program staff, and the community. By giving back, alumni and
supporters can continue to support local initiatives that benefit marginalized communities and change lives.

**STRATEGIES FOR PROFESSIONAL DEVELOPMENT**

Many social justice and action groups like Amnesty International, Net Impact, and GlobeMed have campus chapters. You can also attend national conferences focused on the civic engagement of college students.

**Impact National Conference:** Held every February, The IMPACT Conference is historically the largest gathering in the country focused on the civic engagement of college students in community service, service-learning, community-based research, advocacy, and other forms of social action.

**Model United Nations:** MUN conferences are an excellent way to learn international relations and debate in a fast-paced, practical setting. Many colleges and universities have clubs and courses to prepare students for national and regional MUN conferences. SIT recommends the MUN conferences at Harvard and Georgetown.

**Harvard National MUN:** Staffed entirely by Harvard College undergraduates, HNMUN brings over 3,000 students and faculty together from colleges and universities around the world to simulate the activities of the United Nations. HNMUN offers a unique opportunity to experience the challenges of international negotiation and diplomacy. Usually held in February.

**Georgetown NCSC:** Since 1972, NCSC has served as a dynamic forum for detailed debate on the world’s most serious crises. Each year, internationally minded Georgetown University students work tirelessly to provide an unforgettable NCSC experience for more than 500 of the nation’s best collegiate Model United Nations delegates. Usually held in October.

Employers are looking for international experience. You may come home looking to work in areas that touch upon issues raised in study abroad, or are seeking ways to spruce up your résumé with the knowledge, skills, and experience you gained in study abroad. Highlighting your time abroad is useful for jobs and internships you may be applying to in the United States or internationally. The key to professional development is to integrate your international experience into your repertoire of skills and abilities.

**STRATEGIES FOR PROFESSIONAL DEVELOPMENT**

Practice describing your study abroad experience in a professional context. What are the specific qualities and abilities you developed during your study abroad experience, both in and outside the classroom? What are some specific examples that demonstrate these competencies?

Discuss skill development with a career counselor or staff in professional development offices on your campus. Explore positions in sectors related to international development and social justice. Career center staff engage and network with local and international organizations to provide students with
comprehensive lists of internship and job opportunities around the world.

Use LinkedIn. Build your profile and reach out to the LinkedIn group for returning SIT Study Abroad students: World Learning Alumni. To join the group, you must mention your SIT Study Abroad experience on your profile.

Collaborate with your career center to set up an international career event or day of presentations, discussions, and workshops.

Research jobs and internships of interest via sites like Devex, ReliefWeb, and Idealist.

SIT’s Career Connections Site is a great resource for SIT students and alumni.

PROFESSIONAL DEVELOPMENT RESOURCES

Choosing a Career in International Development: A Practical Guide to Working in the Professions of International Development by Donovan Russell. This book provides down-to-earth information and advice about the international development field from top to bottom. What is International Development? What are the specialties and careers? How can one prepare? The book describes operations, challenges, and personal rewards through real life accounts.

Work Your Way Around the World: The Globetrotter’s Bible by Susan Griffith. This book incorporates hundreds of first-hand accounts from people who have worked around the world, as well as a clear, country-by-country guide to the opportunities available. This working travel handbook reveals how to fund a trip of a lifetime by finding temporary work abroad — from selling ice cream in Cape Town to working as a film extra in Bangkok — both in advance and on the spot while travelling.

Working World: Careers in International Education, Exchange, and Development by Sherry Mueller and Mark Overmann. This book has information on applying for internships, government jobs, nonprofit jobs, and volunteer opportunities. It is a tremendous resource for jobseekers and is targeted for college graduates. Sherry is a former World Learning Trustee, and the book profiles World Learning’s former president, Carol Bellamy.

DATABASES AND SEARCH ENGINES

It can be difficult to find entry-level positions internationally. Explore fellowships and scholarships to travel abroad through some of these databases:

Princeton Postgraduate Awards of Interest: Not exclusively for Princeton students, this is a comprehensive list of fellowships and awards available to recent graduates. Note Princeton’s region-specific fellowships in Africa, Asia, and Latin America.

Smithsonian Fellowships Office: This is a list of current fellowship opportunities at the Smithsonian, sorted by unit. Fellowships are offered in theoretical medicine, biodiversity, and arts research, as well as
each topic area of the different Smithsonian Museums. Fellowship awards are also available for minority and Native American students.

YOUR SIT NETWORK

As you readjust to life back at home, remember to take advantage of your new network with SIT and World Learning. One of our University Relations Managers will be on your campus, and while you may have met him/her briefly before you departure, be sure to check back in when you return from study abroad.

Connect with other alumni, learn about job opportunities, and stay up to date on alumni gatherings by registering in the alumni community and directory at connect.sit.edu.

Apply for an Alice Rowan Swanson Fellowship. This fellowship was established in 2009 by the family of SIT Study Abroad Nicaragua ’06 alumna Alice Rowan Swanson as a living tribute to her passion for bridging cultures and helping others, and the role that SIT Study Abroad played in her life. Fellowships are awarded twice annually to SIT Study Abroad and IHP alumni to return to their program country and pursue further development projects benefiting human rights in that region. See eligibility and application requirements.

You can also become an Alumni Mentor. SIT’s network of Alumni Mentors is designed to facilitate the flow of information between those who have participated in one of our programs and those who may apply or have already applied. You will be in touch with prospective students to answer their questions on the nature of SIT programs, ISP topics, and expectations and budgeting while studying abroad.

You can also leave a review for SIT Study Abroad on the three of the most popular study abroad directories: gooverseas.com, studyabroad101.com, and goabroad.com. These sites also hold competitions for submissions of stories and videos, so consider sharing your work!

Submit your photos to the annual SIT Photo and Video Contests. A chance to reward our students’ amazing photography and videography, the photo contest is run every spring semester between March and April, and the video contest is run every fall semester between October and November. Prizes are awarded to the winners of the popular vote and SIT staff vote. Prizes Amazon gift cares. Follow us on our social media platforms to find out more information and how to enter to win!

Contribute content to the SIT Study Abroad website and social media platforms. We welcome stories, photos, and video about your experiences, what you have accomplished since you returned, and the impact your time abroad had on you. We also welcome you to share your videos for our YouTube channel. Contact marketing@sit.edu for more information.

On Instagram, tag us @ SITStudyAbroad and hashtag #SITstudyabroad. We frequently repost interesting alumni posts and credit them.

If you are in the Washington, D.C., area, apply to intern in the World Learning offices. Individuals with a career interest in international affairs and education are recruited seasonally for internship positions. Candidates may include undergraduates in their junior or senior year, current graduate students, or recent graduates. Ideal candidates will have had international travel and/or work experience. Interns are assigned on a rotational basis to programming teams to develop, implement, and monitor international exchange programs. Learn more about the internship on the World Learning website.
Re-entry after study abroad can be a long, difficult process, but it can also be a new beginning for you in your home community and university. We hope this guide has been a helpful resource for all the options available to you now that you’ve returned. But this guide does not have to be your only tool. There are many resources available on your home campus to support you, including career development offices, on-campus counseling, and myriad extracurricular activities relevant to what you have learned abroad.

Include your family and friends in your re-entry process. While they may not be able to fully understand all you’ve experienced over the past few months, they are resources for support and guidance as you make adjustments to your academic life and begin to plan for your future. Make sure to share the Parents’ Readjustment Manual with your family.

Returning to your home campus is also a fantastic time to broaden your social circle. Many other students will also be experiencing the re-entry process, even if they have studied in different places than you. You may find it easier to relate with them and other international students. Even as you readjust to life back in the United States, pay it forward and continue reaching out to other study abroad alumni dealing with re-entry. There are many ways to get involved with the study abroad offices of your home campus and support your peers through the process.

Finally, keep an optimistic outlook! SIT Study Abroad will have made a big impact on you, and the good news is that it is only the beginning of your relationship with the global community. There are many ways to use your experiences and travel abroad again.