

# Debriefing & Return Culture Shock

Are you looking forward to returning home to familiar foods and faces? Or does the prospect fill you with dread? Whatever your feelings may be, in this newsletter we hope to help you understand return culture shock, its symptoms and what you can do to manage it. It's completely normal to be experiencing return culture shock as your placement ends. That's why here at Project Trust we have designed our Debriefing course to support your return back home.

## What is Debriefing?

Debriefing is your two-day residential course.

It's your chance to complete your Project Trust placement by returning back to the Isle of Coll, reflecting on your time at your placement and seeing just how far you have come since your initial visit to the Isle of Coll for Training. At Debriefing, you are given the opportunity to reconnect with your fellow Returned Volunteers, share stories from your placements, start to combat reverse culture shock, and apply for future opportunities with Project Trust.



## The Future

Whilst Debriefing represents the completion of your Placement, it does not mark the end of your Project Trust journey. We are a community of over 9,000 Return Volunteers and Staff. Keep reading to find out the ways in which you can stay *involved* and *connected* with the Project Trust Community.

## What is Return Culture Shock?

Return culture shock covers lots of different feelings and emotions connected to a sense of unease when returning to a once-familiar environment. It affects everyone in different ways so whether you're already feeling it, or still avoiding that impending flight home, in this short read let's dive into understanding and embracing this phenomenon.



## Symptoms of Return Culture Shock

Remember how you felt when you first arrived on your placement?

Everything was different, a little overwhelming and it took some time to get used to all the changes. This may be very similar to what you're going to experience again when you get back home. Although this time, it might be even harder as you probably won't expect to feel all of these emotions on your return. You can read below some of the things you might feel, find and experience when you leave your Project Trust placement.

### Anti-Climax



Once the initial buzz of seeing family and friends has worn off, and the novelty has ended, the reality of being home can be less appealing.

### Lost Friends



Just like leaving friends at the start was hard, now you have to do it all over again. But this time, you don't know when you'll see them next.

### Where's Home



You may feel disconnected from your "home" and local area after being away so long. Maybe "home" now feels like a different place entirely.

### Inequality & Wealth



Many of you will have lived a more basic lifestyle on your placement and find the disparity of wealth and materialism hard to deal with.



## How to Deal with Return Culture Shock

You have visited countries and communities that lots of people at home have never seen. It's important to remember that they may have no idea where even to start when asking you about your year. Equally, you may have no idea how to even begin trying to put it into words. This can make you feel disjointed and potentially disconnected to those around you as your world view has completely changed, but theirs hasn't. This is where Debriefing comes in as you spend time with over 40 people who understand EXACTLY how you feel.

## Opportunities from Debriefing

- Catapult your futures through CV building & interview skills
- Learn how to demonstrate your Project Trust achievements to future employers
- Paid & Voluntary opportunities will be discussed from Ambassadors, to Mentors, to School Speakers, and so much more!

**Don't let this be the end of your Project Trust journey! Stay involved, support others, and progress professionally.**