

Blogging Abroad's Re-Entry Blog Challenge

Part One: Preparing for Re-Entry

Thanks for joining the Re-Entry Blog Challenge! You're about to start on Part One of our series: Preparing for Re-Entry.

First of all, congrats on coming to the end of your time abroad and for choosing to be intentional about your next steps! I think this is really important and worth applauding. Whether your transition is still months away or just around the corner, you're in the right place.

Part One of the Challenge is designed for bloggers who have been living abroad and are about to make their transition home. To help with this series, I've brought in my friend, Dr. Cate Brubaker, who specializes in helping people "relaunch" after living abroad. (More about her resources later on.)

Today's Tip: If you haven't done so already, start documenting your day-to-day life abroad (where you live, what you eat, your daily schedule, what you see/hear/smell every day, who you talk to, what you do on the weekends, etc). Think about the every-day things you'll want to remember or share with friends back home. You can even create a check list of photos you want to take before you leave. This will also provide you with more blog content if you choose to continue blogging about your host country after you return home.

Well, I won't take any more of your time today. Your first Re-Entry Blog Challenge is coming on Sunday. Keep an eye on your inbox for instructions!

Best,

Michelle C.

BloggingAbroad.org

PREPARING FOR RE-ENTRY: WEEK ONE

Time to get to it!

With the Re-Entry Blog Challenge, you'll have a set of two prompts every other week. You have the option of responding to one prompt of your choice. Or, if you're feeling ambitious, you can do them both, one per week.

Your first prompts are:

- Share your top 5 memories from living abroad.
- What will you miss most about your host country or living abroad in general?

As you're nearing the end of your time abroad, reflect on the good that has come out of this experience. Appreciate whatever time you have left.

Try to publish your reflection on your blog within the next two weeks. Please copy the following text into your post to help others find our Re-Entry Blog Challenge, too:

This post is part of BloggingAbroad.org's Re-Entry Blog Challenge

PREPARING FOR RE-ENTRY: WEEK TWO

Ready for round two?

Remember that with this Blog Challenge, you have the option of responding to one prompt of your choice. Or you can do them both, one per week.

Your next prompts are:

- What are 3 ways living abroad has changed you?
- What were 3 challenges that you overcame while living abroad?

It may or may not be obvious from the outside, but inside, you've probably changed from being abroad. Recognizing how you've grown and where you've come from, before you return home, can help prepare you for the transition.

Next steps:

Try to publish your reflection on your blog within the next two weeks. Copy the following text into your post to help others find our Re-Entry Blog Challenge, too:

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A Note from Cate, our resident Re-Entry expert:

Some people really struggle in re-entry. Others sail right through it. Some people are fine for the first few weeks, months or even years...and then, seemingly out of nowhere, feel like they've been hit by a ton of re-entry bricks.

There's no right or wrong way to experience re-entry, and how you experience it depends on several factors, like:

- *where you were abroad*
- *how long you were abroad*
- *what you were doing abroad*
- *who you were abroad with (or without)*
- *why you returned home*
- *your personality*

- *your support network*
- *how you feel about your home*
- *and more...*

That's why it's SO important to engage in deep personal reflection in re-entry. Once you know what you're struggling with, you can find the right support that will keep you moving forward.

If you don't? You could be forever stuck in re-entry limbo. Trust me, you don't want to get stuck there!

P.S. If you're looking for more guidance as you go through re-entry, head over to our [Re-Entry Resources page](#) for free access to two recorded webinars with re-entry guru, Dr. Cate Brubaker!

PREPARING FOR RE-ENTRY: WEEK THREE

It's time for your third edition of the Re-Entry Blog Challenge!

Your next prompts are:

- How are you feeling, now that your abroad experience is coming to a close?
- What are you looking forward to doing when you get home?
- What makes you nervous about going home?

Right now, the point is not to dwell on worries or live in the future at the expense of the present. But it's always good to be prepared. Think through any challenges coming ahead so that you can start to strategize how to move forward successfully.

Remember: you have the option of responding to one prompt of your choice. Or you can do multiple posts, one per week.

Try to publish your reflection on your blog within the next two weeks. Copy the following text into your post to help others find our Re-Entry Blog Challenge, too:

This post is part of BloggingAbroad.org's Re-Entry Blog Challenge.

This is the last set of prompts for Part One. If you'd like to continue with Part Two of the Re-Entry Blog Challenge after you return home, keep reading!

All the best in your re-entry!

PART TWO: AFTER ABROAD

Thanks for joining the Re-Entry Blog Challenge! Welcome! You're about to start on Part Two of our series: After Abroad.

Part Two of the Challenge is designed for bloggers who have been living abroad and have already made their transition home. To help with this series, I've brought in my friend, Dr. Cate Brubaker, who specializes in helping people "relaunch" after living abroad.

A Note From Cate About Re-Entry:

Most people feel at least a little lost when they return home from abroad. If you're feeling like this, rest assured that it's perfectly normal. It's to be expected. You've just gone through a major life transition, after all!

Unfortunately, re-entry is the part of the global journey that is often the most difficult, yet the least talked about or supported. If you're looking for some direction, take a look at these 7 re-entry steps. Which step are you on?

Step 1: Take time to grieve.

Re-entry can feel akin to losing a cherished relationship through divorce or death. The life you built abroad (whether you lived that life for weeks, months or years) is now over and that can really, really hurt. Take time to grieve your loss.

Step 2: Don't judge how you feel.

Feel sad, angry, frustrated, jealous, anxious, depressed, exhausted, etc? Rest assured, you're not alone! The best thing you can do is to simply acknowledge how you feel and not judge it. You'll just feel worse if you tell yourself I shouldn't feel this way. Feelings are data and should be listened to. If your feelings become overwhelming, it can help to talk with a coach or therapist who specialized in global transitions.

Step 3: Embrace reverse culture shock.

You learned to embrace culture shock while abroad, right? Now it's time to use your intercultural skills to embrace reverse culture shock! Let it teach you about your home country. Let reverse culture shock teach you about what you now find important, fun, beautiful, delicious, boring, etc.

Step 4: Create a support ecosystem.

One of the biggest mistakes you can make in re-entry is to expect one or two people to meet all of your emotional needs (often your partner, close family member or friend). Not only is that placing a lot

of pressure on those who mean the most to you, it also sets you up for disappointment if friends and family don't respond in the way that you need or expect.

Here's an alternative: intentionally create a re-entry support ecosystem. If you have a network of support, you'll know exactly who to go to get what you need (a fun night out? a hug? a sympathetic ear? tough love?), and you'll be more likely to get the support you need.

Step 5: Figure out who you are **now and what you want your life to be like going forward.**

It's exceptionally easy to fall into the trap of living your life as the person you were in the past (who you were before you went abroad or who you were while abroad) or as the person others expect you to be. Instead, use re-entry to deeply reflect on who you are right now and what you want your life to be like now. Then can you intentionally create a meaningful and satisfying global life that's truly right for you.

Step 6: Find your unique Global Life Ingredients.

They are the 3-5 things you must have in your life in order to have a meaningful, satisfying, and sustainable global life, no matter where in the world you are. Your GLI are a compass that help you identify priorities, make important life decisions, and find your perfect next global adventure at home or abroad.

Step 7: Relaunch!

This is when you confidently dive into your perfect next global adventure at home or abroad!

AFTER ABROAD: WEEK ONE

Let's do this!

First, the details: With this After Abroad Blog Challenge, you'll have a set of two prompts every other week. You have the option of responding to one prompt of your choice. Or, if you're feeling ambitious, you can do them both, one per week.

Your first prompts are:

- What are 5 words you'd use to describe the experience of going home after living abroad?
- What are the first things you made sure to do when you arrived home?

Take some time to think over the process of leaving your host country and transitioning to your home country.

Try to publish your reflection on your blog within the next two weeks. Copy the following text into your post to help others find our Re-Entry Blog Challenge, too:

This post is part of BloggingAbroad.org's After Abroad Blog Challenge.

AFTER ABROAD: WEEK TWO

Ready for round two?

Remember that with this Blog Challenge, you have the option of responding to one prompt of your choice. Or you can do them both, one per week.

Your next prompts are:

- Do you view your home country differently, now that you've been abroad? How?
- What are 5 things that really stood out to you after returning home?

Next steps:

Try to publish your reflection on your blog within the next two weeks, before the next prompt arrives. Copy the following text into your post to help others find our Re-Entry Blog Challenge, too:

This post is part of BloggingAbroad.org's After Abroad Blog Challenge.

Free Webinar Recordings Just For You!

*Many global adventurers say that going “home” after a life-changing experience abroad is – much to their surprise – the most difficult part of their entire journey. But it doesn’t have to be that way! I’ve been working with Dr. Cate Brubaker over the past year to put together some great re-entry resources for the Blogging Abroad community. We have a 30 minute webinar that introduces “Re-Entry Relaunch,” a concept Cate uses to help people create a global life they love. Cate has coached hundreds of expats, international teachers, and students in global transition. The webinar, **How to Make Going Home the Best Part of Going Abroad**, shares:*

- *The mistake most people make in re-entry (and how to avoid making it yourself)*
- *How to make re-entry a positive, growing experience (instead of a negative one)*
- *The key to finding your next global adventure at home or abroad*

*I’ve also posted a 40-minute video interview I did with Cate during her 2017 RELAUNCH! Retreat. It’s called *Tips for Blogging Through Re-Entry and Beyond*.*

Head over to our [Re-Entry Resources page](#) for free access to these two webinars!

AFTER ABROAD: WEEK THREE

It's time for your third edition of the After Abroad Blog Challenge!

Your next prompts are:

- If you go abroad again, what would you do differently this time?
- What advice do you have for someone who's about to follow in your foot steps?

Remember: you have the option of responding to one prompt of your choice. Or you can do multiple posts, one per week.

Try to publish your reflection on your blog within the next two weeks.

I'm really glad you took the time to blog intentionally through your re-entry process. How did it go for you?

Thanks, as always, for including this: "*This post is part of BloggingAbroad.org's Re-Entry Blog Challenge.*" (This helps others find and benefit from Blogging Abroad resources and allows us to offer tools like this for free.)

P.S. Remember to take advantage of our [Re-Entry Resources page](#) for free access to two webinars. I also encourage you to check out the [Re-Entry Relaunch Roadmap workbook](#) for further guidance in your journey after being abroad. I went through it myself and highly recommend it.