

# Arrivederci

PREPARING TO GO HOME HANDBOOK  
FALL 2019

GENERAL INFORMATION	1-2
REENTRY CHALLENGES	3-4
READJUSTMENT TIPS	4-5
BEYOND STUDY ABROAD	6-7
F.A.Q.s	8
BUON VIAGGIO	9

# general information

## AIRPORT TRANSPORTATION

### GENERAL STUDIES & DIRECT ENROLLMENT EARLY MORNING BUS DEPARTURE

Buses depart from Piazza Italia for Rome Fiumicino Airport from Piazza Italia at 1:00am. The buses **WILL NOT** wait beyond the departure time. It is **YOUR** responsibility to get your luggage from your apartment to Piazza Italia and to put your luggage on the bus. The sign-up sheet will be in the Student Services Office from Monday, April 15th - Wednesday, April 24th. Feel free to share taxis if you cannot manage to carry your luggage. Call 075.500.4888 or 075.501.0800 to reach the Perugia taxi company. Please note that taxis cannot be reserved in advance.

Also, alcoholic beverages will not be allowed on the bus, nor will intoxicated students.

## RECEIPTS FROM DOCTORS VISITS

For those of you who have been to the doctor and paid, you should have received a receipt at your appointment. Once you are back home, you can complete an insurance claim form and attach it, as well as any other documents you have collected (i.e., pharmacy receipts) that are accepted by the insurance company for reimbursement.

## DONATIONS

At the end of every semester, there will be collection boxes in the library for those of you who would like to donate unopened and non-perishable foods, unwanted books, and clothing that is in good condition. Donated items will be distributed to future students and/or local charities.

## BORROWED ITEMS & TEXTBOOK BUYBACKS

Please return anything you may have borrowed during the semester (i.e., textbooks, DVDs, crutches, etc.).

Remember that all of these items are very important to future students. If Umbra library books are found in your apartment, all roommates will be **charged a 10 euro fee**. You will receive an email with more details about eligible textbook buybacks.

## APARTMENT CLOSURE, KEYS, & EXTRA CHARGES

**All apartments must be vacated by 10:00am** on the morning of departure. The landlords will be coming afterwards to clean and prepare the apartments for the new tenants.

If you are the final student to vacate the apartment, check to see that ALL keys are accounted for and leave them on the kitchen table, making sure the door is completely shut when you leave. If a set is missing, all roommates

will split the cost of changing the apartment locks. If you know keys are missing ahead of time, please notify the Housing Office staff immediately as it is a security issue for future students that will live in that apartment. All charges, including overuse of utilities, damages, broken appliances, missing items, lost keys, etc., will be communicated to you by the Umbra Institute via email after the semester is over. Grades and transcript release are dependent upon the payment of these charges. The Housing Office staff will send out an email outlining apartment closures in more detail.

## DEPARTURE CHECKLIST

- Reconfirm your return flight details to the States. If you are planning on changing your ticket, you should do it as soon as possible!
- If you would like to weigh your bag beforehand, there is scale in the Student Services Office. You must bring your suitcase to Umbra to weigh it.
- If you plan to leave your luggage in Perugia after the semester ends, you are responsible for making your own arrangements. Umbra will not store any belongings, except in the case of all-year students.
- It is possible to ship your suitcase home with companies like sendmybag.com. Cost is based on weight, and often the courier can pick up the bag from Umbra. Do your research about the company, and plan ahead!
- Ship any packages you want to send home at least one week prior to your departure through the post office, UPS, or Mail Boxes Etc. Costs can range anywhere from an average of 100-200 euro, depending on size and weight.
- Clean out your student mailbox.
- Drop off any used clothing or items that you do not want to bring home to the donation boxes in the library.
- Leave textbooks with Student Services Office staff.
- If you would like us to forward any mail to you, leave a self-addressed envelope and 10 euro for postage with the Student Services staff.

# reentrychallenges

## 1. BOREDOM

After all the newness and stimulation of your time abroad, returning to old routines might seem dull. It is natural to miss the excitement and challenges that characterize study abroad.

## 2. NO ONE WANTS TO LISTEN

Many people might be uninterested in hearing about your adventures and triumphs when you try to share your experiences. This is not a rejection of you or your achievements, but simply the fact that once they have heard the highlights, further interest could fade. Be realistic in your expectations of how fascinating your journey is going to be for people at home who were not there with you.

## 3. YOU CANNOT EXPLAIN

Even when given a chance to explain all the sights you saw and feelings you had while studying abroad, it is likely to be a bit frustrating to try to relay them coherently. It can be difficult to convey this kind of experience to people who do not have a similar frame of reference or travel background, no matter how sympathetic they are as listeners. You can tell people about your trip, but you may find it difficult to make them understand exactly how or why you felt a particular way.

## 4. REVERSE HOMESICKNESS

Just as you probably missed home for a time after arriving in Italy, it is natural to experience some “reverse” homesickness for the people, places, and things that you grew accustomed to in Perugia. Writing letters or emails to keep in contact with your classmates from Umbra can help, but feelings of loss are an integral part of international sojourns and should be anticipated and accepted as a normal phase of studying abroad.

## 5. RELATIONSHIPS HAVE CHANGED

It is inevitable that, when you return, some relationships with friends and family will have changed. Just as you have altered some of your ideas and attitudes while abroad, the people at home are likely to have also experienced some changes. These may be positive or negative, but expecting that no change will have occurred is unrealistic. The best preparation is flexibility, openness, minimal preconceptions, and tempered optimism.

## 6. PEOPLE SEE “WRONG” CHANGES

Sometimes people may concentrate on small differences in your behavior or opinions and may be upset by them. These selective observations may frustrate you because they do not represent the deeper, more positive changes you experienced.

## 7. PEOPLE MISUNDERSTAND

People might misinterpret your words or actions in such a way that communication is difficult. New clothing styles may be seen as provocative or inappropriate, or references to Italy and speaking Italian as boasting. Be aware of how to present yourself and how your behavior might be interpreted.

## 8. FEELINGS OF ALIENATION/"CRITICAL EYES"

Sometimes the reality of being back at home is not as natural or enjoyable as anticipated. When daily life is less enjoyable or more demanding than you remembered, it is normal to feel some initial alienation, see faults in society that you never noticed before, or even become overly critical of people and things for a time. This is no different than when you first left home. Keep mental comparisons in check until you regain both your cultural balance.

## 9. INABILITY TO APPLY NEW KNOWLEDGE & SKILLS

Many returnees are frustrated by the lack of opportunity to apply newly gained social, linguistic, and practical coping skills that appear to be unnecessary or irrelevant. To avoid ongoing frustration, change what is possible, be creative and patient, and above all use the cross-cultural adjustment skills you acquired abroad to assist you with your own reentry.

## 10. LOSS OR COMPARTMENTALIZATION

Being home, along with the pressures of jobs, families, and friends, often combine to make returnees worried that somehow they will "lose" their experience abroad. You may feel that somehow the experience will become compartmentalized like souvenirs or photo albums kept in a box to be admired only once in awhile. However, you can avoid this happening by keeping in touch with contacts, sharing your experiences with people who have had similar ones to yours, practicing your skills, and remembering and honoring both your hard work and the fun you had while studying abroad.

# readjustmenttips

## 1. MENTALLY PREPARE FOR THE ADJUSTMENT PROCESS

Anticipate what returning home will be like, and reflect on how going home is both similar to and different from going abroad.

## 2. GIVE YOURSELF TIME

Allow yourself time to relax and reflect upon what is going on around you, how you are reacting to it, and what you might like to change.

## 3. UNDERSTAND THAT THE FAMILIAR WILL SEEM DIFFERENT

You have changed; home has changed; you will be seeing familiar people, places, and behaviors from new perspectives. Some things will seem strange, perhaps unsettling. Anticipating these differences from what you were used to will help in the reentry process.

## 4. THERE WILL BE SOME "CULTURAL CATCHING UP" TO DO

Some linguistic, social, political, economic, entertainment, and current event topics may be unfamiliar to you. New academic programs or regulations, slang expressions, popular culture references, recent events, and even major social changes may have emerged since you left. Prepare to do your own "cultural catching up."

## 5. RESERVE JUDGMENTS

Try to resist the natural impulse to make snap decisions and judgments about people and behaviors once back home. Mood swings are common at first, and your most valuable and valid analyses of events are likely to take place after allowing some time for thorough reflection.

## 6. RESPOND THOUGHTFULLY & SLOWLY

Quick answers and impulsive reactions often characterize returnees' behavior. Feelings of frustration, disorientation, and boredom are sometimes incomprehensible to family and friends. Take some time to rehearse what you want to say and how you will respond to predictable questions and situations. For example, how would you respond to the questions, "How was Italy?" or "Did you have fun?"

## 7. BEWARE OF COMPARISONS

Making comparisons between cultures and nations is natural, particularly after living abroad. However, it is best not to be too critical of home or too lavish in praise of foreign things.

## 8. CULTIVATE SENSITIVITY

Showing an interest in what others have been doing while you have been away is a sure way to reestablish rapport. Some annoyance with returnees can result from the perception that they are so anxious to share their experiences that they are not interested in what happened to those who stayed at home.

## 9. REMAIN FLEXIBLE

Try to achieve a balance between resuming and maintaining earlier habits and enhancing your social and intellectual life with new friends and interests.

## 10. SEEK SUPPORT NETWORKS

There are lots of people back home who have gone through their own reentry process and who understand and empathize with a returnee's concerns. Returnees may find it useful to seek out people with international living experience, such as academic faculty, exchange or international students, Peace Corps volunteers, international development staff, diplomatic or military personnel, church mission officials, those doing business internationally, or to join international students, clubs, and organizations associated with your home institution.

# beyondstudyabroad

Upon returning home, you can use your study abroad experiences to your greatest advantage in both the academic and professional worlds.

## Academic

### 1. Involvement

Get involved in any organizations or events that are happening on campus or plan your own! Try presenting at conferences or seminars with an international focus; become a study abroad advocate; join a study abroad alumni group at your university or create one if it does not already exist; or take new classes that have an international focus. Being proactive and involved will give you a competitive edge in your experiences and on your résumé as well as keep you active in the international community.

## 2. On-Campus Resources

Use the time on campus to start talking to your career center, study abroad office, professors, returnees, and alumni about how to incorporate your study abroad experience into your academic life and post-graduation plans.

### Professional

#### 1. New career options

Just because you are done studying abroad does not mean it is the end of your adventures! If you are looking to go outside of the U.S. again, consider some of these options:

- Internships
- Volunteering
- Teaching English
- Au pair opportunities
- Pursuing a Master's degree internationally

#### 2. Use the International Experience Career Workbook

Umbra will email a helpful guide with exercises and tips to prepare you for future steps.

#### 3. Résumé writing

Do not just list your study abroad experience. Instead, use it to highlight some of the most valuable skills you can bring to a future job. Use the résumé competency exercise in the International Experience Career Workbook to help elaborate on your new skills, attitudes, and awareness.

#### 4. Interviewing

During an interview, explain or expand upon any skills acquired during your study abroad. You want to dispel the myth that you were just overseas for a semester "having fun." Think about examples of your successes and accomplishments while abroad.

#### 5. Check out these helpful professional resources or do an online search

##### **Marketing Study Abroad: How to Sell Your Overseas Experience to Employers**

[www.transitionsabroad.com/publications/studyabroadmagazine/2006Fall/marketing\\_your\\_study\\_abroad.shtml](http://www.transitionsabroad.com/publications/studyabroadmagazine/2006Fall/marketing_your_study_abroad.shtml)

##### **SIT Study Abroad Reentry Toolkit (pages 15-25):**

[www.trincoll.edu/UrbanGlobal/StudyAway/Documents/SITStudyAbroadReentryToolkit.pdf](http://www.trincoll.edu/UrbanGlobal/StudyAway/Documents/SITStudyAbroadReentryToolkit.pdf)

## Attend the Unpacking Your International Experience Workshop

Monday, December 2nd AT 7:00PM

Get a head-start in applying your study abroad experience to your résumé and during your interview by coming to this workshop at 7:00pm in Aula 2. Sign-up on the Umbra App.

# frequentlyaskedquestions

## HOW MANY LIQUID OUNCES AM I ALLOWED TO CARRY ON?

All liquids that you pack in your carry-on must be three ounces or less (a small travel-sized bottle) and in a small clear plastic bag. For more information regarding travel regulations, visit [www.travel.state.gov](http://www.travel.state.gov).

## WHAT IF I HAVE EXTRA BAGS?

Many airlines allow one checked bag free of charge and charge extra for every additional bag after that. Check with your airline carrier for more information. For a bit more money, you may also consider using a shipping service such as [sendmybag.com](http://sendmybag.com). The company will come to Umbra's Student Services Office, pick up your bag, and then deliver it to your home address. Before booking, make sure to check their rules and regulations on what you can pack and how to prepare the labels. IMPORTANT: Do not reserve the pick-up from your apartment, and make to ship your items at least one week prior to your departure!

## IS IT POSSIBLE TO CHECK MY BAGS THROUGH TO MY FINAL DESTINATION?

Yes. However, you still must claim them in your first point of entry in the States. For example, if you have a ticket from Rome to Dallas, but have to change planes in Atlanta, you will first pick your bags up in Atlanta, go through customs, recheck your bags to your final destination at a recheck baggage station, then continue on to Dallas. Once in Dallas, you will not have to pass through customs again as you have already done so in Atlanta. While there might be long lines for passport control, usually rechecking your bags is a very quick process. For those of you with a layover only in Europe, you will have to go through passport control at your layover location and will go through customs at your first point of entry in the States.

## WHAT DO I NEED TO KNOW ABOUT US CUSTOMS?

You will clear customs at your first point of entry in the States. Customs forms will either be distributed onboard or filled out electronically in the airport. If you receive the form on board, you will need to fill it out and bring it with you when you disembark. You will then follow indications for the "Returning U.S. Citizens" line. If you fill it out electronically at the airport, the machine will print your form with your details. In both cases, the customs official will take your form, stamp it, and hand it back to you. Afterwards, you will claim your bags. Another official will then collect the stamped customs form as you exit the baggage claim area. You will then proceed to recheck your luggage if you have a layover or exit the airport if you are at your final destination. If you have any questions, feel free to refer to a flight attendant and airport personnel.

According to U.S. Customs and Border Patrol, U.S. residents are normally entitled to a duty free exemption of \$800 on items accompanying them. For more information, please refer to [www.cbp.gov/newsroom/publications/forms/new-customs-declaration-form-cbp-6059b](http://www.cbp.gov/newsroom/publications/forms/new-customs-declaration-form-cbp-6059b).

## WHAT IS FORBIDDEN TO BRING BACK TO THE U.S.?

It is forbidden to bring fruits, plants, meats, soils, birds, snails, other live animals, wildlife products, and farm products. For more information, visit [www.cbp.gov/travel/international-visitors/agricultural-items](http://www.cbp.gov/travel/international-visitors/agricultural-items).

## AM I ENTITLED TO A TAX FREE REBATE? WHAT DO I HAVE TO DO?

Italian law states that a passenger is entitled to receive a custom verification stamp on merchandise amounting to over 160 euro purchased on the same day from the same store that indefinitely leaves the European common market. For more information, visit [ec.europa.eu/taxation\\_customs/common/travellers/leave\\_eu/vat\\_refund\\_index\\_en.htm](http://ec.europa.eu/taxation_customs/common/travellers/leave_eu/vat_refund_index_en.htm).

# buonviaggio!



Thank you from the entire Umbra staff and faculty. We sincerely hope you enjoyed your experience in Perugia.

Keep in touch with us via LinkedIn at [www.linkedin.com/company/the-umbra-institute/](http://www.linkedin.com/company/the-umbra-institute/), and check out this great resource, Life After Study Abroad, at [www.lifeafterstudyabroad.com/](http://www.lifeafterstudyabroad.com/).

“Why do you go away? So that you can come back. So that you can see the place you came from with new eyes and extra colors. And the people there see you differently, too. Coming back to where you started is not the same as never leaving.”

-Terry Pratchett, *A Hat Full of Sky*