

Challenges Faced by Short-term Exchange Students on Re-entry: Focusing on Reverse Culture Shock and Making Use of Study Abroad

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This study examines the challenges that students face after study abroad in order to provide them with appropriate support. Ten Japanese university students who returned from study abroad participated in a questionnaire survey for the purpose. The questions focused on their post-study-abroad challenges such as reverse culture shock. The results show that most of them experienced reverse culture shock to some extent, though the kinds of shock varied, and also that they required both emotional and informational support after returning. In other words, they wished to share their study abroad experiences with others and to find information that would help them make use of their study abroad for their future. It was inferred from the study that self-help group activity might be a good way to support students returning from study abroad. In this kind of activity they are able to share their study abroad experiences with each other and to collect information to maximize the benefits of their study abroad. Further study and practice of such activity are needed to find a better way to support them so that they are able to make the best use of their experiences.