



Ideas to Ease Your Transition

Those who are **LEAVING** need a **RAFT**.

*Pollock, D.C. & Van Reken, R.E. (2001)

Reconciliation: Resolve conflicts with friends, colleagues, family.

Affirmation: Express appreciation for your personal relationships and experiences.

Farewells: Say clear goodbyes to people, pets, possessions, and places.

Think ahead: Keep your expectations in line – do not over-glamorize your return to your home country or your arrival in the new place.

Build Your **RAFT**

Reconciliation: Who do you need to work something out with?
What do you need to work out?

- _____
- _____
- _____

Affirmation: To whom do you want to express your appreciation?
What do you appreciate about him/her?

- _____
- _____
- _____

Farewells: Which places and possessions do you need to say goodbye to?

- _____
- _____
- _____

Think ahead: Which expectations may need to be reexamined?

- _____
- _____
- _____