



**SECTION 11:
RETURNING
HOME. WHAT
NEXT?**

You may find that although friends and colleagues want to hear about your experiences, they may appear disinterested. This is due to them not being able to understand the situation you have been in. There are plenty of other people who would like to hear about your experience.

Your work does not have to stop at this point.. You can maintain links and provide continued support through organisations such as **CTI, ADAPT and OT Frontiers**.

Other organizations such as VSO provide returned volunteers support groups. To find out more, look on http://www.vso.org.uk/groups/supporter_groups

You don't have to have worked for VSO to join and it can link you up with people worldwide.

Try not to keep the knowledge and experience you have gathered through your time abroad to yourself.

Try contacting local charitable organizations or trusts interested in donating money to developing projects overseas, talk to special interest groups, submit articles to relevant newsletters and magazines or just talk to friends and colleagues at work – they may not realise that working in low and middle income countries can be so rewarding for both their personal and professional development.

Think about what you've learned and how you can apply it to your own work.

Share this with your colleagues and your manager. Try to educate them about the benefits of international volunteering to the UK workforce – for example, see the report of the All-Party Parliamentary Group on Global Health, Improving Health at Home and Abroad: How overseas volunteering from the NHS benefits the UK and the world, July 2013. Full report and executive summary available at:

<http://www.appg-globalhealth.org.uk>