



Seven suggestions to help when your YAGM returns home

1. Don't ask the question, "So how was it?" Returning Young Adults in Global Mission (YAGMs) cannot sum up their entire year's experience in one word. Do ask specific questions, such as "Who was your closest friend?" and "Tell me about your typical day."

2. Asking to see photos of your YAGM's year in service is highly recommended, provided you have a full day to do so. If you don't, then take a cue from #1 and ask to see a category of photos (e.g., holiday pictures).

3. For the first few months your YAGM will begin many sentences referring to their country of service ("In *South Africa*..."). This will get annoying, but it's best not to say so. Instead, keep listening and asking questions.

4. On the other hand, speak up when you need to! Be assertive enough to share what has happened in your life during the last year.



The 2009–2010 Young Adults in Global Mission return home this summer after a year of volunteer service. Learn more at www.elca.org/yagm.

5. Recognize that living with few material belongings changes people. Don't take it personally if your YAGM seems horrified by aspects of how you live (e.g., showering every day). A good number of YAGMs make permanent changes toward a simpler lifestyle. Appreciate this as a good thing.

6. Assume that your YAGM's life aspirations and long-term goals have changed. Regardless of the direction your YAGM takes when they return, rejoice! This year hasn't changed who they are; it has simply made them better at discerning God's call.

7. Go easy on yourself (you are in transition, too!) and go easy on your YAGM. Reverse culture shock manifests itself differently in each person. Expect good days and bad days. Pray. Laugh. Cry. Don't be afraid to ask for help.



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