



# Comhlámh's Coming Home Weekend 18<sup>th</sup> and 19<sup>th</sup> May 2013

This informal weekend workshop is open to anyone who has returned home from working or volunteering overseas for 3 months+ in a development/humanitarian/aid or human rights capacity. The two days provide a fantastic opportunity to meet with other returned development workers and volunteers, hear each other's experiences, share tips for settling back, plan how to put to good use in Ireland the experiences gained overseas and have some fun!

## What will it involve?

Facilitated by Comhlámh staff and returned development workers, attendees will have a chance to explore together some of the important issues of the return/reintegration process:

- Putting the overseas experience into context
- Dealing with the challenges and opportunities of being home
- Applying the vast skills gained overseas for development issues from Ireland
- Understanding Reverse Culture Shock
- Looking at networking and career possibilities

## What does the weekend provide?

- An informal and relaxed space to meet likeminded people, socialise and share experiences openly and safely
- A reflection on the overseas experience
- Strategies for being "home"
- A consideration of critical perspectives on volunteering
- An opportunity to consider future activities and career options

## How much does it cost?

€50 - **single ensuite accommodation & meals included**

(No charge for RRC deployees or UNVs)

## When and where?

9-5pm, 18<sup>th</sup> and 19<sup>th</sup> 2013 May inclusive (Residential), at All Hallows College, Gracepark Rd, Drumcondra, Dublin 9

## How can I book?

Please complete the online booking form [here](#) or via [www.comhlamh.org](http://www.comhlamh.org) or contact Susan for any enquiries by email [susan@comhlamh.org](mailto:susan@comhlamh.org) or call 01 4783490.

**Space is limited to 15 participants, so please book early!**

### Past Participants have said:

*"Comhlámh's Coming Home Weekend really helped me find my feet on return from my overseas placement"*

### And in one word, have felt:

*"Supported", "Refreshed",  
"Motivated", "Optimistic"*

This course is run by **Comhlámh, the Irish Association of Development Workers and Volunteers**. Comhlámh **campaigns, informs** and **educates** on issues of **social justice, human rights** and **global development**.

To find out more about Comhlámh's work or to become a member, please visit our websites: [www.comhlamh.org](http://www.comhlamh.org) or [www.volunteeringoptions.org](http://www.volunteeringoptions.org), or follow us on [Facebook](#) and [Twitter](#).

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