Analysis of the Reverse Culture Shock Experience: A Case Study of Vietnamese Students Returning from Taiwan

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Submitted to the Faculty of
Department of International Affairs in partial fulfillment of
the requirements for the degree of
Bachelor of Arts in International Affairs

Wenzao Ursuline University of Languages
2023

WENZAO URSULINE UNIVERSITY OF LANGAUGES
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Wenzao Ursuline University of Languages, 2023

Abstract

In recent years, as international education has become increasingly accessible, it has brought greater attention to issues related to psychology. "Culture shock" and "Reverse culture shock" are two phenomena related to the experience of global mobility. This study explores the experiences of Vietnamese students who completed their studies in Taiwan and then returned to their home country. It defines the issues related to the reverse culture shock experienced by these Vietnamese international students and focuses on the emotional and psychological challenges they face. In this research, the author employed qualitative research methods to delve into the stories and experiences of a group of Vietnamese students. Data collection methods include in-depth interviews and then analyzing the data obtained. The results of data research show that changes in thinking, differences in culture, lifestyle as well as the effects of reverse culture shock on the personal and professional lives of these international students. Finally, through this study, in addition to sharing the experiences of international students regarding the reintegration process, the author also gathered data on coping mechanisms for each individual's reverse culture shock.

Keywords: reverse culture shock, Vietnamese international students, Taiwan culture, Vietnam culture

逆向文化衝擊經驗研究：越南學生從台灣返回的個案分析

Vu Thi Lan Huong

文藻外語大學 2023

摘要

近年來，隨著國際教育的日益普及，更多的關注集中在與心理學有關的問題上。"文化衝擊"和"逆文化衝擊"是與全球流動經驗相關的兩種現象。 本研究探討了在台灣完成學業後返回越南的學生的經歷。 它界定了這些越南國際學生所經歷的逆文化衝擊相關的問題，重點關注他們面臨的情感和心理挑戰。 在這本研究中，作者採用了質化研究方法，深入挖掘了一組越南學生的故事和經歷。 資料收集方法包括深度訪談，然後分析所得資料。 研究結果顯示，思維方式的變化、文化差異、生活方式以及逆文化衝擊對這些越南國際學生的個人和職業生活產生了影響。 最後，除了分享國際學生有關重新融入過程的經歷，作者還收集到每個受訪者對逆文化衝擊的應對方法.

關鍵字：逆向文化衝擊，越南國際學生，台灣文化，越南文化

TABLE OF CONTENTS

LIST OF TABLES

LIST OF FIGURES

INTRODUCTION

Research Background

Nowadays, studying abroad is no longer unfamiliar to us. Moreover, it has become an attractive option for all ages, especially for university and postgraduate students. According to UNESCO statistics in 2021, there are about 5 million students studying and living abroad. This shows that the trend of studying abroad has truly developed in most countries. Studying abroad brings many benefits to students, such as an opportunity to study in a developed environment. Developed countries that invest in education are attractive destinations for foreign students. Besides the development of education, experiencing a new culture is also a significant benefit for students. Studying abroad helps students to experience different cultures, learn and have good adaptability skills. Lastly, studying abroad can also provide better career opportunities in the future. Will students choose to return to their home country or continue their life in the host country after graduating?

Vietnam is a developing country in Southeast Asia. As of 2022, the estimated population of Vietnam is about 99 million people, ranking 15th in the world. The average age of the Vietnamese population in 2020 was 32.5 years old, and 87% of the population is under 54 years old.[1] This shows that Vietnam has a potential market of young labor force. The 1986 reform (Doi Moi) combined with global trends has rapidly transformed Vietnam from a poor country to a lower-middle-income country within a generation. GDP per capita has increased 3.6 times to nearly $3,700 from 2002 to 2020. The poverty rate has decreased from 14% in 2010 to 3.8% in 2020.[2]

Beside economic development, the education system in Vietnam is also developing day by day. The government has been very active in implementing reforms and innovations in

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[1] The An, "Độ Tuổi Trung Bình Và Dân Số Việt Nam So Với Các Nước Đông Nam Á ra sao?", https://blog.rever.vn/do-tuoi-trung-binh-va-dan-so-viet-nam-so-voi-cac-nuoc-dong-nam-a-ra-sao.
[2] The World Bank, "The World Bank in Vietnam", https://www.worldbank.org/vi/country/vietnam/overview.

the education system in Vietnam, thereby improving the quality of education significantly. The quality of education in Vietnam is also highly regarded by international organizations. According to the 2018 World Bank report "Smarter Education for Brighter Futures: East Asia and Pacific Regional Report", Vietnam is one of the top 10 countries in the world with the leading education reform system. Achievements in education have contributed significantly to improving the quality of human resources. The education system has been improved in conjunction with cultural exchange between countries, which is increasingly emphasized. The government always encourages Vietnamese students to choose to study abroad because it enhances the quality of human resources for the country. According to statistics from the International Cooperation Department (Ministry of Education and Training), in 2020, there were about 190,000 Vietnamese students studying abroad.[3] Europe accounts for up to 40,000 students, the UK has 12,000 students, Germany has 7,500 students, France has 6,500 students, and the Americas have about 50,000 Vietnamese students studying abroad. In Asia, there are 70,000 Vietnamese students studying abroad, of which Japan ranks first with about 38,000 students, accounting for 29.2%.[4]

In Asian countries, Taiwan is a country where many Vietnamese students choose to study abroad. One of the reasons is that the culture of Taiwan and Vietnam have many similarities. Customs, festivals, and religious activities are very similar. This makes the number of Vietnamese students living and studying in Taiwan increasing. According to Taiwan's Education Ministry, the number of Vietnamese students in Taiwan as of the end of 2022 was a total of 23,728, an increase of 26% compared to 2021 with 18,821 students.[5]

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[3] Nguyen Quy, "Vietnamese paid $827 mln to study in US universities in 2019-20", https://e.vnexpress.net/news/news/vietnamese-paid-827-mln-to-study-in-us-universities-in-2019-20-4194488.html .
[4] Nghiem Hue, "190.000 Lưu Học Sinh Việt Nam Đang Ở Nước Ngoài: Bộ Gd&Đt Khuyến Cáo Khẩn", https://tienphong.vn/190000-luu-hoc-sinh-viet-nam-dang-o-nuoc-ngoai-bo-gddt-khuyen-cao-khan-post1223601.tpo.
[5] Brendan Wong, "Vietnamese students studying in Taiwan surpasses 20,000", https://en.rti.org.tw/news/view/id/2009142.

Besides education, Vietnam and Taiwan have become partners in sustainable economic development in recent years. Vietnam is increasingly attracting Taiwanese investors, reaching $31.9 billion as of June 2019, ranking fourth out of 132 countries and territories investing in Vietnam. According to Walter Yeh - CEO of the Taiwan External Trade Development Council, "Taiwan and Vietnam have had a long-standing relationship and exchange. Currently, about 6,000 Taiwanese companies are investing in Vietnam."[6]

In recent years, returning to Vietnam to work has become a trend among Vietnamese students who study abroad. The domestic work environment is creating many opportunities, and many students no longer have the intention of staying abroad as they initially did. Along with reasons related to the work environment, many people share that they want to return to Vietnam because of their family, friends, and personal life. But in reality, is it easy for students to return? After living and studying abroad for many years, most of them have changed their old culture to integrate into the new culture. There are many differences in culture in daily life among different countries. Many people have experienced culture shock when living abroad during the first period of time. Culture shock was first mentioned in an essay by Kalvero Oberg in 1960. In his definition of culture shock that: "Culture Shock is precipitated by the anxiety that results from losing all our familiar signs and symbols of social intercourse. These signs or cues include the thousand and one ways in which we orient ourselves to the situations of daily life."[7] Do international students experience culture shock when returning to their home country? According to many studies, the process of culture shock when returning to one's home country is referred to as reverse culture shock. Vietnamese international students abroad, in general, and Vietnamese international students in Taiwan, in particular, have different experiences when returning home. Like the process of

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[6] Ngoc Minh, "Việt Nam - Đài Loan: Từ Tương Đồng Văn Hóa Đến Đối Tác Phát Triển Kinh Tế", https://vietnamnet.vn/viet-nam-dai-loan-tu-tuong-dong-van-hoa-den-doi-tac-phat-trien-kinh-te-562059.html.
[7] Kalervo Oberg, "Cultural shock: Adjustment to new cultural environments," *Practical anthropology*, no. 4 (1960).

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adapting to a new environment, returning home is also a difficult process for students. From the excitement before returning home to the process of reintegration, their emotions can be boredom, disappointment, and exhaustion because they have to adapt once again to their own home country. There are many reasons such as not feeling empathy from family and friends, difficulty adapting to a new work environment, and differences in work culture between Vietnam and other countries. The difference between their imagination of their homeland and reality is also a reason for international students to experience reverse culture shock. This study will focus on researching reverse culture shock.

Research Motivation

In reality, reverse culture shock is a process that is not often given much attention. This is because many people tend to view it as a relatively simple and easily overcome process. The author of this article also has personal experience with reverse culture shock. During their vacation back to Vietnam, the author experienced this issue and found that reverse culture shock is not as easy to overcome as many of us may think. Therefore, this research is conducted to study the issues surrounding reverse culture shock in greater detail, and to demonstrate that it is an important factor that needs to be considered before international students return to their home country.

Research Purpose

The purpose of this study is to explore the experience of reverse culture shock among Vietnamese international students when returning to their home country after studying aboard in Taiwan and its impacts on their personal life and career. In the first part, the researcher will identify the key factors that contribute to the experience of reverse culture shock among

Vietnamese students returning home country after studying in Taiwan. In the second part, we will assess how reverse culture shock impacts their personal and professional development. The last part, the researcher will present the coping strategies employed by Vietnamese students to address the challenges posed by this issue upon their return.

Research Questions

1. What are the key factors that contribute to the experience of reverse culture shock among Vietnamese international students returning to their home country?
2. How does the experience of reverse culture shock affect the personal and professional development of Vietnamese international students?
3. How do Vietnamese international students cope with the challenges of reverse culture shock?

Contribution

This finding of this study can be lessons from student who experienced reverse culture shock. In addition, it also contributes to the study of useful information. This study helps readers understand more about the process of reverse culture shock and its effects. Through analysis by collecting results through interviews, this study comprehensively analyzes the process of reverse culture shock, which has not been done in previous studies. Research confirming the results of existing studies also emphasizes the importance of certain characteristics, such as the case, the stage, and symptoms of reverse culture shock.

Limits

It is quite difficult to compare all Vietnamese students returning from countries around the world with those returning from Taiwan. In this study, the author can only focus on Vietnamese students who have studied in Taiwan and have returned to Vietnam. Moreover, the author can only identify certain impacts of reverse culture shock after conducting the research but cannot provide clear solutions to this issue.

Delimits

The study aims to gain a better understanding of the experiences of Vietnamese students who have returned home after studying in Taiwan and their reverse culture shock. Ultimately, it serves as a warning about the impact of reverse culture shock on those who return to their homeland. So, this research is related to the issue of reverse culture shock.

LITERATURE REVIEW

In this chapter, I will present definitions of culture and explore various aspects related to culture. Not only discussing the basic concepts of culture, I also mention the definition of culture shock. Beside that, I specific focus on reverse culture shock, which is the main concern of this research. This chapter also covers the following topics: an explanation of reverse culture shock, and an overview of its stages.

Culture

"Culture" is a concept with a broad and diverse range of meanings, relating to every aspect of human material and spiritual life. The concept of culture has been defined by researchers for a long time. According to Edward B. Tylor, "Culture or civilization, taken in its wide ethnographic sense, is that complex whole which includes knowledge, belief, art, morals, law, custom, and any other capabilities and acquired by man as a member of habit society."[8] There are multiple definitions of culture, each reflecting different perspectives and evaluations. Furthermore, culture is referred to in various fields of study, and within each field, the definition of culture also varies. Each author's approach and definition demonstrate their exploration and research into the meaning of culture, which is a profound understanding based on the natural conditions, society, environment, and individuals surrounding them.

Culture, in simple terms, can be understood as the way of life of a group of people in society, or in other words, culture is how they live their lives. According to Geert Hofstede (Hofstede, 1991), "Culture is the collective programming of the human mind that

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[8] E.B. Tylor, *Primitive Culture: Researches Into the Development of Mythology, Philosophy, Religion, Art and Custom* (J. Murray, 1871). https://books.google.com.tw/books?id=RUMBAAAAQAAJ.

distinguishes the members of one human group from those of another. Culture in this sense is a system of collectively held values."[9] In another perspective on culture, it is divided into two types: big "C" culture and small "c" culture. Lee Kang-Young defines big "C" culture as "a set of facts and statistics relating to the arts, history, geography, business, education, festivals, and customs of a target speech society." On the other hand, small "c" culture refers to the invisible and deeper sense of a target culture, such as values, norms, and assumptions. Although definitions of culture may vary, most of them emphasize the broad scope of factors that constitute culture, including knowledge, beliefs, and customs.[10] Although definitions of culture may vary, most of them emphasize the broad scope of factors that constitute culture, including knowledge, beliefs, and customs. These elements collectively shape and define a particular culture.

Another definition of culture by sociologists Zvi Namenwirth and Robert Weber suggests that culture is a system of beliefs, and these beliefs constitute a way of life.[11] In this context, we can combine the perspectives of Hofstede, Namenwirth, and Weber by viewing culture as a system of shared values and norms within a community that collectively shape a way of life. Values are abstract notions of what the community considers good, right, and desirable. In other words, values are the shared recognition of how things should be done. Norms are the rules and guidelines of society that regulate appropriate behavior in specific situations. We will use the term "society" to refer to a group of people with shared values and norms. While a society may correspond to a nation, a nation may encompass multiple societies (which can be understood as having multiple cultures), and some societies may span multiple nations.

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[9] UK Essays, "Definition Of Culture By Hofstede Cultural Studies Essay", https://www.ukessays.com/essays/cultural-studies/definition-of-culture-by-hofstede-cultural-studies-essay.php?vref=1.

[10] Lee Kang-Young, "Treating culture: What 11 high school EFL conversation textbooks in South Korea do," *English Teaching: Practice and Critique* 8, no. 1 (2009).

[11] J.Z. Namenwirth and R.P. Weber, *Dynamics of Culture* (Taylor & Francis, 2016). https://books.google.com.tw/books?id=F19CEAAAQBAJ.

According to UNESCO, culture encompasses not only elements such as music or cuisine but also includes the beliefs and values held by the individuals living within that culture.[12] In the illustration by Geert Hofstede, Gert Jan Hofstede, and Michael Minkov, the manifestations of culture consist of four layers: symbols, heroes, rituals, and values. Among these, they argue that values are the most resistant to change. The values and beliefs of a culture are considered a reality that remains relatively stable over time. If there are changes, they often require a long period, even spanning centuries, to occur.[13]

Culture Shock

Culture Shock Definition

Previous studies have shown that international students often experience culture shock when they first live and study in a new country. The process of transitioning from their old culture to a new one is referred to as "culture shock." The term "culture shock" was first mentioned by Kalvero Oberg, who believed that "Culture shock is precipitated by the anxiety that results from losing all our familiar signs and symbols of social intercourse."[14] Common manifestations of culture shock include feeling overwhelmed by the new environment. Individuals may feel uncomfortable trying to integrate into an unfamiliar environment they have never experienced before. Initial difficulties such as lack of confidence in interacting with others, language barriers, cultural differences, and the feeling of being isolated can lead to feelings of loneliness and pressure when they cannot find common ground with those around them. As a result, they may long to return home, to a place where they feel certain they can easily blend in.

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[12] Unesco, "UNESCO Universal Declaration on Cultural Diversity", https://www.unesco.org/en/legal-affairs/unesco-universal-declaration-cultural-diversity.

[13] G. Hofstede, G.J. Hofstede, and M. Minkov, *Cultures and Organizations: Software of the Mind, Third Edition* (McGraw Hill LLC, 2010). https://books.google.com.vn/books?id=o4OqTgV3V00C.

[14] Oberg, "Cultural shock: Adjustment to new cultural environments."

According to Kevin F. Gaw, "Culture shock is an emotional and psychological reaction to the loss of an individual's own culture. It involves the loss of familiar signs, symbols, and social interactions. Culture shock occurs when unpredictable cues are thrown at a person, and that individual does not know how to respond."[15] Most people often overlook the importance of expressions and phenomena in their daily lives, such as language and gestures, if they do not change their living environment. When moving to a new environment, this becomes more significant as they live among different people. They may feel confused and anxious in simple situations because they lack the social connections they had in their previous living environment.

P. Adler's definition of culture shock is psychologically more descriptive and explanatory: "Culture shock is primarily a set of emotional reactions to the loss of perceptual reinforcements from one's own culture, to new cultural stimuli which have little or no meaning, and to the misunderstanding of new and diverse experiences. It may encompass feelings of helplessness, irritability, and fears of being cheated, contaminated, injured or disregarded."[16]

Stages of Culture Shock

According to studies on psychology and anthropology by Oberg (1960), there are four stages of culture shock: the excitement stage, the irritation stage, the adjustment stage, and the adaptation stage.

The excitement stage: In the first stage, the excitement stage, often referred to as the fascination stage, individuals typically feel excited about the new and unfamiliar things or

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[15] Bethany L Mooradian, "Going home when home does not feel like home: Reentry, expectancy violation theory, self-construal, and psychological and social support," *Intercultural Communication Studies* 13 (2004).
[16] Peter S Adler, "The transitional experience: An alternative view of culture shock," *Journal of humanistic psychology* (1975).

experiences. They often go through a period of joy, happiness, and enthusiasm as they explore the novelty.

The irritation stage: After the excitement stage comes the irritation stage, as this stage often reveals feelings of discomfort, exhaustion with the new environment, and the formation of prejudices. This stage manifests clear confusion, disorientation, isolation, and loneliness for the individual going through it. Individuals may experience emotional crises through negative experiences of adapting to the changed living environment.

The adjustment stage: During this stage, individuals have typically been in the new environment or abroad for a period of time and they come to realize that they need to accept the differences between cultures. They then cope with issues in a more positive manner in order to adapt and survive in this new environment.

The adaption stage: After going through the aforementioned stages, individuals living in the new environment begin to adapt or accept the new environment. They start to understand and embrace the culture of their new surroundings. They realize that the new environment will not change for them and that they need to change themselves to adapt to it. Building new relationships, learning, and sharing difficulties are among the many measures that help individuals cope with culture shock.

Reverse Culture Shock

Reverse culture shock definition

The re-entry process is simply understood as the process of returning home after living abroad for a long time. The concept of "repatriation" is not too strange and has been mentioned in many previous studies. During this reintegration process, the phrase "reverse culture shock" was also mentioned. "Reverse culture shock is simply a common reaction to

returning home from living abroad. It's an emotional and psychological stage of readjustment, similar to your initial adjustment to living abroad."[17] The stage of reverse culture shock refers to when repatriates isolate themselves from the community because their personal identity has transformed, and they no longer feel connected to their homeland community. Life abroad has changed many individuals and it is that environment that has developed a new self in them. They may undergo changes in their outward appearance, behavior, communication style, and language usage. Returnees are individuals with multiple identities, a combination of old and new selves.[18]

Gullahorn and Gullahorn were among the first researchers to study reverse culture shock as part of the reintegration process. They pointed out that in addition to the U-curve theoretical model of the cultural shock process, which includes the integration of immigrants into a new environment, there is also a W-curve theoretical model that includes the return to the country of origin. [19]

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[17] Marquette University, "Reverse Culture Shock", https://www.marquette.edu/study-abroad/reverse-culture-shock.php.

[18] Louise H Kidder, "Requirements for being "Japanese": Stories of returnees," *International Journal of Intercultural Relations* 16, no. 4 (1992).

[19] John T Gullahorn and Jeanne E Gullahorn, "An extension of the U-Curve Hypothesis 1," *Journal of social issues* 19, no. 3 (1963).

THE W-CURVE
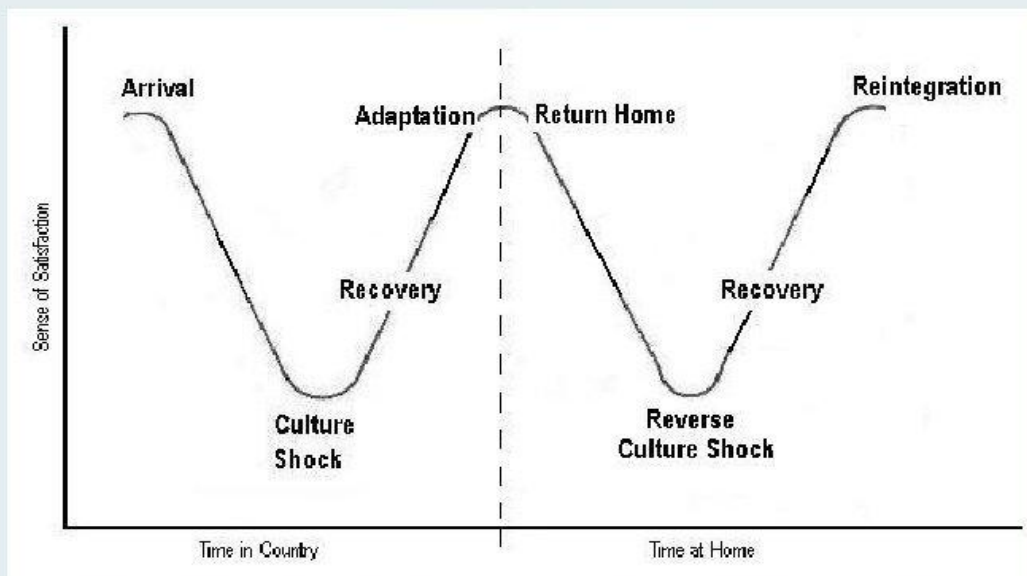
W-Curve: Stages of Transition Shock (Modified from Gullahorn and Gullahorn, 1963).

Figure 1. Stages of Transition Shock: W-Curve

Source: Gullahorn and Gullahorn, 1963

"Many people believe that reverse culture shock is worse than initial culture shock one had when they went abroad. Reverse culture shock is different than culture shock because there are many unexpected problems".[20] Returnees often mentally prepare themselves more for the process of integrating into a new environment rather than the process of returning. Because, they know that before going to a new environment, they will have to come into contact with a new culture, a new language, etc., so they will be more prepared. But when returning home, these things often go unnoticed, so returnees often experience reverse culture shock unexpectedly and without preparation.

According to Gaw, the main difference between reverse culture shock and culture shock was the expectations of sojourners. "Sojourners often expected to return to an

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[20] Mooradian, "Going home when home does not feel like home: Reentry, expectancy violation theory, self-construal, and psychological and social support."

unchanged home as unchanged individuals, which not the case."[21] Returnees tend to hope that when they return home, their family and friends have not changed and that a welcome is given to them. They think repatriation is going home, but in fact that "home" has changed, they no longer see their connection with that house. They feel that going home is no different from going to a new country.[22]

The repatriation process requires repatriates to reintegrate into various aspects, including culture, society, language, politics, education, and career and finance.[23] Many scholars argue that reintegration is a complex process and serves as the source of many challenges related to the repatriates' lives.[24] Gaw notes that there is no clear consensus on the difficulties associated with the psychological and social reintegration and working after students return from studying abroad.[25]

Stages of Reverse Culture Shock

Repatriates go through four main stages of psychosocial reintegration:

Pre-departure stage: This stage occurs before the repatriate's return to their home country. It involves planning and preparing for the repatriation process, which can last from a few days to several months.[26]

Honeymoon stage: Upon returning, repatriates often experience a honeymoon phase where they are warmly welcomed back. This stage typically lasts from one week to one month.

Reverse culture shock stage: This stage occurs when repatriates have to readjust to

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[21] Kevin F Gaw, "Reverse culture shock in students returning from overseas," *International journal of intercultural relations* 24, no. 1 (2000).

[22] David Haines, ""More Aware of Everything" Exploring the Returnee Experience in American Higher Education," *Journal of Studies in International Education* 17, no. 1 (2013).

[23] Harriet L Marsh, "Re-Entry/Transition Seminars. Report on the Wingspread Colloquium," (1975).

[24] Haines, ""More Aware of Everything" Exploring the Returnee Experience in American Higher Education."

[25] Gaw, "Reverse culture shock in students returning from overseas."

[26] Nancy J Adler, "Re-entry: Managing cross-cultural transitions," *Group & Organization Studies* 6, no. 3 (1981).

their daily lives and face feelings of uncertainty, overwhelm, and fear as they reintegrate into a changed cultural identity.[27] This stage can last for two to three months.

Readjustment stage: When the returnee gradually adjusts back to the rhythm of life at home and gradually forgets about wanting to return to the country where they lived or studied before, which is when the returnee gains a more balanced view of life.[28]

The Reverse Culture Shock Stage

Reverse culture shock is also considered to be the result of many returnees not realizing that paralleling their personal change is the transformation of their home country.[29] Returnees feel out of place in the community to which they were previously attached. As a result, many international students experience psychological stress due to conflicts over cultural values or their expectations not being met.[30] The troubles they face can be feelings of depression, anxiety, anger, frustration, grief, feeling unable to reintegrate, confusion with how to deal with multiple relationships complex system from within the family to outside the society.[31] Sahin's study in this century found that up to 45% of high school-aged students studying abroad experienced reverse culture shock upon returning to Turkey, with even 34% expressing regret about their decision to return.[32] The psychological issues faced by high school-aged students in Chamove and Soeterik's study are likened to the grieving process of losing a loved one.

Reverse culture shock also occurs because the experience abroad has changed the

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[27] Gullahorn and Gullahorn, "An extension of the U-Curve Hypothesis 1."; Gaw, "Reverse culture shock in students returning from overseas."
[28] Craig Storti, "The Art of Coming Home. 1996," *Yarmouth, MA: Intercultural* (2001).
[29] Mooradian, "Going home when home does not feel like home: Reentry, expectancy violation theory, self-construal, and psychological and social support."
[30] Arnold S Chamove and Sonja M Soeterik, "Grief in returning sojourners," *Journal of Social Sciences* 13, no. 3 (2006).
[31] Joan Cost Lester, *Strangers in their own land: Culture loss, disenfranchised grief, and reentry adjustment* (Antioch New England Graduate School, 2000).
[32] Nesrin Hisli Şahin, "Re-entry and the academic and psychological problems of the second generation," *Psychology and Developing Societies* 2, no. 2 (1990).

worldview of each repatriate. How they perceive events and people upon returning home cannot be the same as before.[33] Butcher's study revealed that students from Western Asia who completed their studies in New Zealand encountered numerous challenges in the process of reintegration, even within their own families, due to their changed expectations.[34] According to Kidder's study, Japanese students studying abroad often struggle with the dilemma of whether to retain the changes in their identity when they return home or to revert to their previous behavior and mindset.[35] Many students in other studies tend to view their home country with a more negative perspective. In a study by Walling and colleagues, after only a short mission abroad trip, 20 American students felt disappointed, and guilty about their own culture.[36] These feelings are even more specific, as indicated in Heines' investigation. After the "honeymoon" period of reuniting with family and friends, many American students automatically develop negative stereotypes about the physical appearance of Americans being obese, the disgusting taste of fast food, or the excessive self-expression and showiness of many Americans.[37] The Sri-Lankan international students in Pritchard's study, after forming a master's program in Teaching English in the UK, felt bored with the backwardness of their country, they used the characteristics words like chaos, crowd, stress to describe life in the homeland, and the expectation that Sri-Lanka people know how to queue or work more purposefully like the British.[38]

Studies on the repatriation experience of Vietnamese international students also confirm that the research subjects have been through a period of reverse culture shock for a

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[33] Nan M Sussman, "Re-entry research and training: Methods and implications," *International Journal of Intercultural Relations* 10, no. 2 (1986).

[34] Andrew Butcher, "A grief observed: Grief experiences of East Asian international students returning to their countries of origin," *Journal of Studies in International Education* 6, no. 4 (2002).

[35] Kidder, "Requirements for being "Japanese": Stories of returnees."

[36] Sherry M Walling et al., "Cultural identity and reentry in short-term student missionaries," *Journal of Psychology and Theology* 34, no. 2 (2006).

[37] Haines, ""More Aware of Everything" Exploring the Returnee Experience in American Higher Education."

[38] Rosalind Pritchard, "Re-entry trauma: Asian re-integration after study in the West," *Journal of Studies in International Education* 15, no. 1 (2011).

long time and have not even been able to reintegrate at the survey stage. In Le's study, seven Vietnamese students who returned from the United States expressed disappointment with the living and working environment in Vietnam. They cited low salaries, long working hours, and a lack of opportunities to utilize the knowledge and skills they acquired in the US. These students also encountered challenges in their personal relationships and gradually lost close friendships due to changes in their lifestyle and worldview. For most of them, reintegrating into their home country proved to be much more difficult than integrating into life in the US. As a result, some of them were actively seeking ways to return abroad after being back in Vietnam for over a year.[39]

The Readjustment Stage and Influencing Factors

According to the W-curve theoretical model, after the reverse culture shock phase, there will be a stage of reintegration for repatriates. Scholars suggest that there are three main groups of factors affecting the effectiveness and duration of reintegration. These factors are:

Firstly, the internal factors group includes gender, age, marital status, religion, personality, coping strategies during the reintegration process, and previous cross-cultural experiences of the repatriate. Cui and Awa pointed out that students who had previous experience living abroad tend to have more effective reintegration because they are familiar with dealing with actual changes when returning home.[40] However, regarding gender, while Rohrlich and Martin argued that compared to males, females tend to receive more help in facilitating the integration process in a new culture.[41] Sussman claimed that gender has no

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[39] Anh Le, *Vietnamese international student repatriates: An exploratory study* (The University of Nebraska-Lincoln, 2014).

[40] Geng Cui and Njoku E Awa, "Measuring intercultural effectiveness: An integrative approach," *International Journal of Intercultural Relations* 16, no. 3 (1992).

[41] Beulah F Rohrlich and Judith N Martin, "Host country and reentry adjustment of student sojourners," *International Journal of Intercultural Relations* 15, no. 2 (1991).

impact on helping to minimize difficulties during reintegration.[42]

The second group of factors relates to the duration of residence and the frequency of communication with the local people, as well as the level of cultural differences between the home culture and the host culture perceived by the repatriate. Many studies have shown that those who integrate well into the local culture tend to face more difficulties during reintegration.[43] Pritchard's study also revealed a close relationship between the cultural differences between the home culture and the host culture and the effectiveness of the reintegration process.[44] Additionally, several authors such as Brahant et al. and Martin share the view that interacting with local people helps repatriates understand and prepare better for the reverse culture shock and reintegration phase because they become aware of their own changes.[45] However, the factor of the duration of living abroad remains a contentious issue in different studies. For example, Sussman argues that the longer an individual lives abroad, the more distorted their perception of their homeland becomes.[46] On the other hand, Walling et al. and Haines suggest that the duration of an individual's stay abroad does not significantly affect their reintegration process. Even if a student only goes abroad for a short-term exchange program during a summer or a semester, they still experience reverse culture shock and its impact on the reintegration process in various degrees and forms.[47]

Finally, the third group of factors relates to the reality of the repatriate's experience abroad, including whether they regularly communicate with friends and family back home,

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[42] Nan M Sussman, "Repatriation transitions: Psychological preparedness, cultural identity, and attributions among American managers," *International Journal of Intercultural Relations* 25, no. 2 (2001).
[43] Robert T Moran, Philip R Harris, and Sarah Moran, *Managing cultural differences* (Routledge, 2010).
[44] Pritchard, "Re-entry trauma: Asian re-integration after study in the West."
[45] Judith N Martin, "Patterns of communication in three types of reentry relationships: An exploratory study," *Western Journal of Communication (includes Communication Reports)* 50, no. 2 (1986); Sarah Brabant, C Eddie Palmer, and Robert Gramling, "Returning home: An empirical investigation of cross-cultural reentry," *International journal of intercultural relations* 14, no. 4 (1990).
[46] Sussman, "Repatriation transitions: Psychological preparedness, cultural identity, and attributions among American managers."
[47] Walling et al., "Cultural identity and reentry in short-term student missionaries."; Haines, ""More Aware of Everything" Exploring the Returnee Experience in American Higher Education."

the duration of their stay abroad, and the attitudes of people at home towards their repatriation. For example, Le's study found that many close friends of the research subjects doubted the capabilities of the repatriates upon their return, and they grew apart due to differences in lifestyle and thinking. However, in this study, the author also noted that Mooradian's suggestion about the general time frame for reintegration does not apply to the Vietnamese international students in his research.[48]

METHODOLOGY

Research Methodology

The purpose of my study is to explore the process of reverse culture shock and reintegration of Vietnamese students after returning from Taiwan. From there, I aim to

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[48] Le, *Vietnamese international student repatriates: An exploratory study.*

identify the different influences on their personal lives and careers. To accomplish my study objective, I will conduct in-depth interviews. After experiencing the reverse culture shock, I will examine what strategies Vietnamese students employ to cope with this issue.

I expect to explore various aspects related to the issue of reverse culture shock, such as lifestyle, habits, culture, and relationships when returning to their former environment after a long period of living abroad. By doing so, I aim to gain a better understanding of what people go through after their return, considering the challenges and changes they face.

Sampling and Access

The target interviewees for this research are Vietnamese students who have studied and lived in Taiwan and subsequently returned to Vietnam. I do not select international students based on the length of their stay in Taiwan because I want to gain a better understanding of whether the duration of living abroad affects the reverse culture shock process and their reintegration into their homeland.

To find participants, I have acquaintances who have studied in Taiwan and returned to Vietnam. Additionally, to involve more participants, I have sought assistance from my connections in both Vietnam and Taiwan, such as friends, teachers, and so forth. Through the social media platform Facebook, I have sent them personal messages to introduce myself and state my purpose for conducting interviews. Once they agree to participate, we discuss a specific time for the interview. Since I am currently living and studying in Taiwan, I am unable to conduct face-to-face interviews with students who have returned to Vietnam. Therefore, I plan to conduct interviews online, utilizing platforms such as Facebook.

Research Design

I provide semi-structured interview questions, designed to address the research questions outlined in **Chapter I**, in order to gather the most relevant data. The data collection process will be conducted as follows: After agreeing on a specific time for the interview, I will maintain communication with the participants through Facebook. Firstly, I will organize the questions into three different areas: (1) the experience of reverse culture shock among Vietnamese students returning from Taiwan; (2) the impact of reverse culture shock on personal life and career development; and (3) coping strategies for reverse culture shock.

Second, I send the participants a list of interview questions so that they can prepare their answers before the interview takes place. Since my research focuses on personal experiences and their impacts, some participants may have gone through this process a long time ago. Therefore, they will need time to recall and narrate their experiences in the most detailed manner. Additionally, for some other participants, they may find certain interview questions quite complex. Hence, they have time to ask me for further clarification on these issues before the interview.

Lastly, before the interview takes place, I have informed the participants that all interview information will be kept confidential. The entire interview process will be recorded for transcription purposes.

Data Collection

In my data collection, I utilized narrative inquiries. This approach is beneficial in allowing individuals to share their stories, thereby providing in-depth data. The participants were willing to express their thoughts and provided reliable information about the experiences they have been through. In this study, I employed qualitative research methods. The purpose of this method is to analyze human behavior, emotions, experiences, and

perspectives. It aims to understand society and culture. My research focuses on both aspects: reverse culture shock and Vietnamese students who have lived and studied in Taiwan and subsequently returned to their homeland.

After obtaining the recorded audio files, I transcribed them into written texts to facilitate easier analysis. Then, these texts were categorized and encoded into various key variables of reverse culture shock, such as feelings of sadness, frustration, difficulties, changes, and their impacts.

Table 1. Participants' background

Name	Age	Job	Length of stay in Taiwan	Length of stay in Vietnam after returned	Time to fully adapt	Province of origin	Province after returned
Interviewee A	22	Business manager	3 years	3 years	2-3 months	Hai Phong City	Hai Phong City
Interviewee B	27	Freelancer	5 years 6 months	1 year 7 months	1 month	Dong Nai Province	Ho Chi Minh City
Interviewee C	28	Customer service advisor	2 years 6 months	2 years 6 months	6 months	Can Tho Province	Ho Chi Minh City
Interviewee D	32	University Professor	3 years	1 year	6 months	Quang Binh Province	Hue City
Interviewee E	33	Real estate advisor	2 years	3 years	3 months	Kien Giang Province	Ho Chi Minh City
Interviewee F	31	IT career	6 years	1 year	1 year	Ha Noi City	Ha Noi City
Interviewee G	22	Business manager	3 years 6 months	6 months	2 months	Quang Ninh Province	Ha Noi City
Interviewee H	34	Officer	3 years	1 year	2-3 months	Ho Chi Minh City	Ho Chi Minh City

Source: The author sorted

DATA ANALYSIS

I conducted interviews with 8 Vietnamese international students who had studied in Taiwan and returned to Vietnam. The duration of their stay in Vietnam after returning varied from 6 months (minimum) to 3 years (maximum). These international students' ages ranged from 22 to 34 years old. Except for Interviewee A and Interviewee G, all the other interviewees had completed their master's degrees in Taiwan before deciding to return to Vietnam. The choice of city for their post-return settlement is an important factor influencing their integration process. In this case, 6 out of the 8 individuals chose Hanoi City and Ho Chi Minh City, the two largest cities in Vietnam, to settle and work.

The Key Factors that contributed to Reverse Culture Shock of Vietnamese Students

According to interviews with Vietnamese international students living and working in Vietnam after graduating from Taiwan, the results show that there are various factors leading to each participant's reverse culture shock, such as differences in culture, language, personal finances, and ultimately, changes in thinking. One of the factors was mentioned most frequently by these international students is the cultural differences between Vietnam and Taiwan.

Cultural Differences

While Taiwan and Vietnam share cultural similarities due to both countries being influenced by Chinese culture, holidays like the Lunar New Year and the Mid-Autumn Festival in both nations have similarities. However, alongside these similarities, each country still maintains its own unique characteristics. After spending time in a different cultural context like Taiwan, students often become familiar with the customs, lifestyles, and norms

of that country's culture. When they return to Vietnam, they may experience reverse cultural shock as they adapt to the different cultural aspects and way of life in their homeland.

The first notable cultural difference lies in the habits of daily life between the two countries. Interviewee A pointed out, "'In Vietnam, people often don't pay attention to queuing culture like in Taiwan. When I was in Taiwan, queuing became my habit." She also mentioned, "In terms of lifestyle, Vietnamese people are not in a hurry; instead, they do everything slowly." Furthermore, Interviewee F also noted significant differences in discipline between Taiwan and Vietnam, saying, "Taiwanese people tend to be highly organized and disciplined, with only a few exceptions. In Vietnam, this aspect is not emphasized as much."

Traffic in Vietnam has different characteristics compared to other countries in Asia. Despite the large participation of many types of vehicles, the road system and infrastructure still have many weaknesses. Among the 8 interviewees, 3 individuals shared their personal observations on this matter. Interviewee C mentioned, "In Taiwan, everything is very convenient, including transportation. In Ho Chi Minh City, it's less convenient; most people rely on motorbikes for their daily commute."

The initial challenges of reintegration with Vietnam were also noted by Interviewee E, who stated, "Regarding traffic culture, that was the most difficult thing for me when I returned to Vietnam. Traffic in Vietnam seems overcrowded, and as a result, traffic safety and order are not as good. It made me nervous whenever I went out during the initial period of my return."

Interviewee F remarked, "Transportation is a significant difference. In other cities, there seems to be less of a difference, but honestly, traffic in Hanoi has changed significantly. The number of vehicles has increased rapidly, causing serious traffic congestion. Although I've lived in Hanoi for 20 years, I've gotten used to traffic jams, but it has never been as

severe as in recent years. It was a shock for me upon my return. Moreover, traffic management in Hanoi also surprised me. The roads here are in a serious state of disrepair, whereas Saigon has a much better road network."

Among these 3 individuals, two are living in Ho Chi Minh City, and one resides in Hanoi. This indicates that the current state of traffic culture in Vietnam's two largest cities is quite serious.

In their daily attire, people in Taiwan typically have a more simple and relaxed fashion sense. While in Vietnam, appearance is often valued and requires special attention. After living in Taiwan for an extended period, most of these fashion habits have changed. Interviewee A noted that her dressing style had changed quickly in Vietnam, and keeping up with current fashion trends is also crucial. She said, "In terms of dress style, what you wear when you go out is very concerning when in Vietnam. Moreover, today's young people are very fond of new and popular styles." Being limited in personal fashion, Interviewee F commented that "The dressing style is also given a lot of attention in Vietnam. I can't freely dress in the style I like, and expressing one's personal style is also significantly limited."

Many international students mentioned in their interviews that they had difficulty minimizing their feelings of self-confidence, or in other words, they had to endure external judgments and evaluations of themselves. According to Interviewee H, she expressed that she genuinely disliked how people in Vietnam were overly concerned with each other's personal lives. She said, "In Vietnam, people are very interested in other people's personal lives, so I feel like I'm not as free as before." In line with this sentiment, Interviewee D shared, "I don't like some traits of Vietnamese people, which might also be because the city I'm in is different from larger cities, where people are overly concerned with each other's personal lives. I genuinely find it difficult and even uncomfortable when encountering this issue."

Taiwan is a developed nation, so public services and sanitation are very good.

Furthermore, the government places a strong emphasis on environmental protection. The culture of using public services in Taiwan is highly regarded. One impressive aspect for Vietnamese international students when in Taiwan is the way waste is handled. Interviewee F shared that waste disposal in Vietnam is entirely different from Taiwan. In Vietnam, there is no waste sorting, and there is no fixed schedule for waste disposal. This significantly impacts general hygiene and environmental protection. Additionally, the sanitation situation in public places like airports in Vietnam surprised Interviewee D. She said, "As soon as I arrived at the airport in Vietnam, I was quite surprised. Although I had been here a few times before, I didn't notice it much because I hadn't been exposed to new things back then, so I felt it was quite normal. But when I returned from Taiwan, after about 2 years away from home, I felt that the sanitation environment at Vietnam's airports was somewhat poor, and people at the airport didn't have a sense of common hygiene. In the first few weeks after returning, I also felt that the hygiene around where I live was not good, and the air was quite dusty."

In terms of services and people, each interviewee had different experiences, but overall, they all felt somewhat disappointed. Interviewee B noticed a lack of friendliness when comparing people in Vietnam to those in Taiwan. She believes that Taiwanese people often show more elegance, always follow etiquette in communication, and express gratitude gently. Meanwhile, commenting on people in Vietnam, Interviewee E said that "Vietnamese people rarely express personal emotions in public."

Language

Studying abroad can indeed require significant language improvement during their stay in a foreign country. Living in an environment where they constantly use a foreign language and have limited opportunities to communicate in Vietnamese, they may face difficulties readjusting to using Vietnamese in their daily lives upon returning to Vietnam.

Interviewee B and Interviewee D both shared challenges in communicating with Vietnamese people, mentioning confusion between the two languages or a lack of flexibility in switching between them. Interviewee B mentioned, "In some situations, I feel like my reflexes are slower because after a long period of communicating in Chinese, now when I come into contact with Vietnamese, Vietnamese people speak very quickly, making it hard for me to keep up." Furthermore, it takes some time to fully adapt to the Vietnamese language environment. Interviewee H shared that it took her about 1 to 2 months to overcome language difficulties when communicating upon her return.

Additionally, Interviewee C noticed that there were many new trends and slang terms used by the youth at that time, which made him feel confused and somewhat out of touch. "Some of the new trends and hot slang terms used by young people sometimes made me feel a bit lost because I hadn't kept up with them." The expression and idiomatic language used in Vietnamese differ from Chinese and English, so many international students have expressed that after a long period of not using Vietnamese naturally, they often replace it with the everyday language they use while abroad. Interviewee F said, "Out of habit, I always say 'thank you' and 'sorry' in Chinese. During that time, it often took me 2-3 seconds to realize that I hadn't switched to using Vietnamese. Moreover, there were many phrases and terms that I forgot how to express in Vietnamese, and I often had to take some time to think about how to say them."

Financial and Lifestyle Changes

Living abroad can change the personal income and spending habits of international students. Most international students have part-time jobs after school. They have to live frugally and plan their spending carefully because the cost of living in Taiwan is higher than in Vietnam. When commenting on their current income in Vietnam, Interviewee B mentioned

feeling that her salary was lower than what she had expected. She also noted that the cost of living in Vietnam is increasing. "I feel that the salary is quite low for a job, so I have to do 2 or 3 jobs at the same time. The cost of living in Vietnam is also very high now; everything is more expensive than a few years ago." Along with this point of view, Interviewee H observed that "prices in Vietnam have increased a lot" and "Vietnamese people nowadays spend quite comfortably." Sharing similar views on the cost of living and spending in Vietnam, Interviewee G said, "Income in Vietnam is considered lower than in Taiwan, so I feel the need to adjust my spending habits."

Changes in Thinking

After spending an extended period living and studying abroad, it is difficult for each individual to avoid undergoing changes in their thinking. Furthermore, social prejudices in Vietnamese culture have created a significant influence on the reintegration process of Vietnamese international students after returning to their homeland. These individuals have been exposed to the international environment and have had the opportunity to gain a deeper understanding of various different cultures, and since then, they have changed the way they think about many important issues such as women's rights and equality society.

In an interview, Interviewee D shared: "While I was in Taiwan, I experienced a relatively liberal and free lifestyle. Everything was less constrained, completely different from the environment in Hue today, a city with traditional values and ancient prejudices. This made me realize the importance of the freedom of thought and women's rights." She also added: "I feel that Vietnamese women face many difficulties. When I studied abroad, I met many international friends from all over the world, and they lived in a free and comfortable environment. But when I returned to my homeland, I felt sad for myself and for other Vietnamese women, as they still had to live under the imposition of prejudices and social

rules."

Interviewee F also expressed her views on equality in Vietnamese society. She said: "A sensitive issue in Vietnam is that women's rights are still not properly recognized. I completely disapprove of the sexual jokes that occur in the workplace in Vietnam."

Reverse Culture Shock affect The Personal and Professional Development of Vietnamese International Students

The Personal Life

(1) Relationships: Family and Social Connections

Most of the interviewed international students shared that their relationships underwent significant changes after they returned home. The changes were perhaps most noticeable within their family relationships, as family members are the ones they interact with regularly in their daily lives. As for social relationships with friends, colleagues, and others, they all expressed that after returning, they no longer maintained the same level of contact. Some insights into the relationships of these international students were shared by Interviewee A, who stated, "My friends and I have less contact with each other; we are no longer as close and don't talk as much." Additionally, Interviewee E mentioned that due to reduced communication, she noticed that her emotional connection with her relationships wasn't the same as before. There was less sharing of personal stories between her and those around her, resulting in understandable distance in their relationships. Losing touch with old friends is also a challenge faced by many Vietnamese international students upon their return from the United States, as highlighted in **Le's**[49] research cited in Chapter II. This underscores the importance of the third factor discussed in **Chapter II: Readjustment Stage and Influencing Factors.**

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[49] Le, *Vietnamese international student repatriates: An exploratory study.*

Not sharing personal stories with the people around them has significantly affected the emotions of the international students during the reintegration process. The issue of reverse culture shock is often not given much consideration in Vietnam. The issue of reverse culture shock is often not given much consideration in Vietnam. Because they have never experienced it themselves, many people think it is a simple problem and can be easily overcome. This has impacted the personal relationships of Vietnamese international students.

Interviewee F stated, "My parents did not understand the problems I faced during that time. Reintegration made me feel quite bad, but my parents assumed that it was a simple problem and not too serious. I am a fairly stubborn and determined person, so once I had formed the living habits I desired over six years, it was challenging for me to change them. On the contrary, my parents always thought I was exaggerating my own problems and that everything could be easily resolved."

Interviewee D also shared that her emotional state was quite low when she couldn't share her story. "I felt rather sad and discouraged. Having to deal with so many things at once made me feel exhausted, but people in Vietnam have never experienced the issues I was going through. Therefore, even if I spoke up, people wouldn't fully understand the situation."

(2) Physical and Psychological Problem

Changes in the living environment lead to many personal changes in the life of an international student. Vietnamese students interviewed experienced symptoms of reverse culture shock, including feelings of frustration, loneliness, and even illnesses due to the changes in their living environment. When asked about the climate and food in Vietnam, all international students responded that the air quality in Vietnam is often polluted, and the food is quite different from Taiwan. Sharing about this issue, Interviewee F said, "In terms of health, I have relatively weak immunity. The air quality in Vietnam doesn't suit my health.

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Both my respiratory and digestive systems faced difficulties in Vietnam, and I fell ill frequently since returning to live here." Although they were born and lived in Vietnam for an extended period, living abroad for a short time also had some impact on the health of these international students.

Reverse homesickness, also known as "repatriation blues," is a psychological and emotional phenomenon that international students may experience when returning to their home country after an extended period of living and studying abroad. In contrast to homesickness, repatriates feel a longing or nostalgia for the place they left behind, and they may even desire to return to the location where they lived abroad. In this case, it's Taiwan. Both Interviewee A and Interviewee C expressed their desire to return to Taiwan after going through the reintegration process.

The differing perspectives within family relationships have also partly made the repatriates' sadness and depression more serious. Among the eight people interviewed this time, only one person got married and lived with her husband's family after returning to Vietnam, that is Interviewee D. She went through a challenging period due to the divergence in viewpoints between herself and her in-laws. The fact that Vietnamese women often have to follow a separate set of social rules causes her to face the pressure of balancing between preserving her personal views and meeting the expectations of her husband's family.

The Professional Development

After graduating in Taiwan, most international students decide to return to their home country mainly for work-related reasons. In this interview, the students shared many different reasons why they decided to return. Interviewee B and Interviewee F both decided to return after working for a while in Taiwan. Both of these international students said that jobs in Taiwan were not suitable for them, and therefore, they looked for new work opportunities in

Vietnam and decided to return here to live.

In contrast to these two international students, Interviewee C and Interviewee D returned to Vietnam due to job requirements. Interviewee C stated, "During the COVID-19 pandemic, my company in Taiwan required me to return to Vietnam to work." Additionally, Interviewee D shared, "Because my job as a university lecturer required a master's degree from abroad, I chose to study overseas. This job requirement was also the reason for my return to the country."

(1) Lack of Understanding about Local Job Market

Lack of understanding about the working environment in Vietnam is one of the factors that makes finding a job more difficult for international students. Along with economic development, the job market in Vietnam today differs significantly from the past. In addition to traditional manufacturing companies, Vietnam is currently attracting a substantial amount of foreign investment, including from China and Taiwan. Proficiency in both Chinese and English is often a crucial language requirement for job seekers. International students returning from Taiwan are often confident in their foreign language skills, but this can also pose difficulties for them during the job search. Interviewee A shared, "Most companies require simplified Chinese, but I only know traditional Chinese characters. There are quite a few companies that accept traditional Chinese, so there are relatively few job opportunities for me."

In addition to language proficiency, understanding market demands is also crucial. Some of the international students expressed their desire to return to Vietnam to develop their business careers. However, they faced difficulties in identifying the consumer needs in Vietnam. With supply exceeding demand, many businesses are facing difficulties because of this problem. Interviewee A said, "When I was in Taiwan, I thought that after returning to

Vietnam, I could learn more about nail art and earn extra income. But after returning, I realized that this job was too many people to do, and I didn't seem to have the opportunity anymore." Furthermore, Interviewee G shared, "Initially, my goal was to work related to Chinese, such as opening language teaching centers for Vietnamese people. But after returning, this model had many participants already, so I changed my mind and shifted my business focus."

(2) Reintegration Challenges in Job Market

The skills and experience that Vietnamese international students gain abroad can make them more competitive candidates for certain jobs. Furthermore, their expectations regarding job quality and salary might be higher compared to local students. However, most businesses can hardly meet all these requirements. When discussing salary and recruitment practices, Interviewee B stated, "In Vietnam, the hiring process can be quite time-consuming. For example, when you apply for a job, you have to submit your CV and wait for a long time. Companies respond very slowly." Furthermore, "I feel like the salary is quite low for one job, so I have to work 2-3 jobs at the same time."

When comparing the benefits provided by companies in Taiwan and Vietnam, she also mentioned that this varies from company to company, but in general, most of the benefits that employees receive in Vietnam are less than in Taiwan. It can be seen that the career aspirations of most returning international students change when they come back to their home country. Returnees need to reassess and adjust this goal to fit the opportunities and realities of the Vietnamese job market.

The challenges that international students face when working in their home country are not few. To integrate into the working environment here, they often have to adjust their work habits that they developed while living abroad. Furthermore, international students

often feel greater pressure as they are individuals who have studied abroad, and they have to deal with the judgments of their Vietnamese colleagues regarding their capabilities acquired during their studies in Taiwan. Sharing her perspective on the differences in working environments between the two countries, Interviewee C said: "The working environment in Taiwan is office-based, whereas when I returned to Vietnam, I worked in an environment that involved direct contact with manufacturing plants and workers. In the early days after returning, I faced challenges in communicating and explaining my work to Vietnamese colleagues. I realized that there were differences in communication between office and production environments. I needed some time to understand the needs and communication styles in each different environment."

The workload and work intensity also differ between Taiwan and Vietnam, which makes it challenging for international students to reintegrate into the working environment in their home country. Interviewee D spoke about her teaching job, saying, "Right after returning, the workload was too much, and I wasn't used to the busy lifestyle, so I felt really tired." Echoing that sentiment, Interviewee C also said "The work intensity in Vietnam is often higher and more pressure-filled. When I was in Taiwan, I could finish work and be done, but it's different in Vietnam. I often have to work overtime, and there's also a lot of work to do."

(3) Limited Networks

Building a professional network is crucial for career development. International students returning home may find that their network has weakened or become less relevant in their home country. Furthermore, having strong relationships can be very beneficial for international students when looking for employment in Vietnam. Sharing the importance of this, Interviewee E stated, "When I returned to Vietnam, establishing relationships was

crucial. It helped me with job hunting... Because I didn't know about this, it did affect my work during that time."

Coping with The Challenges of Reverse Culture Shock: The Experience

Pre-departure Preparation

In the past, we often heard terms like "mental preparation" before studying abroad, which meant getting ready for a new culture. However, nowadays, terms like "reintegration" and "reverse culture shock" are becoming more common. When returning to their home country after a period of living abroad, international students also need to prepare mentally for re-adapting to a familiar yet sometimes surprisingly different culture. To minimize the effects of the reintegration process and reverse culture shock, international students need to take important steps in both mental and material preparation. According to Interviewee F's sharing, despite having prepared mentally for her return to Vietnam, her emotions remained complex. "My emotions were quite turbulent after returning to Vietnam, even though I had prepared in many aspects such as finances, personal health, and mental well-being."

In contrast to Interviewee F, Interviewee C was completely unaware of the " reverse culture shock" issue and had no psychological preparation for this process of reintegration. During his time back in Vietnam, he encountered many surprises and challenges that he wasn't prepared for. This made the process of reintegrating into the environment and culture in Vietnam even more difficult for him. When asked about his personal feelings after experiencing reverse culture shock, Interviewee C said, "I felt quite surprised, sometimes I wanted to change jobs and workplaces. I also wanted to go back to Taiwan. There were times when I just wanted to be alone and gradually narrowed down my relationships."

After being asked about what they would do differently to prepare for reintegration into their home culture, most of the international students responded that they would educate

themselves about reverse culture shock beforehand. Above all, they emphasized the importance of having good psychological preparation for this reintegration process.

Set Realistic Expectations

International students need to understand that everything may have changed while they were away. The experiences they had in Taiwan have altered their way of thinking and daily habits. However, reintegrating with their homeland means accepting that there have been changes, and some things cannot be changed. A comfortable mindset and a positive outlook will help international students navigate the period of reverse culture shock more easily. Interviewee D shared, "I deal with them by deciding that I won't change the way others think, and I won't change my personal opinions either. Furthermore, I don't require anyone to change for me. My perspective is to live my own life and not interfere with others' lives."

Similar to the perspective of not trying to change what is present in Vietnamese culture but also not losing one's individuality, Interviewee F said, "During the initial period, I had to struggle mentally that it is the common culture of the community here, and I cannot force everyone to change it according to me... I chose to retain my old habits. I am someone who is not afraid to be different from others, even though many people are afraid that they might stand out too much in a different environment."

Stay connected

In addition to the insights shared by international students on coping with reverse culture shock as mentioned above, maintaining relationships with international friends or Vietnamese people living abroad is also a strategy that can help returning students easily discuss this issue. Returning individuals can learn, share, and gain insights into how to deal

with reverse culture shock from their international friends when they encounter this challenge together.

Interviewee D said, "I have a friend from Thailand, and we often talk about our experiences returning to our respective homelands. Thailand also has many different customs and cultures, so my friend has also experienced a similar culture shock."

Interviewee G shared their story with Vietnamese international students in Taiwan, saying, "I shared the difficulties I faced with my Vietnamese friends in Taiwan, and after sharing, I felt quite comfortable. My friends also gave me a lot of different opinions on this issue, which helped me solve them more easily."

The honeymoon stage

The "honeymoon" period is considered the period that every international student looks forward to when returning to their homeland, however, this period of time is different for each person. During this period, individuals often feel excited, happy, and relaxed when returning to familiar surroundings. They may reminisce about their homeland, friends, family, and the familiar foods from home. In this study, when asked about their emotions in the first days back in Vietnam, many people expressed their excitement and happiness.

Interviewee B said, "Right after returning, I felt quite joyful and comfortable, meeting friends more often. Although it's not as comfortable as in Taiwan, I quite enjoyed this time in Vietnam." In addition, Interviewee A and Interviewee C also shared that they were very happy to return to their homeland and reunite with their loved ones.

Reintegration Stage

Does the period of living abroad of international students really affect their reintegration process? In this study, international students all have different periods of living in Taiwan, and similarly, they also have different periods of time to fully reintegrate into life in Vietnam.

According to the research results, Interviewee F had the longest period of living in Taiwan, which was 6 years, and she felt that she had not fully reintegrated into her home country after 1 year. This implies that she may need more than 1 year to completely overcome this reverse culture shock. In contrast, Interviewee B had a relatively long period of living in Taiwan, which was 5 years and 6 months, but she only took 1 month to reintegrate.

Based on the research results, Interviewee A, D, and H all had a 3-year period of living in Taiwan, but the time it took to adapt to Vietnam varied. While Interviewee A and H only took 2 to 3 months, Interviewee D took up to 6 months. From there, it can be seen that the results of this study do not fully support **Sussman's**[50] comments stated in **Chapter II**: The longer you live abroad, the more distorted your perception of your home culture will be. It is understandable that the longer international students live abroad, the more they experience reverse culture shock and face more difficulties in the reintegration process. This is not entirely true with the research results of this study.

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[50] Sussman, "Repatriation transitions: Psychological preparedness, cultural identity, and attributions among American managers."

CONCLUSION AND SUGGESTION

Returning to one's homeland after a period of studying abroad can be a complex and often challenging experience. For Vietnamese students, coming back to their home country after studying in Taiwan is not always a smooth transition. They encountered various difficulties in the process of readjusting to the local culture, often referred to as the reintegration process. Furthermore, Vietnamese international students also realize how both themselves and their home country have changed during their time living in Taiwan.

Reverse culture shock can be a significant issue for Vietnamese international students and for international students from other countries as well. It not only impacts the personal emotions of these students, but also affects their personal lives and career development.

All Vietnamese international students examined in the study clearly exhibit negative perceptions when asked about Vietnam. This is considered entirely normal when comparing the data collected with the findings from previous research mentioned in **Chapter II.** Therefore, it can be observed that many international students, upon returning to their home country, tend to have a more negative view of their homeland. Their psychological state or self-perceptions undergo changes, leading to differing perspectives when they re-engage with their native culture.

The findings from this research seem to reflect the "W-Curve Theory" by Gullahorn and Gullahorn in the reintegration process of international students. These students go through important psychological stages in preparation for their return to their home country. The excited anticipation of returning is represented in the "honeymoon" stage. The feeling of disappointment upon returning, especially with many negative perceptions about people, services, the environment, and transportation in Vietnam, becomes evident during the phase of reverse culture shock and reintegration of international students.

The main factors leading to reverse culture shock and the difficulties in the

reintegration process of Vietnamese international students in this study are cultural differences, communication challenges, changes in thinking, and lifestyle. Social circles tend to narrow down, and they have to deal with psychological issues as one of the consequences of reverse culture shock. These impacts not only affect their personal lives but also influence their job search and work experiences. The challenges in the work environment in Vietnam, such as a lack of understanding about the job market and the competency assessment challenges faced by Vietnamese international students during their employment, are clearly highlighted in this research.

In addition to the causes and consequences of reverse culture shock, experiences of coping with reverse culture shock have also been gathered. After going through the reintegration process, it has been demonstrated that mental preparation for returning home makes a significant difference in coping with reverse culture shock. Furthermore, accepting the reality that both oneself and one's home country have changed is crucial. This realization has made it easier for the interviewed international students to feel more at ease in the process of integration. Moreover, maintaining international relationships and sharing the individual challenges have helped them become more open and receptive to these changes. Ultimately, the speed of reintegration and the attitude of each international student towards this issue vary. However, in general, they all gradually fully integrate into their home environment after overcoming the difficulties caused by reverse culture shock.

Reverse culture shock is considered a natural part of the transition process. Given the increasing number of Vietnamese students returning from abroad in general, and Taiwan in particular, the issue of reverse culture shock is becoming more prevalent. To cope with this challenge, international students should prepare both mentally and physically for the reintegration process. Additionally, maintaining contact with family and friends in Vietnam while abroad is crucial. Sharing experiences and difficulties that the re-integrators themselves

encounter also partly reduces the difficulties caused by reverse culture shock. And finally, take time for yourself. Remember that adapting to a new culture, even if it is your own, takes time. So be patient with yourself and allow adaptation to happen gradually.

APPENDIX

Guilding Interview questions

I.   Basic information

1. How old are you?

2. Which province or city are you living now after returing from Taiwan?

3. What is your current occupation?

4. Why did you choose to comeback to Vietnam?

5. How long have you been in Taiwan?

6. How long did you live in Vietnam after returning?

II.   Experience of reverse culture shock

1. Can you describe your experience of returning to Vietnam after studying abroad?

2. How do you feel about surrounding relationships after returning to Vietnam to live? Has anything changed from before? Are there any difficulties or problems in establishing or maintaining existing relationships?

3. Did you find it difficult to adapt to the environment in Vietnam after returning from Taiwan?(Family, friends, jobs,...)

4. What difficulties did you face in communicating with Vietnamese people after returning? For example, the way of talking does not keep up with the trend, hot words of young people that you do not know,..

5. Are there any specific aspects of Vietnamese culture that you found difficult to readjust to? What are they? Why?

III.   Reverse culture shock affect the personal life and career development

1. How have the above points of difficulty in adapting to your living environment, relationships, and culture affected your personal life? How does it affect your job search and employment?

2. How do your habits of studying and working abroad affect your adaptation to the working environment in Vietnam?

3. How has your experience of reverse culture shock impacted your personal relationships, both with friends and family?

4. Have you noticed any changes in your personal goals or aspirations as a result of your time abroad and readjustment to Vietnam?

5. How has your experience of reverse culture shock affected your career development and job prospects?

6. Have you encountered any challenges in the workplace related to your international experience, and if so, how have you navigated these challenges?

IV.   Coping with reverse culture shock

1. How long did it take you to adapt to Vietnam after returning?

2. What habits do you have to change to reintegrate into life in Vietnam?

3. Did you seek out any resources or support systems to help you readjust to your home culture, and did you maintain connections with individuals who share your international experience?

4. In retrospect, is there anything you wish you had done differently to prepare for or cope with reverse culture shock?

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TRANSCRIPTS

Interviewee A

Section A: Basic information

Q: Hi, thank you for agreeing to this interview. Now we go to the first part. How old are you?

A: I'm 25.

Q: Which province or city are you living in Vietnam after returning from Taiwan?

A: Hai Phong city, Vietnam.

Q: So, how long have you been back to Vietnam?

A: I came back 3 years ago.

Q: So why did you choose to return to Vietnam?

A: I had a bit of difficulty while studying in Taiwan, moreover, I felt quite missed my relatives and friends in Vietnam, so I chose to return.

Section B: Experience of reverse culture shock

Q: Can you describe your experience of returning to Vietnam after studying abroad?

A: When I was about to leave, I felt very happy because I was about to meet my relatives and friends. But after I returned to Vietnam, I felt a bit bored because of the change in living environment.

Q: How do you feel about surrounding relationships after returning to Vietnam to live?

A: First, my friends and I have less contact with each other, we are no longer close and talk a lot. Regarding the family, the relationships with relatives are not as many as they used to be.

Q: Did you find it difficult to adapt to the environment in Vietnam after returning from Taiwan?(Family, friends, jobs,...)

A: About my family, because I lived far away from my family while in Taiwan, I feel that I quite enjoy the free life. But when I returned to Vietnam, I was no longer free to travel, eat or have free play. In other words, I was under house arrest quite a bit.

Q: Do you share these difficulties with your family?

A: Mostly not, because I'm not in the habit of sharing my personal feelings with people.

Q: Do you still have difficulties in terms of work or friends?

A: Regarding work, I feel the difference in the way the two countries work. When I first came back, I always had a comparative thought between the two countries and felt that my colleagues in Vietnam were not as enthusiastic in helping me as my colleagues in Taiwan. Moreover, when working in Vietnam, people are not as open and sociable as I thought.

Q: Do you feel welcomed and supported by those around you after returning to Vietnam?
A: I usually only talk to my Vietnamese friends living in Taiwan about the problems I face when I return. Therefore, I did not receive any support from the people around me after returning.

Q: What difficulties did you face in communicating with Vietnamese people after returning?
A: I didn't have any problem with communication.

Q: Are there any specific aspects of Vietnamese culture that you found difficult to readjust to? What are they? Why?
A: Yes, in Vietnam, people often don't pay attention to queuing culture like in Taiwan. When I was in Taiwan, queuing became my habit. So when I returned to Vietnam, I didn't think that queuing was not so common. In terms of lifestyle, Vietnamese people are not in a hurry, instead they do everything slowly and slowly. In terms of dress style, what you wear when you go out is very concerned when in Vietnam. Moreover, today's young people are very fond of new and popular styles. In contrast to Vietnam, Taiwanese people are very simple.

Section C: Reverse culture shock affect the personal life and career development

Q: How have the above points of difficulty in adapting to your living environment, relationships, and culture affected your personal life?
A: It seems that it only took me a short time to be able to absorb the culture of Vietnam. Adapting wasn't too difficult for me. I feel this adaptation is quite important because a different individual cannot change an existing culture. Therefore, it is important to learn how to adapt to a different environment.

Q: So do you have any difficulty finding a job in Vietnam?

A: I think yes, it took me a long time to find a job because in Vietnam, most companies require simplified Chinese, but I only know traditional Chinese characters. There are quite a few companies that accept traditional Chinese, so there are relatively few job opportunities for me.

Q: How do your habits of studying and working abroad affect your adaptation to the working environment in Vietnam?

A: As I said above about colleagues and working styles of the two countries, there are differences. So when I first worked in Vietnam, I found it difficult to communicate with colleagues and did not receive the same help as when I was in Taiwan. Moreover, when in Taiwan, I feel that the pace of life here is quite fast, in a hurry, in contrast to Vietnam. Therefore, when I first returned to Vietnam, I was not used to this slow pace of life.

Q: Have you noticed any changes in your personal goals or aspirations as a result of your time abroad and readjustment to Vietnam?

A: Yes, before returning, I want to find a job quickly and be able to travel to many places in Vietnam. But after returning, the difficulty in finding a job made me stop thinking about traveling. Life is no longer comfortable in Taiwan because of money problems. When I was in Taiwan, I thought that after returning to Vietnam, I could learn more about nail art and earn extra income. But after returning, I realized that this job was too many people to do, and I didn't seem to have the opportunity anymore. At that time, I had thoughts of wanting to go back to Taiwan, but because it was 2020, the covid epidemic broke out and I couldn't go back to Taiwan.

Q: How has your experience of reverse culture shock affected your career development and job prospects?

A: After not being able to return to Taiwan, I looked for a few other jobs but none of them were suitable. After a while, I decided to open a milk tea shop. Because when I was in Taiwan, I learned a lot about milk tea here and loved them. This milk tea shop is now developing quite well and I also have a stable source of income. But because of personal preference, I chose to study in Australia for a year and just returned recently. I am also planning to study abroad in China in the near future.

Q: Why did you want to continue studying abroad?

A: Because of my hobby of traveling to many places, moreover I also have experience when going abroad and especially I know Chinese, so I want to continue to study abroad to know more about other countries.

Section D: Coping with reverse culture shock

Q: How long did it take you to enjoy Vietnam after returning?

A: Like I said, I adapt quite quickly to new environments, so when I come back to Vietnam, it seems that it only takes me 2-3 months to be able to re-integrate back into this place.

Q: What have you done to overcome the above difficulties and changes related to reverse culture shock?

A: At first, I often shared this difficulty with my Vietnamese friends in Taiwan. Moreover, I try to adapt by eliminating the comparative thinking between the two countries and try to adapt to the environment in Vietnam.

Q: Did you seek out any resources or support to help you readjust to your home culture, such as counseling or cultural reintegration programs?

A: No, because I didn't know about this problem before, if I've heard of it, I don't think it's too serious. Moreover, the people around also don't pay attention to this problem so if I say it out, I don't think people can fully understand them and their consequences.

Q: In retrospect, is there anything you wish you had done differently to prepare for or cope with reverse culture shock?

A:I hope I will pay more attention to this issue and be more mentally prepared. Moreover, I think I should also learn about the living environment in Vietnam before returning to be able to adapt more easily.

Q: This part of the interview ends here. Thank you for participating in this interview.

Interviewee B

Section A: Basic information

Q: Hi, thank you for participating in this interview. You have read through the list of questions, right?

B: That's right, I've read them.

Q: So let's start the interview. How old are you now?

B: I'm 27 years old

Q: Where is the city you currently live in?

B: Currently I am in Saigon, but my hometown is in Dong Nai.

Q: What is your current occupation?

B: I am currently doing freelance work in development planning, taking jobs from home and working via the internet.

Q: So why did you choose to come to Vietnam to work?

B: After graduating, I stayed in Taiwan for about 1 and a half years and found a job. But after working here for a while, I feel like I'm not suitable for this job. Therefore, I decided to move back to Vietnam to live.

Q: So how long have you been in Taiwan?

B: I stayed in Taiwan for 5 and a half years.

Q: How long did you live in Vietnam after returning?

B: I returned 1 year and 7 months.

Section B: Experiences of reverse culture shock

Q: After returning to Vietnam, how do you feel?

B: Right after returning, I feel quite joyful and comfortable, meeting friends more often. Although it's not as comfortable as in Taiwan, I quite enjoyed this time in Vietnam. But after

spending that time, I noticed a few differences between the two places. For example, in the service industry, there are differences in service attitudes of employees in the two countries. Regarding this, I prefer the service style in Taiwan.

Q: So after returning, do you feel like the relationship around you has changed?

B: I feel a little change, I think it's obvious because friends haven't seen each other for a long time, we don't have common stories to share, so during meetings, I usually people listen to them.

Q: Do you feel there are any difficulties in the process of adapting to Vietnam?

B: I feel that living in Taiwan is more convenient. In Vietnam, traffic is inconvenient. All life needs in Vietnam such as banking and care services often take up a lot of my time. In other words, every public service takes a lot of time. The service industry is also not as good as Taiwan.

Q: After returning, did you have difficulty communicating with Vietnamese people? For example, hot words among young people,...

B: It's not too difficult, just sometimes I get confused between the two languages, or sometimes the language switch is not quick. In some situations, I feel like I have slower reflexes because after a long time of communicating in Chinese, now when exposed to Vietnamese again, Vietnamese people talk to each other very quickly, thus causing confusion I can't keep up.

Q: How long have you had this condition?

B: It only took me about the first week after returning to Vietnam, then I gradually got used to it and returned to normal.

Section C: Reverse culture shock affect the personal life and career development

Q: Do you feel the difficulties in adapting have any impact on your personal and work life?

B: In Vietnam, recruitment is quite time-consuming, for example when you want to apply for a job, you have to submit your CV and wait a long time. Companies responded very slowly.

Q: Do you feel satisfied with your current job?

B: I feel like the salary is quite low for one job, so I have to work 2-3 jobs at the same time. The current standard of living in Vietnam is also very high, everything prices are much higher than a few years ago. Therefore, I feel that the salary is quite low compared to the current standard of living.

Q: Let's move on to the next question, how do your study and work habits in Taiwan affect your reintegration into Vietnam?

B: I think it's independence. When I was in Taiwan, I had the habit of doing everything myself, without asking for help from people around me. So when I returned to Vietnam, I still kept this habit, which made me quite independent.

Q: So what do you think about the working environment in Vietnam and Taiwan?

B: It depends on each company, but I think that in terms of benefits, benefits in Vietnam will not be as high as companies in Taiwan. Because the living standards in the two countries are somewhat different. Regarding the working environment, when I was in Taiwan, I encountered a lot of pressure because I was a foreigner. In the company, I realized that even if you have real strength, it is still very difficult to get along with everyone. As for Vietnam, there is also a lot of pressure in the working environment as I am someone who has returned from abroad. People will have their own prejudices about international students returning home like me. Therefore, there will still be certain difficulties when reintegrating.

Q: After returning from graduation in Taiwan, did you have any difficulty finding a job?

B: I feel a little bit, because my field of study is quite broad so there are many choices when applying for a job. But currently, I do a job that is not too related to the field I studied. In Vietnam, the competition is quite fierce, so having an ideal job is quite difficult.

Q: Do you feel like your personal aspirations or goals have changed after returning from Taiwan?

B: Before returning, I wanted to find a job with a high salary, but after returning, I accepted a job with a lower salary and had to do more jobs at the same time.

Section D: Coping with reverse culture shock

Q: After returning, how long did it take you to reintegrate?

B: Probably about 1 month. Because I adapt quite quickly to different environments. Even when I first came to Taiwan, it didn't take me too long to adapt.

Q: Did you have to change any habits to adapt to life in Vietnam?
B: I feel like I accept things more easily and am no longer as demanding about public services as before. As I said above, the service culture in Taiwan is quite good, but in Vietnam it is not like that so I changed my thoughts and accepted them.

Q: Have you sought out sources of information about reverse culture shock before?
B: I didn't know about this issue before and haven't researched it yet.

Q: So when you went through it, did you wish you would have done anything differently to deal with reverse culture shock?
B: I hope I can research in advance and prepare a better mentality for this problem.

Q: This is the end of this interview. Thank you for participating.

Interviewee C

Section A: Basic information

Q: Hello, how old are you this year?

C: I am currently 28 years old

Q: Which city in Vietnam do you live in?

C: I live in Ho Chi Minh City, and my hometown is in western Vietnam.

Q: What is your current occupation?

C: I am currently working as a customer service consultant.

Q: How long did you live in Taiwan and how long did you live after returning to Vietnam?

C: I lived in Taiwan for about 3 years and returned to Vietnam for 2 years.

Q: Why did you choose to return to Vietnam to live?

C: Because when the covid epidemic happened, the station company asked me to return to Vietnam to work.

Section B: Experience of reverse culture shock

Q: After returning to Vietnam, how do you feel?

C: I feel like everything is quite different from Taiwan, because in Kaohsiung Taiwan, the pace of life is quite slow and quiet, different from Ho Chi Minh City, where I live now. Here, everything is more exciting and bustling.

Q: What about your personal feelings?

C: Of course, I felt quite happy when I first returned to Vietnam, because after several years of living away from my homeland, I was able to meet my relatives and friends again.

Q: Have your surrounding relationships changed?

C: Yes, because we haven't seen each other for a long time, we don't interact too much, so I think our friendship or relationships are no longer the same as before. Furthermore, I live in another city after returning to Vietnam, so it is still considered geographical distance. In

terms of family, most relationships are still quite good, but I live alone now so there are a few changes after returning.

Q: So do you feel there are any difficulties in the process of reintegration with Vietnam?

C: Yes, in Taiwan, everything is very convenient, including transportation. In Ho Chi Minh City, it's less convenient; most people rely on motorbikes for their daily commute. Regarding eating, in Taiwan there will be a certain eating time frame, while in Vietnam all restaurants have quite long opening hours, so it is not fixed that you have to eat on time.

Q: When you returned to Vietnam, did you find any difficulties in communicating with local people?

C: I think yes, my reflexes in communicating in Vietnamese are somewhat slower than before when I first returned. Some of the new trends and hot slang terms used by young people sometimes made me feel a bit lost because I hadn't kept up with them.

Section C: Reverse culture shock affect the personal life and career development

Q: According to the difficulties you mentioned above, do you find that they affect your personal life?

C: Yes, after spending a period of reintegration with Vietnam, I intend to return to Taiwan to live and work.

Q: So how do they affect your work in Vietnam?

C: The working environment in Taiwan is office-based, whereas when I returned to Vietnam, I worked in an environment that involved direct contact with manufacturing plants and workers. In the early days after returning, I faced challenges in communicating and explaining my work to Vietnamese colleagues. I realized that there were differences in communication between office and production environments. I needed some time to understand the needs and communication styles in each different environment.

Q: Do your study and work environment habits in Taiwan affect your adaptation to the environment in Vietnam?

C: The work intensity in Vietnam is often higher and more pressure-filled. When I was in Taiwan, I could finish work and be done, but it's different in Vietnam. I often have to work overtime, and there's also a lot of work to do.

Q: While experiencing reverse culture shock, how did you feel your personal feelings changed?

C: I felt quite surprised, sometimes I wanted to change jobs and workplaces. I also wanted to go back to Taiwan. There were times when I just wanted to be alone and gradually narrowed down my relationships.

Q: So do you share your difficulties with your family?

C: I don't often share personal feelings with family members. I want to make my own decisions and do everything myself.

Q: Do you feel any change in your aspirations or goals after experiencing this reverse culture shock?

C: Before returning to Vietnam, I was very excited to return. But after returning, I realized that everything was different from what I thought. The living environment, traffic and culture are all different. From then on, I was no longer excited about staying in Vietnam.

Q: While working in Vietnam, does your job require experience gained abroad?

C: My job requires me to be related to the production department, process documents, and use a lot of other languages such as Chinese and English. I often have to translate between my boss and the employees in the production department.

Section D: Coping with reverse culture shock

Q: How long did it take you to readjust to Vietnam?

C: I think about 6 months.

Q: What habits did you have to change to be able to live in Vietnam?

C: How I live, how I personally view all problems, how to communicate, and rebuild relationships.

Q: After experiencing reverse culture shock, do you share this problem with international students like you?

C: I have international friends and encountered similar problems after returning to my home country. We also have our share of these issues.

Q: Looking back on this problem, do you wish you would have done anything differently to be able to deal with this problem?
C: I think that when I learn and have knowledge about reverse culture shock, I will be able to go through it more quickly and will not be affected too much.

Q: Thank you for participating in this interview.

Interviewee D

Section A: Basic information

Q: Hello, have you looked at the question and have any questions?

D: I've looked it over and don't have any questions.

Q: Which city are you currently living in? How old are you this year?

D: I live in Hue city and am 32 years old.

Q: Is Hue city where you were born?

D: My original hometown is Quang Binh, I choose Hue to live and work now.

Q: How long have you lived in Taiwan and how long has it been since you returned to Vietnam?

D: I have been in Taiwan for about 2 years and have returned to Vietnam for 1 year.

Q: What is your current job?

D: Currently I am a lecturer at a university in Hue.

Q: So why did you choose to return to Vietnam?

D: Because before going to Taiwan, I had my own family, so after finishing my studies in Taiwan, I chose to return home.

Q: Why did you have a family before and still choose to study abroad?

D: Because my job as a university lecturer requires a master's certificate abroad, so I chose to study abroad. And this job is also the reason why I returned home.

Section B: Experience of reverse culture shock

Q: After returning to Vietnam, how do you feel?

D: I feel a bit of culture shock. As soon as I arrived at the airport in Vietnam, I was quite surprised. Although I had been here a few times before, I didn't notice it much because I hadn't been exposed to new things back then, so I felt it was quite normal. But when I returned from Taiwan, after about 2 years away from home, I felt that the sanitation environment at Vietnam's airports was somewhat poor, and people at the airport didn't have a

sense of common hygiene. In the first few weeks after returning, I also felt that the hygiene around where I lived was not good, and the air was quite dusty.

Q: Regarding your relationships, how do you feel?

D: Because I have my own family, basically there haven't been too many changes compared to before. But what I feel most clearly is the difference in thinking. While I was in Taiwan, I experienced a relatively liberal and free lifestyle. Everything was less constrained, completely different from the environment in Hue today, a city with traditional values and ancient prejudices. This made me realize the importance of the freedom of thought and women's rights. I feel that the difference in cultural prejudices in Hue and abroad is too great. For example, girls in other cities like Saigon, they already have innovative thinking, so when they come to live abroad, the difference may not be much. But for me, when I was in Taiwan, I lived quite liberally and freely, everything was not constrained too much like the environment in Hue. So when I returned, I felt very shocked and it made my husband shocked too. The change forced us to figure things out together.

Q: After feeling the difference between you and your family, how do you feel?

D: Actually, I feel that Vietnamese women face many difficulties. When I studied abroad, I met many international friends from all over the world, and they lived in a free and comfortable environment. But when I returned to my homeland, I felt sad for myself and for other Vietnamese women, as they still had to live under the imposition of prejudices and social rules.

Q: After seeing that difference, what did you do to improve your thinking?

D: The thoughts of my parents-in-law or others cannot be changed, but I tried to confide and resolve the problem with my husband. Luckily, my husband can understand and share this problem with me.

Q: What are the difficulties you encountered during the process of reintegration with Vietnam?

D: I don't like some traits of Vietnamese people, which might also be because the city I'm in is different from larger cities, where people are overly concerned with each other's personal lives. I truly find it difficult and even uncomfortable when encountering this issue. Another difficulty is that in Vietnam, there are too many social relationships, which makes me feel

tired when I cannot refuse invitations or meetings that I am not interested in.

Q: When you returned to Vietnam, did you find any difficulties in communicating with local people?

D: Only occasionally, because of the habit of using English when abroad. When I first returned to Vietnam, I interacted with Vietnamese people every day, but I still couldn't switch languages quickly.

Q: How did you overcome the above difficulties?

D: I deal with them by deciding that I won't change the way others think, and I won't change my personal opinions either. Furthermore, I don't require anyone to change for me. My perspective is to live my own life and not interfere with others' lives.

Section C:

Q: How have the effects of reverse culture shock affected your life and work?

D: When I was in Vietnam, I felt that teaching at school was not as stressful as it is now. Furthermore, when I was in Taiwan, I lived quite freely and without too much pressure. Right after returning, the workload was too much, and I wasn't used to the busy lifestyle, so I felt really tired.

Q: How did your habits about the studying and living environment abroad affect your reintegration process in Vietnam?

D: For me, it positively influenced my reintegration process. Abroad, I learned the habit of arranging tasks in order and solving them easily. So when I returned to Vietnam, that habit helped me a lot.

Q: Did you feel any changes in your goals or aspirations before and after returning to Vietnam?

D: Before returning, I want to return to Vietnam to stabilize my personal and professional life. But after returning, because there are many different thoughts between generations, I want to be free and go abroad to experience more. If I didn't have a family, I'm not sure if I would choose to return to Vietnam or not.

Q: So does your current job require any experience abroad?

D: Because my job as a university lecturer requires me to have a master's degree abroad, so it requires quite a lot of experience from my studying abroad.

Section D: Coping with reverse culture shock

Q: How long did it take you to reintegrate into Vietnam?

D: It took me about 6 months to readjust to Vietnam.

Q: Did you share this problem with anyone?

D: I felt rather sad and discouraged. Having to deal with so many things at once made me feel exhausted, but people in Vietnam have never experienced the issues I was going through. Therefore, even if I spoke up, people wouldn't fully understand the situation.

Q: So do you keep in touch with your international friends? Do you share your reverse culture shock with them? Why?

D: I have a friend from Thailand, and we often talk about our experiences returning to our respective homelands. Thailand also has many different customs and cultures, so my friend has also experienced a similar culture shock.

Q: After returning, did you have to change any habits to reintegrate into life in Vietnam?

D: At that time, I couldn't find any specific solution. So I just let things go and over time, I realized that I had to accept some irreversible prejudices of Vietnamese people.

Q: While experiencing reverse culture shock, did you seek any help by researching information or reading articles about this issue?

D: I mostly solved it myself, because I knew that the biggest problem during my reintegration period was the difference in thinking between me and my husband's family. As for other things, over time they can adapt and change.

Q: Thank you for taking the time to participate in the interview.

Interviewee E

Section A: Basic information

Q: Hello, how old are you now?

E: I am currently 33 years old

Q: Which city are you living in?

E: My hometown is Kien Giang, but I live and work in Saigon currently.

Q: Why did you choose Saigon to live?

E: In a big city like Saigon there will be more opportunities to find a job. Furthermore, in my hometown of Kien Giang, there are quite a few jobs that require foreign languages, so I feel like I have an advantage but can't find a job I like.

Q: So what is your profession?

E: I work in the real estate industry.

Q: Did you find this job before returning to Vietnam or after returning to Vietnam? (Reason)

E: At that time, I had no intention of returning to Vietnam to settle because I had a job offer in Taiwan. At that time, I only returned to Vietnam for the purpose of redoing my documents and waiting to return to Taiwan to work. job. So the real estate job was just a random find and I did it while waiting for the paperwork to be done.

Q: Why did you decide to stay and continue doing this job?

E: In the meantime, I feel that this job is quite stable, the salary is good and most of all, I can use my Chinese and English to work. Staying in Vietnam also helps me stay closer to my parents and relatives. Therefore, I decided not to return to Taiwan.

Q: How long did you live in Taiwan?

E: I stayed in Taiwan for 2 and a half years.

Q: How long will you live in Vietnam after returning?

E: About 3 years

Section B: Experience of reverse culture shock

Q: Coming back from Taiwan, what are your feelings?

E: I feel like I'm different than before. Because of the lack of contact, it took me a while to rebuild the relationships around me. Emotionally, I also prepared in advance that after a period of time away from home, there weren't many meetings and talks, so the emotions in relationships gradually weren't the same as before. It's also possible that people and I no longer share our stories, so the distance is understandable.

Q: In your daily routine, do you feel any difference compared to before?

E: Regarding traffic culture, that was the most difficult thing for me when I returned to Vietnam. Traffic in Vietnam seems overcrowded, and as a result, traffic safety and order are not as good. It made me nervous whenever I went out during the initial period of my return. Regarding communication culture, Vietnamese people rarely express personal emotions in public. Furthermore, when I was in Vietnam, I also had to re-establish the habit of preserving things in public places. Because when I was in Taiwan, I was often very comfortable leaving my belongings in cafes or libraries because of the safety here.

Q: Did you encounter any difficulties in communicating with Vietnamese people when you first returned?

E: I think there is but not much. Because while I was in Taiwan, I regularly followed the events going on in Vietnam, so I wasn't too surprised when I returned. However, I feel that young people are more active than a few years ago.

Q: Did you encounter difficulties during your reintegration process?

E: Except for the traffic that makes it difficult for me, I can solve everything else quickly.

Section C: Reverse culture shock affect the personal life and career development

Q: Do the above difficulties in adapting have any impact on your personal life and job finding?

E: At that time, I thought that in Taiwan, finding a job was based on your own abilities. When I returned to Vietnam, establishing relationships was crucial. It helped me with job hunting... Because I didn't know about this, it did affect my work during that time.

Q: How do the habits of living in Taiwan affect the working process in Vietnam?

E: I have a habit of being punctual and arranging specific work when in Taiwan, but back in Vietnam, people seem to be quite comfortable with the issue of time.

Section D: Coping with reverse culture shock

Q: How long did it take you to adapt to Vietnam?

E: I think 3 months.

Q: What habits did you have to change to adapt to Vietnam?

E: In Vietnam, I have to be more careful in daily activities, especially about traffic and focus on keeping the surrounding relationships open and sociable. When I was in Taiwan, I seemed to be quite independent and had few relationships around me. But when I returned, having good relationships helped a lot in life so I changed my thinking and shared more with everyone.

Q: Did you seek any support to learn about reverse culture shock during your reintegration process?

E: I think the impact of this reverse culture shock on me is not too big, so I solved the problem on my own and haven't needed to seek any support.

Q: This is the end of the interview. Thank you.

Interviewee F

Section A: Basic information

Q: Hello, which city are you currently living in?

F: My hometown is Hanoi and I'm currently living here too.

Q: How long has it been since you returned to Vietnam?

F: I have been back to Vietnam for more than 1 year.

Q: How long have you lived in Taiwan?

F: I have been in Taiwan for 6 years.

Q: What work are you currently doing?

F: I'm working at an information technology company, providing information technology services.

Q: What is the reason you returned to Vietnam?

F: My return to Vietnam was not a predetermined plan, this return was a bit spontaneous. After staying in Taiwan for 6 years, quite a few people thought about returning to Vietnam. Initially, I also thought about settling in Taiwan, but at that time there were many things that influenced my decision. Firstly, the company I worked for in Taiwan during that time had a personnel restructuring, the team I had worked with for a long time was changed. I also tried to adapt to new people and new working methods but couldn't, so I thought about changing my living environment. I looked for a few new jobs, but that was during the Covid outbreak in Taiwan and the opportunity to find a job and change the environment became quite difficult. Second, at the same time, in Vietnam I received a fairly stable job offer. That job was in a new field and drew me back. And finally, the third reason is that my parents both got Covid, so I decided to return to Vietnam to live.

Section B: Experience of reverse culture shock

Q: What feelings do you have after returning to Vietnam?

F: My emotions were quite turbulent after returning to Vietnam, even though I had prepared in many aspects such as finances, personal health, and mental well-being. Regarding friendship relationships, actually when I started my trip to Taiwan, I had just graduated from

university. At that time, I hardly had many close friends or colleagues. After returning to Vietnam, the relationships around were mainly old friends but still quite few. We also rarely contact or see each other.

Q: Did you find any difficulties in the process of adapting to Vietnam?
F: There are quite a few, after spending 6 years abroad I was quite surprised when I returned. Especially Hanoi city has changed a lot during that period of time. In terms of health, I have relatively weak immunity. The air quality in Vietnam doesn't suit my health. Both my respiratory and digestive systems faced difficulties in Vietnam, and I fell ill frequently since returning to live here. Regarding daily life activities, I feel that there are many differences in customs between the two countries. Taiwanese people are quite organized and disciplined, there are a few other cases but very few. As for Vietnam, this issue is not highly emphasized. Transportation is a significant difference. In other cities, there seems to be less of a difference, but honestly, traffic in Hanoi has changed significantly. The number of vehicles has increased rapidly, causing serious traffic congestion. Although I've lived in Hanoi for 20 years, I've gotten used to traffic jams, but it has never been as severe as in recent years. It was a shock for me upon my return. Moreover, traffic management in Hanoi also surprised me. The roads here are in a serious state of disrepair, whereas Saigon has a much better road network. As for culture, sometimes I don't like some of the lifestyle here. Communication culture as well as living habits such as throwing trash are quite difficult for me to adapt to. I know that changing my entire existing lifestyle is very difficult, but personally, I will still keep my own living habits.

Q: In communication, do you feel any difficulties?
F: In Taiwan, I completely use English and Chinese in life. So after returning, for about the first month I always confused these two languages with Vietnamese. For example, Out of habit, I always say 'thank you' and 'sorry' in Chinese. During that time, it often took me 2-3 seconds to realize that I hadn't switched to using Vietnamese. Moreover, there were many phrases and terms that I forgot how to express in Vietnamese, and I often had to take some time to think about how to say them. During my work, there were many meetings with customers, so I always had to carefully prepare all the information presented in Vietnamese, because my language conversion at that time was quite difficult. hard. To this day, I still have a bit of difficulty from time to time, but not much anymore.

Q: Did you find it difficult to adapt to Vietnamese culture after returning?

F: The only difficult thing is the customs and habits of Vietnam that I can't adapt to, things that I don't want to do, but because I'm living in Vietnam, I have to accept that seeing them happens every day. It's just like mental dissatisfaction. I will also feel uncomfortable, I choose to accept but do not choose to follow. There is only one problem: garbage, in Vietnam there is no garbage classification, which is the only problem I cannot follow my habits. Even though I classify them, when I get to the waste area I still have to combine them because the local government does not have the facilities to classify waste.

Section C: Reverse culture shock affect the personal life and career development

Q: How did the difficult points in your reintegration process affect your personal life and work?

F: In personal life, during the initial period, I had to struggle mentally that it is the common culture of the community here, and I cannot force everyone to change it according to me. In recent years, Vietnam has begun to form the habit of changing payment methods by using e-wallets and money transfer applications instead of cash. I was quite surprised by this when I first returned to Vietnam. The dressing style is also given a lot of attention in Vietnam. I can't freely dress in the style I like, and express one's personal style is also significantly limited. In the working environment, when I was in Taiwan, many people asked me if only women worked in Vietnam. Because they see that in the morning office hours at cafes and water shops in Vietnam are almost all men. So I realized that in Vietnam there is a culture of handling work outside the company, mostly sitting in cafes. But on the contrary, in Taiwan working hours as well as major transactions taking place at the company are mandatory. One more thing, a sensitive issue in Vietnam is that women's rights are still not properly recognized. I completely disapprove of the sexual jokes that occurred in the workplace in Vietnam.

Q: Do your habits of studying and working abroad have any impact on your process of working in Vietnam?

F: I think it has a positive influence on my working process in Vietnam. Most of it supports current work.

Q: How did the experience of reverse culture shock affect your personal relationships?

F: My parents did not understand the problems I faced during that time. Reintegration made me feel quite bad, but my parents assumed that it was a simple problem and not too serious. I am a fairly stubborn and determined person, so once I had formed the living habits I desired over six years, it was challenging for me to change them. On the contrary, my parents always thought I was exaggerating my own problems and that everything could be easily resolved.

Q: Did you find your goals and aspirations changed before and after returning to Vietnam?

F: I see that there are changes, mainly pressure from family and environment. When I was in Taiwan, my goal was quite simple: to work, make money and enjoy my personal life. I also don't think about starting a family of my own. But when I returned to Vietnam, from pressure from my parents and family culture in Vietnam, I changed my mind about getting married. I am more inclined to think about settling down and I have plans to get married in the near future.

Q: How has experiencing reverse culture shock affected your career development and job prospects?

F: Just like I said above about the difficulties in the working environment, it also affects my working spirit. There are times when it makes me not want to go to the company, I have to change my work location to have a better working spirit.

Section D:

Q: How long did it take you to fully reintegrate into Vietnam?

F: Up to now, it's been about 1 year, equal to the time it took me to return to Vietnam. But I feel like I still haven't fully adapted to everything in Vietnam.

Q: What habits did you have to change to adapt to Vietnam?

F: At work, you simply have to change your habits because each company's rules are different. This is regardless of whether you are in Vietnam or in Taiwan. As for life, there is a waste problem that I am having to change here. I chose to retain my old habits. I am someone who is not afraid to be different from others, even though many people are afraid that they might stand out too much in a different environment.

Q: Did you seek any resources or support to help you readjust to your domestic culture?

F: I share my story with international friends. Before that, I thought it was simply the difficulty of reintegration. But after going through it, sharing it with my friends and doing research, I know more about it.

Q: Looking back, is there anything you wish you had done differently to prepare for or cope with reverse culture shock?

F: Actually, after experiencing them, I realized that preparing in advance is very important both mentally and physically. But dealing with reverse culture shock happened in so many different situations that I didn't anticipate. Each individual has different experiences and faces different problems. Therefore, to be able to completely cope with this problem is a very difficult task.

Q: Thank you for sharing these with me.

Interviewee G

Section A: Basic information

Q: Thank you for participating, which city in Vietnam are you currently living in?

G: I am living in Hanoi city.

Q: Is your hometown Hanoi city?

G: My hometown is Quang Ninh, but I choose to live in Hanoi because of my current job.

Q: How old are you?

G: I'm 22

Q: What work are you currently doing?

G: I'm running a small milk tea shop.

Q: How long have you lived in Taiwan and how long has it been since you returned to Vietnam?

G: I lived in Taiwan for 3 years and just returned to Vietnam for 6 months.

Q: What is the reason you chose to return to Vietnam?

G: I came back to develop my own career, I like business so I want to build something of my own. In Taiwan, the milk tea business was oversaturated so I chose to return to Vietnam.

Section B: Experience of reverse culture shock

Q: After returning to Vietnam, how do you feel?

G: It's a bit unfamiliar, since traffic culture and public culture are different. The air in Hanoi is not good, nor is the sanitary environment.

Q: How do you feel about the relationships around you, has anything changed?

G: Yes, relationships like friends before I went to Taiwan to study abroad are no longer in contact anymore. As for family relationships, I still keep in touch with everyone and after returning I don't feel like there is too much of a gap.

Q: Did you find any difficulties during the re-adaptation process?

G: I felt it was a little difficult, because when I was in Taiwan there were quite a few language and cultural barriers. So when I came back, I felt that this little bit of difficulty was still very small. For me, the difference in cultures is the most difficult thing because after a period of time abroad, getting used to another culture and temporarily forgetting the inherent culture of Vietnam. After returning, it was only natural that I would encounter some difficulty in reintegrating. Income in Vietnam is considered lower than in Taiwan, so I feel the need to adjust my spending habits.

Q: So did you encounter any difficulties in communicating with Vietnamese people after returning?

G: Quite a few, sometimes I just confuse the two languages while communicating. There are a few Vietnamese words that I forgot and I often use them in Chinese.

Section C: Reverse culture shock affect the personal life and career development

Q: How have the above difficulties affected your personal and work life?

G: When I started, I wasn't financially prepared, so the process of building my own business was a bit difficult. At the same time, spending levels are also reduced compared to before. Furthermore, I had no friends in Vietnam at that time so I couldn't share with anyone about these things. From there, I felt a bit shy and didn't want to continue.

Q: Do your habits about the studying and working environment abroad affect your reintegration process?

G: Actually, when I returned, I felt quite comfortable because I had more time. Abroad, I have to go to school and work at the same time, so it's very stressful. Working hours in Taiwan are also later than Vietnam. When I returned, I had to change my time habits to be more suitable.

Q: How has the experience of reverse culture shock affected your personal relationships, both with friends and family?

G: In Vietnam, my surrounding relationships were very few. Regarding my family, I usually don't share everything with them. Most people don't know about this issue so even if I tell them, they won't understand.

Q: Did you notice any changes in your personal goals or aspirations after your time abroad

and upon returning to Vietnam?

G: Initially, my goal was to work related to Chinese, such as opening language teaching centers for Vietnamese people. But after returning, this model had many participants already, so I changed my mind and shifted my business focus.

Section D: Coping with reverse culture shock

Q: How long did it take you to adapt to Vietnam after returning?

G: I think it took about 2 months.

Q: What habits did you have to change to reintegrate into life in Vietnam?

G: Mostly about spending habits. When in Vietnam, I have to plan my spending more. The rest is a little bit about daily living habits. Because of changing the living environment, the culture in each environment is different, so I think the change is reasonable.

Q: Did you seek any resources or support to help you readjust to your home culture, such as counseling or cultural reintegration programs? And Do you maintain connections with international friends in Taiwan who share your experiences, and if so, how has this helped you cope with reverse culture shock?

G: I shared the difficulties I faced with my Vietnamese friends in Taiwan, and after sharing, I felt quite comfortable. My friends also gave me a lot of different opinions on this issue, which helped me solve them more easily.

Q: Looking back, is there anything you wish you had done differently to prepare for or cope with reverse culture shock?

G: I think the most important thing for me is economic preparation. And moreover, learn about the Vietnamese market before returning to define clearer goals.

Q: Thank you.

Interviewee H

Section A: Basic information

Q: Hello, how old are you and which city in Vietnam are you currently living in?

H: I am 34 years old and live in Ho Chi Minh City.

Q: Is that your hometown?

H: This is my hometown.

Q: What are you doing now?

H: I am an office worker

Q: Did you receive this job offer before returning or after returning to Vietnam?

H: Right from Taiwan, I accepted this job offer.

Q: So the reason you returned to Vietnam was because of this invitation?

H: Partly it's this proposal, and in addition I also intend to return to live closer to my family.

Q: How long did you live in the two places?

H: I lived in Taiwan for 3 years and returned to Vietnam for 1 year.

Section B: Experience of reverse culture shock

Q: Can you share a little bit about your feelings after returning?

H: I feel that Vietnam has changed more positively after only 3 years, but about Saigon, it hasn't changed too much. My own perspective has also changed, Vietnamese people spend quite comfortably nowadays. Life here has some more inconvenient things like traffic, lifestyle,...

Q: How do you feel about your surrounding relationships after returning to live in Vietnam? Has anything changed compared to before? Are there any difficulties or problems in establishing or maintaining existing relationships? Why?

H: Because everyone has their own problems, maintaining close relationships is very difficult. We rarely meet and usually only communicate via social networks, even when I am abroad or in Vietnam.

Q: Did you feel any difficulty in adapting to the environment in Vietnam after returning from Taiwan?

H: I feel it's not too bad, but it's also uncomfortable. Prices in Vietnam have increased a lot. When it comes to eating, my taste has changed since returning. Furthermore, In Vietnam, people are very interested in other people's personal lives, so I feel like I'm not as free as before. I also don't like too personal interference in my life. I think I will still maintain my own stance on life, even though I have to change a few things to be able to live in Vietnam.

Q: Did you encounter any difficulties in communicating with Vietnamese people after returning?

H: I spent the first 1-2 months having slight difficulty switching languages when communicating.

Q: Did you find it difficult to readjust to the Vietnamese lifestyle and culture? Why?

H: In Vietnam, there is too much emphasis on external appearance. I feel like I'm no longer comfortable dressing like in Taiwan.

Section C: Reverse culture shock affect the personal life and career development

Q: How have the above difficulties in adapting to living environment, relationships, and culture affected your personal life? How does it affect your ability to find a job and go to work?

H: It quite affects personal life and especially the working environment. Now I also have to pay more attention to how I dress and how I talk to people.

Q: How do your habits about studying and working abroad affect your adaptation to the working environment in Vietnam?

H: I think it's having a positive impact, because the habits I acquired in Taiwan are very helpful in my current job. I keep the habit of organizing my work and making plans.

Q: Do you often share your difficulties with others?

H: I share but very little, and only with 1 or 2 really close people. For me, sharing with my parents about the problem I'm having is quite easy, and they also understand me better. As for

my friends, I'm not comfortable sharing everything because they don't have the same situation as me.

Section D: Coping with reverse culture shock

Q: How long did it take you to adapt to Vietnam after returning?

H: It took me 2 to 3 months.

Q: Do you feel like you have to change any habits to adapt to Vietnam?

H: I'm not as comfortable or free now as I was when I lived in Taiwan. I also think that's natural when living with family. I also had to change the way I look at things and my dressing style.

Q: Do you maintain connections with international friends in Taiwan who share your experiences, and if so, how has this helped you cope with reverse culture shock?

H: I have kept some relationships with Vietnamese friends in Taiwan and shared my personal experiences with them on this issue. After talking with them, I feel like we have similar thoughts and have found solutions to overcome reverse culture shock.

Q: Thanks for your sharing.