

out on posting, you knew you were going to a strange place, coming home, the strangeness you feel is unexpected. The wider this gap, the more difficult the adjustment to being home again. This would indicate that frequent home leaves, keeping up with Canadian events, and an ongoing effort to integrate new experiences with old will do much to lessen the effects of re-entry shock.

To accomplish the process of re-entry, two things must happen. First, you have to disengage from the host country milieu, and second, you must reintegrate into Canadian society.

The process of disengagement should take place during the last three months of a posting. Any sooner than this and you will mentally leave the post too far ahead of your actual departure date. If you don't have three months, then make the best use of whatever time you do have.

i. Disengagement

This is the process of withdrawing from the post environment, saying good-bye to new friends, packing up and shipping pets, and realizing another adventure has come to an end.

Looking Back Activities:

- make some opportunities for your family to think over the events and experiences of their lives at the post and what it has meant in terms of changed values, interests, points of view and expectations
- consider the new skills you all have acquired
- take time to say farewell properly to new friends, both local whom you may never see again and those whom you might. Arrange for letters or Christmas cards, and take a few pictures. Give them some pictures of yourselves as well.
- visit as many places you want to see as you can and revisit favourite ones if possible. Again, collect postcards, souvenirs and take pictures
- your life at the post has become part of your family history so take the same care of these memories as you do of the Canadian ones

Looking Ahead Activities:

- try to narrow the information gap between what you think you know about Canada today and the actual situation