

iii. Adults

Why do they call adults "grown-ups"? Surely that implies an ability to cope that does not always exist. Adults travel with a baggage of hopes and fears just like children. However, you must pack that baggage carefully so that you do not arrive at the departure lounge with excess luggage for which you must pay. With advance planning and preparation, a sense of humour and a reasonable amount of luck it is possible to transplant yourself and your family overseas and back to Ottawa without permanent root shock.

Although many facets of the move will be shared between the adults there are some aspects with which each must cope separately.

Employees

- It is your career and you are the one receiving the monetary compensation for the upheaval.
- It represents an advance up your career ladder and is thus a positive event.
- Conversely, you must accept the fact that the rest of your family may not have the same positive feeling and resent the upsetting of their own plans and goals.
- At post, you have a defined position waiting. The parameters for the workplace at least will be in place and the mechanisms for social contact are readily available, even unavoidable.
- You are closer to the source of information about the new environment and the changing Canadian scene.
- For a few hours each day you know who you are, what you should do and how to get it done.
- During the settling in period you must not only function effectively at the office, but meet the greater than usual demands for help and comfort on the domestic front.
- It will be you who will be responsible for all the technical details of the move from tickets to new driver's licenses. It is you who will be in hot water should some detail be overlooked.

Spouses

According to one Yale University study, the major responsibility for the well-being of everyone involved in the move devolves upon the wife/mother. You are the pivot, the pillar