

- join in Canadian and host country activities
- accept that culture shock is not only normal, it is inevitable and that it is a proactive process and requires work
- remember it is their country and you are a guest in it

Be patient with new arrivals. Offer them the sympathy they need and encourage their independence and efforts to adapt. Don't feel too superior - a few months ago you were the greenhorn.

INBOUND

Coming home you expect to re-enter a known situation. However, your new memories and experiences have made you a different person and, at the same time, home has also changed. So, although Canada is not entirely unknown to you, you will be carrying a set of preconceptions that may fool you and cause you to make false assumptions.

Remember, too, it is probably only the adults who regard Canada as home. Children have a short memory and dwell primarily in the present. Even older children and teenagers will not have kept the memory of home intact. To them Canada is another unknown destination. So in your eagerness to "go home again" do not lose sight of this fact. This time you are not all in the same boat.

Depression caused by the move can most effectively be treated by simply recognizing the naturalness of one's feelings, and then tolerating them. Tolerance is the operative word here. Tolerance for the imperfect society you find here at home; tolerance for the seeming narrow mindedness of people who have not shared your experiences; tolerance for their lack of interest in your great adventure; and tolerance for your children who prefer their temporary foreign home to the one you provide for them in Canada. Above all tolerance for yourself and your inability to be a superexec, or supersec, or superkid, or superparent.

The Process of Re-Entry

- How can we re-insert ourselves back into the Canadian scene, into our new/old community?
- How can we accommodate all the changes that have occurred in us and our country while we were gone?

The major stress stems from the discrepancy between our conception of what home is like and the reality we find when we return. This is the Expectation-Reality Gap, the E-R Gap. Going