

family are willing and able to adapt will have a considerable bearing on your career satisfaction in the foreign service. A positive attitude helps a lot.

Above all, know what you are getting into before starting a new assignment because the costs of an aborted posting can have far-reaching implications for your career, health, welfare and family relationships.

Purpose of the Handbook

This Handbook is a tool to help prepare employees and their families for a posting or, in some cases, a cross-posting. It attempts to generate awareness about the conditions and implications of rotational employment in the foreign service and about certain aspects of life outside Canada. It aims to do this by discussing and illustrating the Foreign Service Directives – the FSDs – and relating them to key events that will take place during the posting cycle.

Certain charts and tabulated data found in the Foreign Service Directives have been reproduced herein to provide continuity. Other illustrations have been created to consolidate information, provide examples and facilitate understanding of complicated issues. Employees should note that the dollar amounts used will change periodically. The *Schedule to Foreign Service Directives and Meal Rates*, published monthly, should be consulted for up-to-date information.

The Posting Cycle

The "Posting Cycle" illustrated in Figure 1 is a useful way of looking at some of the main events that occur repeatedly in the career of a foreign service employee. Rather than discuss the FSDs in the order that they appear in the Personnel Manual, this Handbook follows the natural sequence of the posting cycle and relates each Directive to a real situation you might find yourself in at any given time.

In Ottawa, it is suggested that you and your spouse read this Handbook before going to the Administrative Briefing and on Pre-Posting Rounds. Later, the easiest way to use the Handbook is to recognize where you are in your posting cycle and find the information you require in the corresponding chapter. If you are looking for a brief explanation of a specific Directive, you will find it in Appendix A – Condensed Foreign Service Directives.

Figure 1

