

Participate in the farewell activities. Keep active until your departure. Don't withdraw too soon. It is easy to mentally leave six months before your flight leaves.

It's an intimidating thought, but you will have to remake old friends as well as make totally new ones.

- smile and proceed slowly
- don't talk about your life abroad; it sounds like bragging
- don't make comparisons between the way they did things at your last school and way they do them in this school, people will think you are criticising them; keep this kind of talk within the family
- develop activities outside of school classes: sports, music, drama, skiing, gymnastics, art or public speaking
- sharing common interests with others is the fastest way into a new circle of friends

Be prepared to feel sad, on your own and out of step. That is normal and it will pass. Time is your greatest ally; so, take your time, and give it time. Canada is not Utopia. Moving will not solve your problems, but it will be a fresh start.

Being aware of some of the difficulties ahead is half the battle. You are going back to Ottawa where there are many other foreign service families with teenagers. Ask your parents to find other families in the Department with children your age. This will give you someone to talk to who understands what you are going through.

This is not the first time that you have moved so whether you realize it or not, you have acquired skills which will help you integrate into new situations.

You are not alone. Your feelings are normal. Try to talk to others about what you need to help you adjust, but don't be surprised if you have to explain it several times. If they haven't been there, they will have trouble understanding. It is important to realize that, no matter how much love and understanding people give you, much of the success or failure of your integration into Canada is up to you.