

How to Prepare Yourself To Return to Canada

Do you feel that Canada is your home? Do you remember the smell of a fall morning, or the excitement of the first snowfall? Do you remember what your grandmother looks like? What will the other kids be wearing the first day of school? Can you recall your friends' faces, or what your street looks like? Will the other kids know stuff that you don't? What will they think of you?

Don't feel all alone with your worries or anger. The adults share many of the same feelings, but they think they mustn't show it.

It will all seem strange at first and you may wonder why your parents are so eager to go home. Be patient with them. Soon they will find out that some of their memories are false, too.

You will feel more in control of the situation, and it will be less confusing and bewildering, if you take charge of some of the packing up and departure activities.

Education

Make sure that you have official records from the school/s you have attended while abroad, along with course descriptions, supporting evidence of extra credits taken, especially in French/English and Canadian Studies. The most valuable thing you can bring back is good marks; this will help to keep all your options open. The closer to entering university you are, the more important this is. Get your immunization booklet updated as proof of immunization is mandatory for all baby shots, mumps, measles and polio.

Employment

Get proof of any part time, volunteer, or term work that you have done - baby-sitting, service work in the community, work in the commissary, Scouts/Guides or day camps, swimming certificates, tennis coaching, camp skills, skiing skill levels, etc. Get references or addresses if applicable.

Packing Up

Pack up a box of your own special things so that they won't get lost. Take part in the process of sorting, buying and wrapping; don't let it all be done for you. This is the easiest part of the situation to control.

Taking Leave

The friends that you are about to leave may seem more important than the relatives and friends waiting for you at home. It is quite possible that Ottawa-Hull does not seem very much like home to you, and your enthusiasm for going there may not be high.

The years at post have been an important part of your growing up you have had experiences that you will remember all your life. They have been years full of change: your physical and social skills have become more mature; your hormones have started to mould your body into