TABLE OF CONTENTS

A.	FOREIGN SERVICE LIFE	•	•	5
B.	THE POSTING CYCLE			7
	Outbound			8
	i. Uprooting			8
	ii. Crosscultural Adaptation		•	1
	Inbound			14
	i. Disengagement .			1:
	ii. Reintegration			16
c.	WHO GOES ON A POSTING?			18
	Single Employees			18
	Families			19
	i. Infants and Young children			19
	ii. Older Children and Teens			20
	iii. Adults			22
	iv. Elders	•		24
	Where To Seek Help When You Need It			24
D.	RETURNING TO CANADA AS AN ADOLES	CENT		26
	Who Am I? Where Do I Belong? .			26
	How To Prepare For Return To Canada		•	27
E.	COMMUTER FAMILIES	•		30