

DESCRIPTION OF WORKSHOPS

1. AREA BRIEFING

This workshop will familiarize the participants with the geography, history, culture, health and day-to-day life in a specific area. (Geographic regions to be covered will be identified at a later date.)

2. COPING WITH THE NEEDS OF THE ELDERLY

Are you a member of the "sandwich generation", caught between the needs of your children and your elderly parents? Do your family responsibilities include coping with the needs of an elderly relative? If so, this workshop will provide information on helping the elderly, planning for their needs, helping them make informed choices, and sharing responsibility with other family members. It will also provide suggestions for developing long-distance coping skills, as well as investigating the possibility of an elderly relative accompanying you on a posting.

3. CROSS-CULTURAL COMMUNICATION

This workshop will enable participants to acquire an awareness of key factors in a cross-cultural communication setting, an ability to identify inter-cultural realities which would influence day-to-day life during an overseas posting and an understanding of culture shock and the adaptation process. It is highly recommended that participants have previously attended the Stress Management workshop.

4. FIRST AID

This six-evening St. John Ambulance course is being offered to Foreign Service employees and their families in order to develop a "first response" capability in dealing with accidental injuries at posts. It will provide training in basic first aid and emergency techniques. Such knowledge can be life-saving in case of emergency at work or at home.

5. PROTOCOL AND ENTERTAINING ABROAD

This workshop will provide a theoretical and practical introduction to the etiquette of entertaining abroad. It will deal with the protocol, customs, religious and dietary restrictions of various geographic areas.