

employment opportunities for spouses abroad. In addition, specific data on living conditions in individual countries is available including books, magazines, pamphlets, guides, maps and reprints, as well as, videotaped interviews with returnees and cultural adaptation films.

The Services Centre (SERV) also makes **Pre-Posting Administrative Arrangements**, which include appointments for medical examinations, Pre-Posting Administrative Briefings and a personal interview to finalize all the administrative arrangements related to your posting abroad.

Workshops and Information Sessions are also available at The Services Centre. A Calendar of Activities is published listing workshops and programs offered from March to June of each year, including sessions on topics such as Protocol, Financial Planning, Stress Management, Your First Posting, Culture Shock and Workshops for Spouses.

The Services Centre offers **Counselling Services** to assist you and your family in finding the right educational facilities for your children, and information on employment opportunities for your spouse.

Right from the start, and even if you are not expected to leave for several months, it is important that you drop in to SERV in order to get administrative arrangements organized.