

A LETTER TO NEW SPOUSES... (continued)

Perhaps a sound method of survival for accompanying spouses would be to pursue a policy of "constructive selfishness". For a start, try not to be a slave to your children. If household help is available, take full advantage of it and get out and do something to expand your horizons and your mind. You surely do not want to return home at the end of a posting and say you gave x number of dinners and y number of luncheons, and you played bridge 3 times a week for 3 years. There is hardly anything adventurous or challenging in that, and furthermore you can do all of those things in your own country. Explore a new field by taking courses, learn photography, learn to dive, to fly, anything that will make you enthusiastic and interesting to be with. Keep a diary, do free-lance writing, learn a new language, get involved in the host country.

Your enjoyment of the posting will probably be in direct proportion to your understanding, knowledge and empathy with the country and its inhabitants. Time well spent on a posting could result in positive additions to your C.V., if not to your store of memories. The saddest words a spouse can utter at the post are "I am bored". How much more desirable it would be, if, at the end of your posting, you can return home and say "I learned something new," or "I helped someone, and I had a super time." The choice is yours.

In closing, may I wish you happy landings, exciting discoveries and challenges overcome. Have fun, and lastly, welcome to the club! □

Yours sincerely,
Thérèse Rickman-Bull
Harare,
Zimbabwe

□ EDUCATION AND EMPLOYMENT □

The Education and Employment desk is a busy one, as the Education Officer, Lise Beauregard, sees all families being posted as well as families returning to Ottawa.

For families being posted, an extensive education data bank is in operation and information is continually added to it. Presently it contains information on 159 boarding schools in Canada and the United States; 828 private schools in Canada and abroad; 149 public schools abroad and 478 day-care centers, nursery schools and kindergartens abroad.

The Education Officer can explain to you the differences in school systems abroad, and the problems you may encounter on re-entry into the Ontario or Quebec system and how to avoid these.

Also kept are comments parents have made on different schools abroad. We will register your children in schools at post and assist families in any way possible to facilitate their re-entry or posting.

EMPLOYMENT OF SPOUSES

The Department is committed to facilitating the employment of spouses. We now have 17 reciprocal employment arrangements with other countries: Australia, Barbados, Britain, Colombia, Denmark, Guyana, Haiti, India, Israel, Jamaica, New Zealand, Norway, Peru, Philippines, Sweden, United States, and Trinidad and Tobago. There are more to come.

For spouses or dependants looking for employment abroad, upon con-



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firmation of your posting we will send a telex to the mission advising them of your interest in finding employment on your arrival. Copies of your C.V. will be sent to the post, and will also be integrated into the spousal employment profile section of our data bank.

On your return to Canada, guidance in your job search as well as advice in up-dating your C.V. is available from the Education and Employment Officer.

Our search for more information on schools and potential employers is never-ending. We would appreciate any comments or information you can provide on these subjects □