

Service Community Association (FSCA) can help you locate people who have recently returned from that post. These things can help you take control of the situation and reduce the stress of facing the unknown.

There are very few foreign service people who have not wondered at one time or another whether the rotational life is for them. It is not for everybody. There is no shame in deciding that it is unsuitable for you or your family. Just because it was fine at one point in time does not mean that it will remain fine throughout an entire career. If your family is having marital, mental, schooling, behavioural, medical or substance dependency problems, going away from home will not help them. Far from making problems go away, a posting often exacerbates them.