

considering service

MARRIED SECONDEES

Living in another culture, with different models of family life and roles of husbands and wives, requires couples to re-evaluate the outworking of their relationship and roles in the light of Scripture and the new culture. You are encouraged to talk through issues related to your marriage, parenting, home making and your vocation with someone in INF or your sending mission before coming to Nepal. Useful link:

<http://velvetashes.com/so-whats-an-accompanying-spouse-supposed-to-do-finding-my-niche/>

CHILDREN

In addition to the education needs you will need to consider and prepare for the effect on your family of having no grandparents or extended family nearby to care for and support you whilst here in Nepal. You will need to work on friendships that will give your family support for the times when extra hands are needed that are known and acceptable to your children. Literature on "Third Culture Kids" by David Pollock may be helpful..

Visas and Posts

Visas are issued for the official posts listed in our agreement with the Nepali Government. Only one person per couple holds an official post but the other person, if they wish to, may work within INF or related Projects according to availability and the person's background, and the current visa/work permit regulations. Non-post holders should make it clear whether they wish to undertake a role within INF, either at the application stage or once they are in Nepal and have been able to see what other opportunities are available to them. Any interest in a posting should be expressed to the Recruitment Officer.

For spouses who are not post holders there are a variety of opportunities for service within INF, the Church or your local community. Your ability to take up any of these opportunities will obviously depend on your level of Nepali, family commitments, childcare arrangements, etc. It is important to remember that children, although they usually adapt well, may need extra parental support initially. Also because the process of living and the 'normal domestic routine' is much more complicated in Nepal than at home, you will find it helpful to discuss your thoughts with one or two people when you are deciding what is appropriate for your own circumstances. Couples are therefore encouraged not to rush into a situation where both take up full-time posts straight away.

Any relationship especially a marriage one can suffer from the added pressure due to any changes in work/life situations. Here in Nepal It's not uncommon for couples, due to work demands, to spend less time together than normal – but they may also have more time together if they end up working in the same office. Once in Nepal, we recommend that couples discuss any concerns with the Pastoral Care Coordinator or other experienced team members, such as, the Expat Team Coordinator.

Pre-service preparation

It is important that children be included in this and in any short term experience programme. They also need to get to know and trust people in INF. They need to understand the financial implications of the family's move since this will affect their lifestyle, housing and possible future schooling.

Culture shock

For most children the honeymoon period in the new country wears off very quickly and they become tired of being stared at, poked and pulled. They may withdraw and become lethargic, go off their food, and become homesick. This may lead to regression. Bed wetting and thumb sucking are common.

This can be countered by allowing affected children to withdraw into the familiarity of their home, be comforted often, and to do things at their own pace. Time, love, and security will usually bring them back to normal and they can then be re-introduced to the host country gradually.