

OBC Resources For Employees and Family



FSI Transition Center
Overseas Briefing Center

Pre-departure planning

information including checklists for pet travel, consumables, legal preparations, school, employment for family members, and medical/health considerations.

Post Briefing Boxes contain information from over 260 posts in more than 170 countries (including the USA). Also available electronically via the **Post Info To Go** site.

Personal Post Insights

share anonymous opinions about many aspects of life at post. Feel free to view (and post your own!) on the State Department's intranet at <http://snip.state.gov/bbc>

Culture and community

materials such as maps, brochures, and photos, with online cultural guides and cross-cultural reference books to help explore your new post!

Training seminars on DVD

include topics from pet importation to security, logistics and taxes. Videos are available to view or borrow.

School yearbooks

are available to review and include schools (K-12) from posts around the world!

Post DVDs and CDs feature more than 220 posts. Many are also available as streaming video on OBC-BNET Post Videos on Demand intranet site at: <http://snip.state.gov/bbb>

What do you need to know about your post?

The Overseas Briefing Center has resources for you and your household.

Questions?

FSIOBCInfoCenter@state.gov

Tel: 703-302-7277

Room: E2126 FSI (SA-42)

Welcome to Washington

materials include information on childcare, short term housing, transportation, and a variety of reference books and magazines about the Washington D.C. area.

Find OBC online

Internet: <http://go.usa.gov/3WYaB>

Intranet: <http://tc.fsi.state.sbu>

Did you know?

Post information can be sent to family member email accounts.

Contact OBC for details!

Access Overseas Briefing Center publications on the Internet:

- *Foreign Service Assignment Notebook: What Do I Do Now?*- <http://go.usa.gov/3WryJ>
- *Protocol for the Modern Diplomat* - <http://go.usa.gov/3WrVQ>
- *Where in the World Are You Going?* children's workbook - <http://go.usa.gov/3WrvR>



Where in the World Are You Going?

List of Posts by City

Key:

- C: Consulate
- E: Embassy
- CG: Consulate General
- BO: Branch Office
- M: Mission Office
- SDP: Specially Designated Post

SUMMARY:

Review a complete list of posts by city, country and geographic bureau.

CATEGORIES:

Bidding and Post Research

INTERNET:

<http://go.usa.gov/crXDB>

INTRANET:

<http://snip.state.gov/cp9>

Abidjan, Cote d'Ivoire (E)	Bangkok, Thailand (E)	Bujumbura, Burundi (E)
Abu Dhabi, United Arab Emirates (E)	Bangui, Central African Republic (E)	Busan, Korea (C)
Abuja, Nigeria (E)	Banja Luka, Bosnia- Herzegovina (BO)	Cairo, Egypt (E)
Accra, Ghana (E)	Banjul, Gambia, The (E)	Calgary, Alberta, Canada (CG)
Adana, Turkey (C)	Barcelona, Spain (CG)	Canberra, Australia (E)
Addis Ababa, Ethiopia (E)(M)	Basrah, Iraq (CG)	Cape Town, South Africa (CG)
Alexandria, Egypt (CG)	Beijing, China (E)	Caracas, Venezuela (E)
Algiers, Algeria (E)	Beirut, Lebanon (E)	Cartagena, Colombia (BO)
Almaty, Kazakhstan (CG)	Belfast, N. Ireland, United Kingdom (CG)	Casablanca, Morocco (CG)
Amman, Jordan (E)	Belgrade, Serbia (E)	Chengdu, China (CG)
Amsterdam, Netherlands (CG)	Belmopan, Belize (E)	Chennai, India (CG)
Ankara, Turkey (E)	Berlin, Germany (E)	Chiang Mai, Thailand (CG)
Antananarivo, Madagascar (E)	Bern, Switzerland (E)	Chisinau, Moldova (E)
Apia, Samoa (E)	Bishkek, Kyrgyzstan (E)	Ciudad Juarez, Mexico (CG)
Ashgabat, Turkmenistan (E)	Bogota, Colombia (E)	Colombo, Sri Lanka (E)
Asmara, Eritrea (E)	Bordeaux, France (M)	Conakry, Guinea (E)
Astana, Kazakhstan (E)	Brasilia, Brazil (E)	Copenhagen, Denmark (E)
Asuncion, Paraguay (E)	Bratislava, Slovakia (E)	Cotonou, Benin (E)
Athens, Greece (E)	Brazzaville, Congo, Republic of The (E)	Curacao, Netherlands Antilles (CG)
Auckland, New Zealand (CG)	Bridgetown, Barbados (E)	Dakar, Senegal (E)
Baghdad, Iraq (E)	Brussels, Belgium (E)(M)	Damascus, Syria (E)
Baku, Azerbaijan (E)	Bucharest, Romania (E)	Dar Es Salaam, Tanzania (E)
Bamako, Mali (E)	Budapest, Hungary (E)	Dhahran, Saudi Arabia (CG)
Bandar Seri Begawan, Brunei (E)	Buenos Aires, Argentina (E)	Dhaka, Bangladesh (E)

Dili, Timor-Leste (E)	Khartoum Sudan (E)	Montreal, Canada (CG)(M)
Djibouti, Djibouti (E)	Kigali, Rwanda (E)	Moscow, Russia (E)
Doha, Qatar (E)	Kingston, Jamaica (E)	Mostar, Bosnia- Herzegovina (BO)
Douala, Cameroon (BO)	Kinshasa, Dem. Rep. of the Congo (E)	Mumbai, India (CG)
Dubai, United Arab Emirates (CG)	Kolkata, India (CG)	Munich, Germany (CG)
Dublin, Ireland (E)	Kolonia, Micronesia (E)	Muscat, Oman (E)
Durban, South Africa (CG)	Koror, Palau (E)	N'Djamena, Chad (E)
Dushanbe, Tajikistan (E)	Krakow, Poland (CG)	Nagoya, Japan (C)
Dusseldorf, Germany (CG)	Kuala Lumpur, Malaysia (E)	Naha, Okinawa, Japan (CG)
Edinburgh, Scotland, United Kingdom (CG)	Kuwait City, Kuwait (E)	Nairobi, Kenya (E)(M)
Erbil, Iraq (CG)	Kyiv, Ukraine (E)	Naples, Italy (CG)
Florence, Italy (CG)	La Paz, Bolivia (E)	Nassau, Bahamas, The (E)
Frankfurt Am Main, Germany (CG)	Lagos, Nigeria (CG)	New Delhi, India (E)
Freetown, Sierra Leone (E)	Lahore, Pakistan (CG)	Niamey, Niger (E)
Fukuoka, Japan (C)	Leipzig, Germany (CG)	Nicosia, Cyprus (E)
Gaborone, Botswana (E)	Libreville, Gabon (E)	Nogales, Mexico(CG)
Gaziantep, Turkey (BO)	Lilongwe, Malawi (E)	Nouakchott, Mauritania (E)
Geneva, Switzerland (M)	Lima, Peru (E)	Nuevo Laredo, Mexico (CG)
Georgetown, Guyana (E)	Lisbon, Portugal (E)	Osaka-Kobe, Japan (CG)
Guadalajara, Mexico (CG)	Ljubljana, Slovenia (E)	Oslo, Norway (E)
Guangzhou, China (CG)	Lome, Togo (E)	Ottawa, Canada (E)
Guatemala City, Guatemala (E)	London, United Kingdom (E)	Ouagadougou, Burkina Faso (E)
Guayaquil, Ecuador (CG)	Luanda, Angola (E)	Panama City, Panama (E)
Hague, The, Netherlands (E)	Lusaka, Zambia (E)	Paramaribo, Suriname (E)
Halifax, Canada (CG)	Luxembourg, Luxembourg (E)	Paris, France (E)(M)
Hamburg, Germany (CG)	Lyon, France (M)	Perth, Australia (CG)
Hamilton, Bermuda (CG)	Madrid, Spain (E)	Peshawar, Pakistan (CG)
Hanoi, Vietnam (E)	Majuro, Marshall Islands (E)	Phnom Penh, Cambodia (E)
Harare, Zimbabwe (E)	Malabo, Equatorial Guinea (E)	Podgorica, Montenegro (E)
Havana, Cuba (E)	Managua, Nicaragua (E)	Ponta Delgada, Portugal (C)
Helsinki, Finland (E)	Manama, Bahrain (E)	Port Au Prince, Haiti (E)
Hermosillo, Mexico (CG)	Manila, Philippines (E)	Port Louis, Mauritius (E)
Ho Chi Minh City, Vietnam (CG)	Maputo, Mozambique (E)	Port Moresby, Papua New Guinea (E)
Hong Kong, China (CG)	Marseille, France (CG)	Port of Spain, Trinidad and Tobago (E)
Hyderabad, India (CG)	Maseru, Lesotho (E)	Prague, Czech Republic (E)
Islamabad, Pakistan (E)	Matamoros, Mexico (CG)	Praia, Cabo Verde (E)
Istanbul, Turkey (CG)	Mbabane, Swaziland (E)	Pretoria, South Africa (E)
Jakarta, Indonesia (E)(M)	Medan, Indonesia (C)	Pristina, Kosovo (E)
Jeddah, Saudi Arabia (CG)	Melbourne, Australia (CG)	Quebec City, Canada (CG)
Jerusalem, Jerusalem (CG)	Merida, Mexico (CG)	Quito, Ecuador (E)
Johannesburg, South Africa (CG)	Mexico City, Mexico (E)	Rabat, Morocco (E)
Juba, South Sudan (E)	Milan, Italy (CG)	Rangoon, Burma (E)
Kabul, Afghanistan (E)	Minsk, Belarus (E)	Recife, Brazil (CG)
Kampala, Uganda (E)	Monrovia, Liberia (E)	Rennes, France (M)
Kaohsiung, Taiwan (SDP)	Monterrey, Mexico (CG)	Reykjavik, Iceland (E)
Karachi, Pakistan (CG)	Montevideo, Uruguay (E)	Riga, Latvia (E)
Kathmandu, Nepal (E)		Rio de Janeiro, Brazil (CG)

Riyadh, Saudi Arabia (E)	Taipei, Taiwan (SDP)	Wellington, New Zealand (E)
Rome, Italy (E)(M)	Tallinn, Estonia (E)	Windhoek, Namibia (E)
San Jose, Costa Rica (E)	Tashkent, Uzbekistan (E)	Winnipeg, Canada (C)
San Salvador, El Salvador (E)	Tbilisi, Georgia (E)	Wuhan, China (CG)
Sanaa, Yemen (E)	Tegucigalpa, Honduras (E)	Yaounde, Cameroon (E)
Santiago, Chile (E)	Tel Aviv, Israel (E)	Yekaterinburg, Russia (CG)
Santo Domingo, Dominican Republic (E)	Thessaloniki, Greece (CG)	Yerevan, Armenia (E)
Sao Paulo, Brazil (CG)	Tijuana, Mexico (CG)	Yokohama, Japan (SDP)
Sao Tome, Sao Tome & Principe (E)	Tirana, Albania (E)	Zagreb, Croatia (E)
Sapporo, Japan (CG)	Tokyo, Japan (E)	
Sarajevo, Bosnia- Herzegovina (E)	Toronto, Ontario, Canada (CG)	
Seoul, Korea (E)	Toulouse, France (M)	
Shanghai, China (CG)	Tripoli, Libya (E)	
Shenyang, China (CG)	Tunis, Tunisia (E)	
Singapore, Singapore (E)	U.S. Mission to Somalia (M)	
Skopje, Macedonia (E)	Ulaanbaatar, Mongolia (E)	
Sofia, Bulgaria (E)	Valletta, Malta (E)	
St. George's, Grenada (E)	Vancouver, Canada (CG)	
St. Petersburg, Russia (CG)	Vatican City (E)	
Stockholm, Sweden (E)	Vienna, Austria (E)(M)	
Strasbourg, France (CG)	Vientiane, Laos (E)	
Surabaya, Indonesia (CG)	Vilnius, Lithuania (E)	
Suva, Fiji (E)	Vladivostok, Russia (CG)	
Sydney, Australia (CG)	Warsaw, Poland (E)	

*FSOs working with Somalia are based in Nairobi, with frequent TDYs to Mogadishu.

To research what a particular Embassy does overseas, use these links to find a post's homepage:

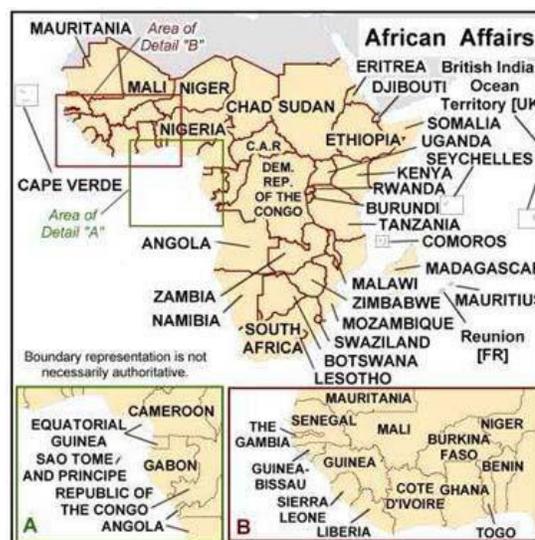
Internet: <http://www.usembassy.gov>

Intranet: <http://intranet.state.sbu> (on left hand side, click on Embassies, Consulates and Missions)

U.S. Missions by Geographic Bureau

AF: Bureau of African Affairs

Angola	Kenya
Benin	Lesotho
Botswana	Liberia
Burkina Faso	Madagascar
Burundi	Malawi
Cabo Verde	Mali
Cameroon	Mauritania
Central African Republic	Mauritius
Chad	Mozambique
Comoros	Namibia
Congo, Democratic Republic of the (DRC)	Niger
Congo, Republic of the	Nigeria
Cote d'Ivoire	Rwanda
Djibouti	Sao Tome and Principe
Equatorial Guinea	Senegal
Eritrea	Seychelles
Ethiopia	Sierra Leone
Gabon	Somalia
Gambia, The	South Africa
Ghana	South Sudan
Guinea	Sudan
Guinea-Bissau	Swaziland



Tanzania
Togo
Uganda
Zambia
Zimbabwe

EAP: Bureau of East Asian and Pacific Affairs

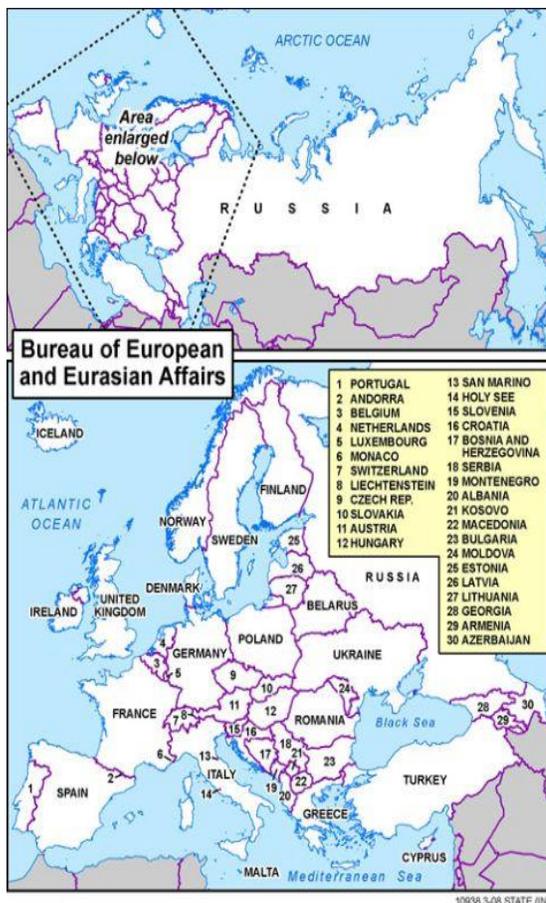
Australia	Nauru
Brunei	New Zealand
Burma	Palau
Cambodia	Papua New Guinea
China	Philippines
Fiji	Samoa
Indonesia	Singapore
Japan	Solomon Islands
Kiribati	Taiwan
Korea, North	Thailand
Korea, South	Timor-Leste
Laos	Tonga
Malaysia	Tuvalu
Marshall Islands	Vanuatu
Micronesia	Vietnam
Mongolia	



EUR: Bureau of Europe and Eurasian Affairs

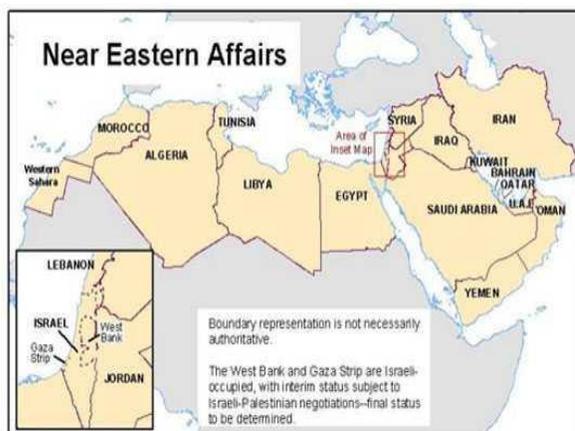
Albania	Italy
Andorra	Kosovo
Armenia	Latvia
Austria	Liechtenstein
Azerbaijan	Lithuania
Belarus	Luxembourg
Belgium	Macedonia
Bermuda	Malta
Bosnia and Herzegovina	Moldova
Bulgaria	Monaco
Croatia	Montenegro
Cyprus	Netherlands
Czech Republic	Norway
Denmark	Poland
Estonia	Portugal
European Union	Romania
Finland	Russia
France	San Marino
Georgia	Serbia
Germany	Slovakia
Greece	Slovenia
Holy See	Spain
Hungary	Sweden
Iceland	Switzerland
Ireland	Turkey

Ukraine
United Kingdom



NEA: Bureau of Near Eastern Affairs

Algeria	Oman
Bahrain	Palestinian Territories
Egypt	Qatar
Iran	Saudi Arabia
Iraq	Syria
Israel	Tunisia
Jordan	United Arab Emirates
Kuwait	Yemen
Lebanon	
Libya	
Morocco	



SCA: Bureau of South and Central Asian Affairs

Afghanistan
 Bangladesh
 Bhutan
 India
 Kazakhstan
 Kyrgyzstan
 Maldives

Nepal
 Pakistan
 Sri Lanka
 Tajikistan
 Turkmenistan
 Uzbekistan



WHA: Bureau of Western Hemisphere Affairs

Antigua and Barbuda	Grenada
Argentina	Guatemala
Aruba	Guyana
Bahamas, The	Haiti
Barbados	Honduras
Belize	Jamaica
Bolivia	Mexico
Brazil	Netherland-Antilles
Canada	Nicaragua
Cayman Islands	Panama
Chile	Paraguay
Colombia	Peru
Costa Rica	St. Kitts and Nevis
Cuba	St. Lucia
Curacao	St. Vincent and the Grenadines
Dominica	Suriname
Dominican Republic	Trinidad and Tobago
Ecuador	Uruguay
El Salvador	Venezuela

Updated October 2016



Foreign Affairs Offices and Organizations

Transition Center

Three divisions include the Overseas Briefing Center, the Career Transition Center, and Training (Foreign Service Life Skills Training and Security Training). The Transition Center also offers the High Stress Assignment Outbrief Program for employees who have spent more than 90 days in Iraq or Afghanistan. Employees who have served at other high stress posts are also welcome to attend.

Foreign Service Institute

www.state.gov/m/fsi

- FSI Course Catalog - <http://reg.fsi.state.sbu/coursecatalog.aspx>
- FSI Training Toolkits - <http://fsi.state.sbu/default.aspx?contentID=560>
- Transition Center - www.state.gov/m/fsi/tc

SUMMARY:

Connect with foreign affairs offices and organizations for additional resources in preparation for life at post.

CATEGORIES:

Foreign Affairs Lifestyle
Logistics

INTERNET:

<http://go.usa.gov/crXWj>

INTRANET:

<http://snip.state.gov/cpa>

Diplomatic Security

www.state.gov/m/ds

- List of Field Offices - www.state.gov/m/ds/about/c8849.htm

Family Liaison Office

www.state.gov/m/dghr/flo

- Community Liaison Office (CLO) Program , Crisis Management Services, Education and Youth, Expeditious Naturalization Support, Family Member Employment, Post Evacuation, Special Needs and the Foreign Service Child, Unaccompanied Tours

DoS Global Social Media Presence

www.state.gov/r/pa/ode/socialmedia/index.htm

- Facebook, Twitter, Instagram, Pinterest, Flickr, YouTube, Blogs, Google+

LifeCare (IQ: Information Quest)

www.worklife4you.com

- For more than 25 years, people have trusted LifeCare®, Inc. for the information and resources they need to meet the challenges of their personal and professional lives while serving in the U.S. Foreign Service. LifeCare can help with eldercare issues, getting your legal paperwork together, balancing work and family responsibilities, addressing financial concerns, and much more. Whether you're facing a major life event (such as having a baby) or dealing with a day-to-day task (such as finding affordable pet care), LifeCare is a source for reliable, expert assistance.

Office of Allowances

<http://aoprals.state.gov>

- Post Classification and Payment Tables - http://aoprals.state.gov/Web920/location.asp?menu_id=95

Office of Logistics Management (Transportation and Travel)

<http://www.state.gov/m/a/c8018.htm>

- It's Your Move - <http://www.state.gov/documents/organization/209585.pdf>

Office of Overseas Schools

<http://www.state.gov/m/a/os>

- Resources on Special Needs, Schools Worldwide, Teaching Overseas, and more

Office of Medical Services

<http://www.state.gov/m/med>

- Employee Consultation Service - <http://www.state.gov/m/dghr/flo/c21952.htm>
- Intranet: <http://med.m.state.sbu/mhs/ecs/default.aspx>

Two Employee Consultation Service Locations:

Main State (HST)

Room B846
2201 C Street, NW
Washington, DC 20520

SA-15A

Suite 300
1800 Kent Street
Rosslyn, Virginia 22209

ECS contact information:

Tel: 703-812-2257 / Fax: 703-875-4932 / MEDECS@state.gov

The Employee Consultation Service has a staff of psychiatric social workers. They offer consultation, evaluation, and referral services to families of U.S. government employees assigned to diplomatic posts abroad. Walk-ins are welcome, or you may schedule an appointment. ECS now has the capability in some worldwide places overseas and domestically to do counseling through video-teleconferencing (VTC). In order to ensure that your location is covered, please contact MEDECS@state.gov.

Child and Family Program

SA-1 Columbia Plaza - Room H246
2401 E St. N.W.
Washington, DC 20520-2256
Tel: (202) 663-1815
Fax: (202) 663-1456/1454
MEDCFP@state.gov

The Child and Family Program works with parents to assure children's mental health and special educational needs are identified, appropriately assessed and have an effective treatment and educational plan established in advance of and during overseas assignments.

Retirement Network

(Department of State) – <https://rnet.state.gov/index.cfm?pg=mn>

State Magazine

www.state.gov/m/dghr/statemag

Websites of U.S. Embassies, Consulates, and Diplomatic Missions

www.usembassy.gov

Other Foreign Affairs Offices and Organizations

- American Foreign Service Association (AFSA) - www.afsa.org
 - Foreign Service Journal - <http://www.afsa.org/foreign-service-journal>
- Associates of the American Foreign Service Worldwide (AAFSW) - www.aafsw.org
 - Livelines yahoo group –
 - <http://www.aafsw.org/about/global-activities/livelines-discussion-group/>
- Foreign Service Yahoo Groups (complete listing) - www.state.gov/m/fsi/tc/133484.htm
- Foreign Service Youth Foundation (FSYF) - www.fsyf.org
- State Department Federal Credit Union - www.sdfcu.org
- U. S. Agency for International Development (USAID) - www.usaid.gov

- U.S. Foreign Commercial Service - <http://trade.gov/cs>
- U.S. Foreign Agriculture Service - www.fas.usda.gov



Foreign Service Online Communities

The foreign affairs community supports individuals and groups through a variety of online resources. These websites, listservs, and social media groups are increasingly managed by worldwide community members and form the baseline of the *non-government* and *unofficial* information resources. These sites provide a wide array of opinions and advice to issues and challenges that are common to the foreign service lifestyle.

Joining the groups may require being 'vouched for' by an existing member or, in some cases, membership dues to a non-profit organization. To get started with a group, it is usually easiest to contact the owner or moderator by email. In some cases, groups may restrict their membership to specific audiences to foster participation and sense of community.

Yahoo

LiveLines

<https://groups.yahoo.com/neo/groups/livelines/info>

General interest topics for foreign affairs community members. Sponsored by AAFSW; must pay \$40 membership fee at AAFSW.org. Contact: livelines@aafsw.org for questions.

DS Spouse Network

<https://groups.yahoo.com/neo/groups/dsspouse/info>

A support/suggestion network for spouses/significant others of Diplomatic Security Special Agents.

DS Online Forum

<https://groups.yahoo.com/neo/groups/DSOnlineforum/info>

The group is open to active duty, retired and former SAs, RSOs and SEOs. Peripheral civil service employees and past members of the US State Department associated with Diplomatic Security will also be considered

SUMMARY:

Join an online network of support for creative advice on issues and challenges that are common to the foreign affairs lifestyle.

CATEGORIES:

Technology
Communication
Preparing for Your Post

INTERNET:

<http://go.usa.gov/cCnqH>

INTRANET:

<http://snip.state.gov/cpr>

FS Pets

<https://groups.yahoo.com/neo/groups/FSPets/info>

A group for Foreign Service employees and family members to discuss pets and pet-related issues: moving, boarding, import and export requirements, etc., and any personal stories about the FS life with pets

State Department Tandems

<https://groups.yahoo.com/neo/groups/statetandems/info>

Tandem couples serving as employees with the Department of State

FS Transitions

<https://groups.yahoo.com/neo/groups/FSTransitions/info>

For Foreign Service spouses and partners considering or going through separation or divorce. Moderated by AAFSW.

FS Parents of Gifted Children

<https://groups.yahoo.com/neo/groups/fsgifted/info>

This group is for members of the American Foreign Service community who also happen to be parents of gifted children.

FS Home School Families

<https://groups.yahoo.com/neo/groups/fshomeschool/info>

American Foreign Service families interested in home schooling or who are home schooling are invited to join

American Foreign Service Families

<https://groups.yahoo.com/neo/groups/FSparent/info>

This is a closed group for American Foreign Service parents who would like to connect with other FS parents around the world to discuss raising children.

Foreign Service Special Needs

<https://groups.yahoo.com/neo/groups/FSSpecialneeds/info>

Created to bring together U.S. Foreign Service families to share information, stories and ideas about educating a child with special needs overseas while serving with the U.S. Government.

Facebook Groups

The wide variety of groups offers additional ways to connect with new and established friends. In most cases, the groups listed below require approval for membership. Application procedures are specific to each group.

How to find a group: While logged into a Facebook account, use the search function to find the link to any of the groups listed below.

AAFSW DCM and PO Spouses
AAFSW Global Connection
AAFSW Foreign Born Spouses
AAFSW Playgroup
AAFSW Special Needs Families
AAFSW Boarding School Parents

EFMs Helping EFMs Find Employment
EFM Business Owners
EFM Freelance Writers and Editors
EFMs/FS Members Sharing Recipes/Cooking Skills

Foreign Service College Bound
Foreign Service Jewish Life
Foreign Service Tandem Couples
FS Borrow - Barter - Sell

Lawyers in the Foreign Service

Single in the Service
Single Parents in the Foreign Service

Trailing Houses

LinkedIn

American Foreign Service Association (AFSA)

www.linkedin.com/company/american-foreign-service-association

Associations

Associates of the American Foreign Service Worldwide (AAFSW)

Nongovernmental organization supporting the American diplomatic community, serving as a primary advocate and support network for family members of Foreign Service employees.

www.aafsw.org

American Foreign Service Association (AFSA)

The professional association and labor union of the United States Foreign Service

www.afsa.org

Foreign Service Youth Foundation (FSYF)

An independent organization that provides a comprehensive service program to benefit Foreign Service youth in the U.S. and worldwide

www.fsyf.org

Gays and Lesbians in Foreign Affairs Agencies (GLIFAA)

A non-profit organization with current areas of focus including: Accreditation for the LGBT+ families serving abroad, protection and promotion of equality for the Foreign Service National/Third Country National/Locally Employed LGBT+ staff, and development and effective implementation of LGBT+ training for all member agencies.

www.glifaa.org

Foreign Service community blogs

Blog lists comprised of sites maintained by members of the foreign affairs community can be found at:

- AFSA - <http://www.afsa.org/blogs>
- AAFSW - <http://www.aafsw.org/overseas-post-info/foreign-service-blogs>

Other Expatriate Information sites

Other US-based and non-US websites exist with information and news from overseas locations. The examples provided below are for informational purposes and are not recommendations or endorsements. Each site has its own privacy policy and terms of use and may require payment or subscription for access to certain levels of functionality.

- Tales from a Small Planet – www.talesmag.org
- InterNations - www.internations.org
- Global Living Magazine - www.globallivingmagazine.com
- Expatriate Connection - www.expatriateconnection.com
- Living Abroad - www.livingabroad.com
- Tandem Nomads - <http://tandemnomads.com/>



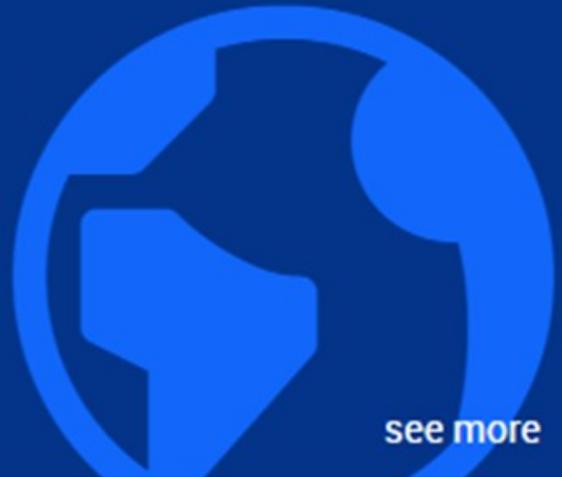
Additional location-specific websites can also be identified by using a search engine with keyword combinations that include terms such as: *expat, [country name], resources for expats, expat websites.*

ProQuest® CultureGrams

Discover the culture of your post country!

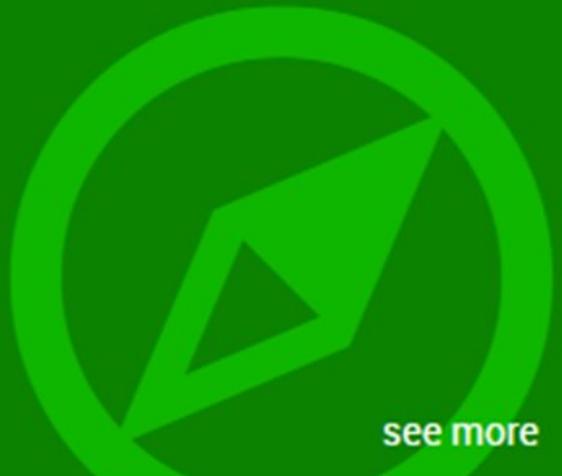
World Edition

Experience the world through cultural information on more than 200 countries.



Kids Edition

Get a kid's-eye view of daily life in countries around the world.

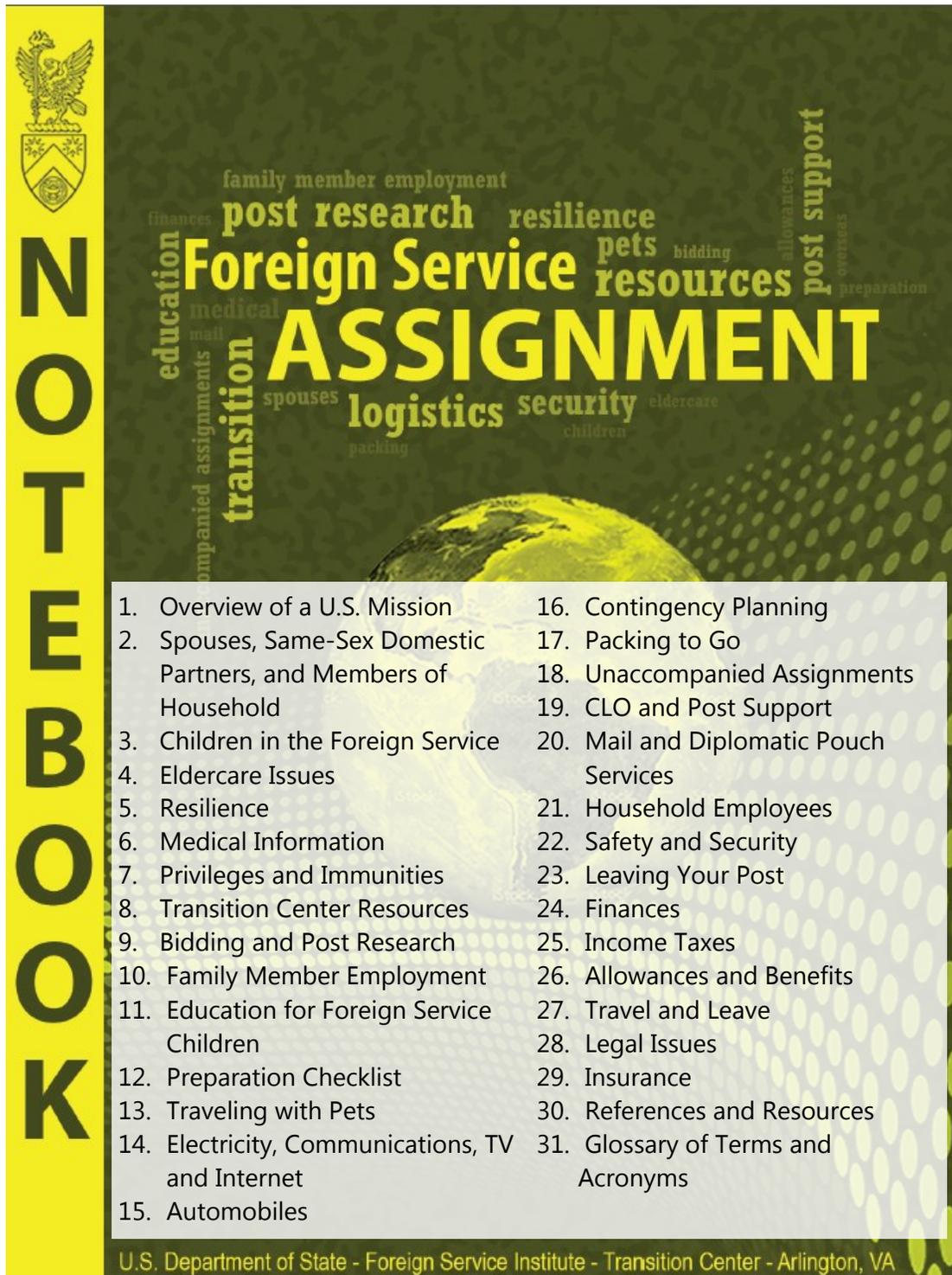


**Email FSIOBCInfoCenter@state.gov
for logon information.**

Made available through
the Transition Center's
Overseas Briefing Center.

Foreign Service Assignment Notebook

An online resource from the Transition Center at FSI



This extensive resource offers information and helpful guidance on all aspects of preparing for an international move.

Access the ebook and PDF online: <http://go.usa.gov/ctaK3>

The screenshot shows the 'Post Info To Go' page for Bratislava. The 'Documents' tab is selected in the navigation bar. Below the navigation bar, there is a table of documents with columns for #, Title, Size, Format, Tag, and Last Updated. A blue button labeled 'Email Selected Files' is visible at the bottom right of the document list.

#	Title	Size	Format	Tag	Last Updated
1	Bratislava - Bratislava Slovakia History 2015	412 KB		WEL	03/04/2015
2	Bratislava - Brochure 2015	609.9 KB		WEL	03/04/2015
3	Bratislava - Bus Info 2015	258.4 KB		WEL	03/04/2015
4	Bratislava - GEA Welcome Letter 2015	289.3 KB		EMP	03/04/2015
5	Bratislava - Housing Handbook 2014 (Reviewed 2015)	367.6 KB		HSG	03/04/2015
6	Bratislava - Kids in Bratislava 2015	511.3 KB		REC	03/04/2015
7	Bratislava - Pet Survey 2015	575.6 KB		PETS	03/04/2015
8	Bratislava - Photos of Travel Sites 2015	3.8 MB		TRA	03/04/2015
9	Bratislava - Pre-Arrival Packet 2015	1.9 MB		WEL	03/04/2015
10	Bratislava - Security Assessment in Slovakia 2015	162 KB		SEC	03/04/2015
11	Bratislava - STATE Magazine Post of the Month - April 2008 (Reviewed 2015)	1.1 MB		NEWS	03/04/2015
12	Bratislava - Technology Survey 2015	386.6 KB		TECH	03/09/2015
13	Bratislava - TM3 Welcome Cable 2015	141.5 KB		TM3	03/09/2015
14	Bratislava - What to Bring 2015	70.8 KB		WEL	03/09/2015
15	CultureGrams	103.5 KB		CUL	10/04/2011

1 Select the Documents tab.

2 Click the checkboxes next to the document titles you wish to send. To view a document, click on the document title.

3 Click the Email Selected Files button.

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January 25 (Wed) (until 7:00 pm)	
January 26 (Thu) (until 7:00 pm)	
March 9 (Thu)	March 11
March 23 (Thu)	March 25
July 13 (Thu)	July 15
July 26 (Wed) (until 7:00 pm)	
July 27 (Thu) (until 7:00 pm)	
September 7 (Thu)	September 9
September 21 (Thu)	September 23



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- 4 Personal Post Insights are automatically included. Uncheck this option if you don't wish to include PPIs.

- 5 Click the Send button to email the documents.

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<input checked="" type="checkbox"/>	10	Bratislava - Security Assessment in Slovakia 2015	162 KB		SEC	03/04/2015
<input checked="" type="checkbox"/>	11	Bratislava - STATE Magazine Post of the Month - April 2008 (Reviewed 2015)	1.1 MB		NEWS	03/04/2015
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