



CHECKLIST FOR OVERSEAS EMPLOYMENT

The checklist below will help you maintain and/or develop your career goals as you transition to a new post overseas.

Update Your Resume

- IFF affiliated with Department of State, contact the **Career Development Resource Center (CDRC)** at CDRC@state.gov. Make an appointment for individual resume counseling.
- Enroll in **Post Options for Employment Overseas (MQ 703)**. Course dates are available on FSI's Transition Center web site.

Obtain a Copy of Family Member Employment Report (FAMER) for your post

- The **FAMER** is a snapshot of employment available both inside and outside the mission.
- Ask your sponsor to download it from the Department of State intranet site or contact FLOAskEmployment@state.gov for a copy.

Explore Training Opportunities for Foreign Service Family Members

- Valuable professional training options include enrollment in the Foreign Affairs Spouse Teacher Training Project (**FAST-TRAIN**) sponsored by George Mason University, enrollment in online courses through the **Foreign Service Institute**, and **Manpower Inc.**, and programs like the **Professional Development Fellowships**.
- Contact FLOAskTraining@state.gov for more information.

Explore the Global Employment Initiative

- **GEI** is designed to help family members with career development and identification of employment opportunities overseas, mostly within the local economy.
- Check the FLO website & email us at FLOAskEmployment@state.gov to see which of the GEI services are offered at your post and whether it has a bilateral or de facto working agreement with the United States.

Network!

- Contact the **Community Liaison Coordinator (CLO)** at post, the CLO is a great source of information on employment both inside and outside the mission.
- If interested in GEI, **Global Employment Advisors (GEAs)** can assist you in your overseas job search and point you in the right direction for added resources and networking contacts.

Last, but not least, please share your experiences and give us your feedback. Send us an email at FLOAskEmployment@state.gov so we can give other family members the benefit of your insight.

Helpful Links - [Working on the Local Economy](#), [Training Opportunities for Foreign Service Family Members](#)