



# Frequently Asked Questions

## REST & RECUPERATION

Q

**May I go to another location than the official Rest and Recuperation (R & R) destination?**

A

When the UN provides free transportation to the official R & R destination and the staff member decides to travel to an alternate destination, it will be at the staff member's own expense. When free transportation is not provided, if you choose to travel to a location other than the official R & R destination, the Organization will pay the lower of either (a) the cost between the duty station and the official R & R destination or (b) the cost between the duty station and the place to where you have chosen to go for R & R.

**>Open the Rest & Recuperation HR Factsheet**

Q

**How does annual or other types of leave affect the rest and recuperation cycle?**

A

Rest and recuperation must be taken within one month following the completion of the period of uninterrupted qualifying service.

The period of qualifying service starts counting from your date of arrival at the duty station, **or** from the date of return from last rest and recuperation, **or** from the date of return from any leave that has interrupted the qualifying service.

Any absence of more than three working days—on annual leave, sick leave, family leave, family visit travel, home leave, or official business travel combined with annual leave/special leave—interrupts the period of service.

Q

**Does the rest and recuperation scheme apply to non-family duty stations?**

A

Rest and recuperation is due only at duty stations designated for payment of rest and recuperation. The frequency of rest and recuperation depends on the duty station where you are serving:

- 1) Every 6 weeks in extremely dangerous locations and war/conflict areas
- 2) Every 8 weeks at all non-family and restricted duty stations
- 3) Every 12 weeks at duty stations with a high level of hardship (D or E).

**>Open the current list of duty stations designated for rest and recuperation**