

Your Survival and Happiness Kit for Expatriate Living and Relocation Overseas



An Awesome New Life How to Be Happy and Successful Abroad: Your Survival and Happiness Kit for Expatriate Living and Relocation Overseas

by Fodor's Travel Guides

★★★★☆ 4.6 out of 5

Language : English
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Screen Reader : Supported
Enhanced typesetting : Enabled
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Moving overseas as an expatriate can be a daunting experience. You're leaving behind your familiar surroundings, friends, and family to start a new life in a foreign country. It's no wonder that many expats experience feelings of culture shock, loneliness, and homesickness.

But it doesn't have to be that way. With the right preparation, you can adjust to your new home and thrive as an expat. This survival and happiness kit will provide you with everything you need to make your move a success.

Before You Go

There are a few things you can do before you even leave your home country to make your transition easier.

* **Research your destination.** Learn as much as you can about the culture, customs, and way of life in your new country. This will help you to avoid culture shock and make it easier to adjust. * **Learn the language.** If you don't already speak the language of your new country, start learning it as soon as possible. This will help you to communicate with locals and make friends. * **Build a support network.** Reach out to other expats in your new country and make friends with locals. Having a support network will help you to feel less alone and make the adjustment easier. * **Pack wisely.** Bring only the essentials and leave room for souvenirs. You can always buy things you need once you arrive. * **Be prepared for culture shock.** It's normal to experience culture shock when you move to a new country. Be patient with yourself and give yourself time to adjust.

When You Arrive

Once you arrive in your new country, there are a few things you can do to make the adjustment easier.

* **Get organized.** Find a place to live, set up your bank account, and get a local SIM card. This will help you to feel more settled and in control. * **Explore your surroundings.** Get out and explore your new neighborhood. Visit local landmarks, try new restaurants, and meet new people. This will help you to get to know your new home and feel more comfortable. * **Join clubs and activities.** Joining clubs and activities is a great way to meet new people and make friends. It can also help you to learn about your new culture and integrate into the community. * **Stay connected with home.**

Keep in touch with your friends and family back home. This will help you to feel less homesick and stay connected to your roots.

Staying Happy and Healthy

It's important to take care of your mental and physical health when you're living overseas. Here are a few tips:

* **Eat healthy.** Eat plenty of fruits, vegetables, and whole grains. This will help you to stay healthy and energized. * **Exercise regularly.** Exercise is a great way to reduce stress, improve your mood, and stay healthy. * **Get enough sleep.** When you're tired, you're more likely to feel stressed and homesick. Make sure to get enough sleep so that you can function at your best. * **Take care of your mental health.** If you're feeling overwhelmed or homesick, talk to a therapist or counselor. They can help you to cope with your emotions and develop strategies for staying happy and healthy.

Moving overseas as an expatriate can be a challenging but rewarding experience. With the right preparation and support, you can adjust to your new home and thrive as an expat. This survival and happiness kit will provide you with everything you need to make your move a success.



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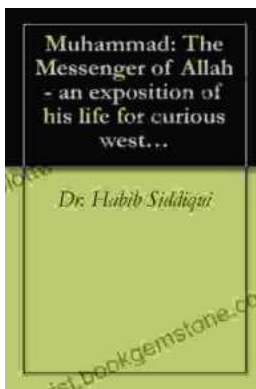
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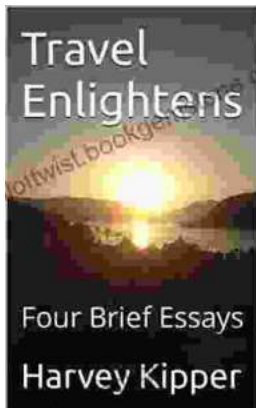
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