

Contents

Introduction.....	4
Before You Go.....	4
Finding Overseas Employment.....	4
DFAIT Youth Initiatives.....	5
Evaluating Job Offers.....	5
Learn About Your Destination.....	6
What Documents Do You Need?.....	7
Passport.....	7
Visa.....	8
Work Permit.....	8
Alien Registration Card.....	8
International Driver's Licence.....	8
Dual Citizenship.....	9
Health-Related Issues.....	9
Vaccinations.....	9
AIDS.....	10
Medication.....	10
Pregnancy.....	11
Health Insurance.....	11
Other Insurance.....	12
Regulations for Pets.....	12
Practical and Financial Issues.....	13
Money Matters.....	13
Planning Your Finances.....	13
Taxes.....	13
Mail.....	14
Shipping Your Belongings.....	14
Canadian Customs and Border Services.....	14
Personal Issues and Concerns.....	14
People with Special Needs.....	14
Women Working Abroad.....	15
Preparing Your Family for the Move.....	15
Moving Overseas with Children.....	15
Language Training.....	16
Culture Shock.....	16