

electrical appliances. Ask if your employer will partially or fully cover the costs of moving your belongings or provide you with essential items when you arrive. Make an inventory of the household effects stored and shipped.

As well, find out ahead of time what you are allowed to take with you. Most countries have stringent import controls.

Avoiding Customs Difficulties

Before going abroad with valuable items, you can take advantage of a free identification procedure at any Canadian customs office. This service is available for items that have serial numbers or other unique markings. Alternatively, in certain circumstances, customs officers may apply a sticker to an item to give it an accounting number.

Jewellery often has significant value and can be difficult to identify. To make it easier to re-enter Canada with jewellery, contact your nearest customs office to find out the steps you should take to identify items of jewellery prior to your departure.

Personal Issues and Concerns ***People with a Disability***

Many countries do not provide access for people in wheelchairs or make allowances for those with

special hearing, sight or other physical requirements. For more information, refer to the Frequently Asked Questions section of our Web site, check the Canadian Transportation Agency Web site or talk to others who have lived in your host country in the past.

Canadians with disabilities who hold a valid parking permit in Canada may take their permit with them for use in any of the 48 member and associate member countries of the European Conference of Ministers of Transport (ECMT). Be sure to check with local authorities there to determine entitlement. For more information, consult the ECMT or Transport Canada Web site.

Women Working Abroad

If you are a woman planning to work overseas, find out everything you can about the culture and customs, and the role of women, in the country concerned. Knowing what to expect will help you prepare yourself.

Unfortunately, the possibility of a sexual assault is a reality in all countries. If this happens to you while you are abroad, you should immediately seek the assistance of the nearest medical and police authorities. The Canadian consul can:

- assist in reporting the crime to the police;