

travel for people with special needs. Check your local library or bookstore or contact the Canadian Transportation Agency.

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 in which you will be working. Knowing what to expect will help you prepare yourself. For practical advice specifically of interest to women going overseas, obtain a copy of DFAIT's booklet *Her Own Way: Advice for the Woman Traveller*.

Preparing Your Family for the Move

Researching the country's customs, culture and history before you leave Canada will make your overseas experience more meaningful and will enable you to better prepare yourself and your family for different living conditions abroad. In addition to using library and Internet resources, contact the National Film Board to borrow videos that you and your family can watch together. Also, use the informal network of friends, co-workers and other people who can offer specific advice about living overseas and adjusting to life in a new country.

Moving Overseas with Children

Immigration authorities in most countries, including Canada, are vigilant about documentation for children crossing international borders. Unless a child has a valid Canadian passport or is accompanied by both natural parents, he or she needs special documentation in addition to proof of citizenship.

If only one parent is escorting the child, notarized consent from the other parent must be presented, in addition to a copy of any separation or divorce decree. This consent is required even if the separation or divorce documents award custody of the child to the accompanying parent.

If you have school-age children, education is probably the most significant issue you will need to consider. It is important that you secure appropriate schooling for your children before leaving Canada. You can make your children's adjustment to a new culture easier by getting them actively involved in extracurricular activities or sports, where they can make friends and feel more a part of their new surroundings.

Working abroad can put an added strain on family relationships. If you are moving to another country with your child and there is a possibility