

- pack everyone's favourite oddments carefully and separately from the bulk of your goods (label the box)
- take a few small favourite things in your accompanying luggage for yourself, your spouse and the children, they help to ease the first few lonely weeks
- leave a list of sizes, favourite colours and brands with people who will be sending you parcels, and don't forget to update it regularly for the kids; some stores will do this service for you
- take another list of sizes with you for those people to whom you will be sending parcels back in Canada
- let everyone know where you are going and what your new postal address will be; they can't write to you if they don't know where you are
- resolve to be a regular correspondent and take all the addresses including the postal code- don't forget your doctor and your dentist.
- if you have special things you or your family use to celebrate occasions - Christmas ornaments, special candles, spices for special recipes, pink ribbons for birthday parties, party decorations of a certain colour or type, charms for holiday cakes, heart moulds for Valentine's Day - buy extras and take them along
- take along the necessities for children's parties if you are in the habit of giving them and your children want things the same each time
- take time to properly make your farewells, see that the rest of the family does the same
- visit everyone you can; if you can, visit some of the places you will miss, such as parks, theatres, restaurants, churches, scenic drives around the city
- realize that you will all suffer some sadness and sense of loss, but that it will pass in due time

ii. Cross Cultural Adaptation

Culture shock, culture clash, and culture gap all mean the same thing. People experiencing it feel up a creek without a paddle. Crosscultural adaptation is the process of acquiring the paddle.