

overseas. It also provides general assistance by telephone, correspondence and counter service, and looks after all non-resident tax withholding accounts.

You may also wish to consult a private financial planner, who can provide advice and guidance on such matters as contributing to Registered Retirement Savings Plans (RRSPs) and the Canada Pension Plan (CPP) while you are abroad.

Mail

If you are overseas for an extended period, you can arrange to have your mail sent to a post office box or, where possible, to the nearest Canadian government office abroad. In the latter case, the office will hold on to letter-size mail (not parcels) for you to pick up in person. This mail cannot be forwarded to another address.

Shipping Your Belongings

Shipping your goods and household effects to another country can be costly. Find out what you need to take and ship only what you will not find locally. Ask if your employer will partially or fully cover the costs of moving your belongings or provide you with essential items when you arrive.

As well, find out ahead of time what you are allowed to take with

you. Most countries have very stringent import controls.

Canadian Customs and Border Services

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, if you request it, customs officers can apply a sticker to any item and give it a serial 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 Special Needs

Many countries do not provide access for people in wheelchairs or make allowances for those with special hearing, sight or other physical requirements. Contact your local access organization or talk to others who have lived in your host country in the past. There are also several guides published about international