

### ***Preparing for Your Return Before You Leave***

Before you leave Canada, it is a good idea to assess how working abroad fits into the context of your career and life goals. Bear in mind that, after living overseas, returning to Canada can be difficult and stressful. Coming home can make some people feel very unsettled and can even lead to depression.

If possible, make some preparations for your return before you leave. For example, if you already have a job in Canada, you might want to ask about taking a leave of absence. If you are planning to return to college or university, make sure that you have all the necessary forms with you or arrange to have them sent overseas, so that you do not miss application deadlines. Keep in mind that maintaining a strong support network in Canada while you are abroad is likely to make coming back much easier. Trying to envisage your return before you have even left may seem unnecessary, but a little advance planning could go a long way toward easing your return.

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## **WORKING ABROAD**

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### **Registering at a Canadian Government Office Abroad**

It is recommended that you register at the nearest Canadian government office abroad. This will help us contact you in case of an emergency. Registration is voluntary, and the information you provide is protected and used in accordance with the provisions of the Privacy Act. You can register on-line ([www.voyage.gc.ca/main/sos/rocapage-en.asp](http://www.voyage.gc.ca/main/sos/rocapage-en.asp)).

In countries where Canada has no direct representation, there may be arrangements in place for you to register with another country's embassy or consulate. For instance, Canada has a formal reciprocal agreement with Australia.

### **Consular Assistance**

Canadian government offices abroad are ready to help you in case of an emergency. In some instances, there may be a fee for services.

Consular staff can:

- contact your relatives or friends and ask them to send you emergency funds, at your request;
- help you during emergencies such as natural disasters and civil or military uprisings;