

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 inquire about taking a leave of absence. If you are planning to return to college or university, make sure that you have all the necessary applications and 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 forward planning could go a long way towards easing your return to Canada.

## Working Abroad

### *Registering at a Canadian Mission*

If you plan to stay longer than three months in a country, it is recommended that you formally register at the nearest Canadian mission. This will make it easier for you to be contacted in case of an emergency or crisis. Registration is voluntary, and the information you provide is not shared with any other Canadian government department. Registration is not usually available in the countries of Western Europe, Japan, Australia, New Zealand and the United States.

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*

Canada's missions abroad are ready to help you in case of an emergency. In some instances, there may be a fee for services.

What can they do for you?

- They can contact, at your request, your relatives or friends and ask them to send you emergency funds.