

## 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.

## Canada Customs

Before going abroad with valuable items, you can take advantage of a free identification procedure at any Canada Customs office. This service is available for items that have serial numbers or other unique markings. Alternatively, if you request it, Customs 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 reenter Canada with jewellery, you should 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 travel for people with special needs. Check your local library or bookstore or the Canadian Transportation Agency Web site (<http://www.cta-otc.gc.ca>).

### 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*. See page 25 for details on how to order this publication.