

SISTER TO SISTER EXPAT ADVICE

SHARE YOUR EXPERIENCES

SHOULD I DROP EVERYTHING AND JUST MOVE ABROAD?



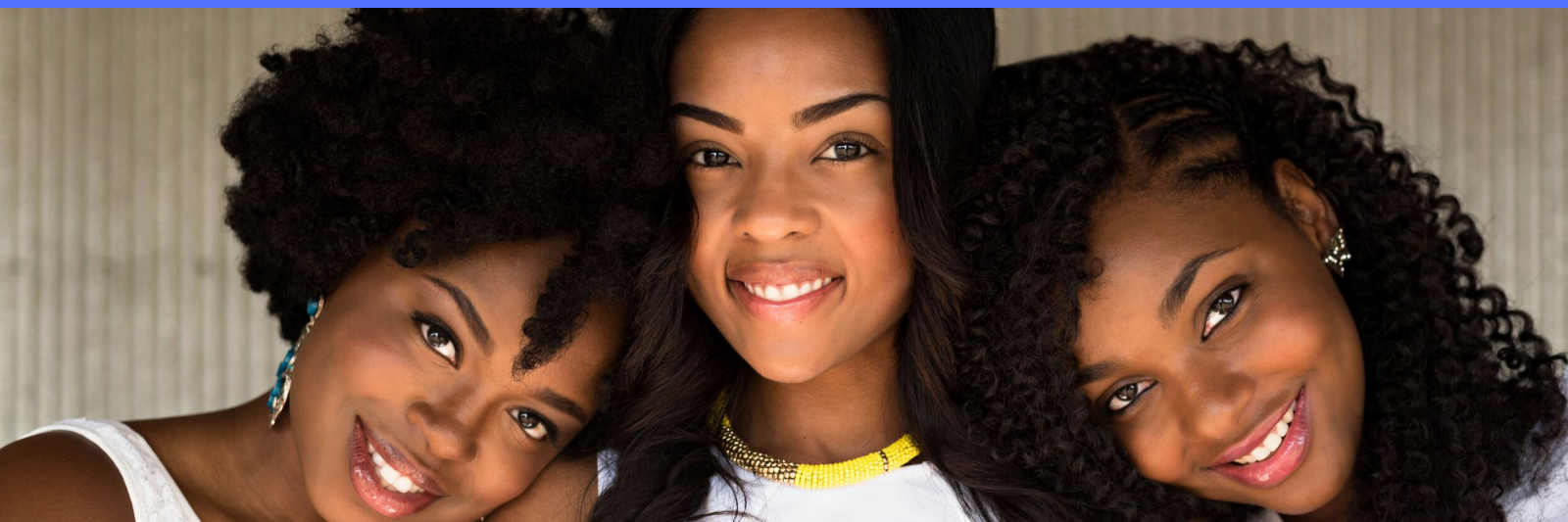
"Yes! Get all your affairs together and just do it, for at least two years" - Angela, Saudi Arabia

Don't hesitate or overthink it. If the feeling hits you. Go with it! Take inventory of your personal, financial and lifestyle goals. Understand the difference between your wants and needs and GO! Ride with your faith and don't worry about having a backup plan. Having a back up plan may give you a false sense of security -thus taking away from the experience that awaits.

HOW CAN I MAKE A LIVING ABROAD OTHER THAN WORKING FOR A COMPANY?

"Try turning your hobby into a way to make money," - MonToya, Saudi Arabia

Living abroad can offer experiences you wouldn't otherwise have in your home country. If you are moving without a job lined up, take an inventory of your skill set. Understand the market you are entering. Research the going rates for the business or service you will provide. The digital nomad lifestyle and social media fame are trending, as possible gateways to achieving a global lifestyle. However, you will want to develop a solid income-generating strategy.



WHAT HAVE YOU LEARNED ABOUT YOURSELF, SINCE MOVING ABROAD?

"I am capable of doing anything I put my mind on..." - Shuron, Saudi Arabia

Moving abroad means adjusting to a cultural and emotional learning curve. Many women are challenged by everything from sexism to discrimination and micro-aggression. It's not much different from your home country, but dealing with these aspects of life are compounded by the dynamics of your new community. Living under such pressures will force you to learn some new things about yourself. It's actually quite exciting.



HOW DO I DEAL WITH CULTURE SHOCK?

"Try to learn as much as you can about the other culture." MonToya, Saudi Arabia

Culture shock is real. There is no limit to how long it will last or the effects it will have on you. Accept the excitement, frustration and occasional depression that may arise. If you become bored, start isolating or retreating from people, seek professional help. Light culture shock is to be expected and can be addressed by journaling. Write down the things you like about your new community and frequently revisit this list. Engage in your new community by finding a social group, that is enjoying an unknown aspect of the community.



Expat Divas

Supporting, Uplifting &
Resourcing Black Expat
Women

Contact:
expatdivas.info@gmail.com

WWW.EXPATDIVAS.COM

COURSES
STARTING SOON



SISTER TO SISTER EXPAT ADVICE

SHARE YOUR EXPERIENCES

DATING ABROAD- SHOULD I DO IT?

"Of course. Remember the rules of engagement may be different and you have to adjust." - Taiwana, Vietnam



Yes, yes and yes. Like anywhere in the world, precautions should be taken with both expats and locals. Just because you share a perceived commonality with an expat doesn't mean they have your best interest at heart. There are countless stories of women dating men, they had no idea were married. The same goes with the locals. Take time to get to know your surroundings and cultural differences. You want to know as much as you can about the people with whom they associate. Foreigners can be prime targets for people seeking refuge, escape or financial security. Date, but date with your eyes wide open.

WHAT IS THE MOST DRAMATIC LIFESTYLE CHANGE YOU HAVE EXPERIENCED?

"Being able to access cost effective health & beauty services easily - Cordelia, UAE

A lifestyle change is inevitable. It will range from mild to dramatic -this is the beauty of living abroad. Try not to export your home-country lifestyle to your new community. Challenge yourself to adopt the nuances of the local lifestyle. Observe locals and take notice of how they navigate the city/country. Reduce the amount of time you spend with expats. This will help you adjust to your new life.



WHAT PRACTICAL ADVICE CAN YOU OFFER?

Embrace the woman that you are becoming or have become. Learn about what you like and dislike along the way. This helps define who you are. Find your passion as you go through this journey.." - Shuron, Saudi Arabia

Be prepared for the differences. Try not to get annoyed or bothered by the drastic differences. Living in a foreign country means adapting to differences in public behaviors, social norms, bathroom procedures, level of cleanliness, personal space, order, punctuality, food safety, customer service, just to name a few.



WHAT DOES IT FEEL LIKE TO BE A BLACK WOMAN ABROAD?

"Hard to say. I'm a woman who is black living her best life. Setting my own rules and not letting convention define me.." - Roxanna, Mexico



Living black abroad is filled with many pleasing surprises. Owning the skin you're in, can prove to be a momentous feat, depending upon where you are in the world. The world does not always see us, as the empowered women we are. However, as more black women continue to venture out into the world, the more the world grows to understand us. Stereotypes fall by the wayside, giving room to the formation of genuine cross-cultural relationships form.

Expat Divas

Supporting, Uplifting &
Resourcing Black Expat
Women

Contact:
expatdivas.info@gmail.com

WWW.EXPATDIVAS.COM

COURSES
STARTING SOON



SISTER TO SISTER EXPAT ADVICE

SHARE YOUR EXPERIENCES

I'M A SINGLE MOTHER, WHAT SHOULD I BE AWARE OF WHEN BRINGING MY CHILD WITH ME?



"It's you and your child...you may not have a village of support and that can be a challenge." - Roxanna, Mexico

Bravo! Mom. Introducing your child to life abroad is an amazing idea. To prepare for the transition, seek assistance from an attestation service. For the visa process, you will need your child's birth certificate, valid passport, vaccination records and updated child support orders - stating that you have the legal right to take the child out of the country. Seek legal assistance if necessary.

IS IT EASIER TO SAVE MONEY LIVING ABROAD?

"Don't forget to save an emergency fund. It's tempting to splurge on experiences/travelling on to other countries." - Connie

Your ability to save money abroad is going to depend upon your salary, local cost of living and debts back home. Avoid obtaining any new debt abroad, like credit cards or bank loans. If you are fortunate to have housing included in your contract, paying off debt and saving is a reality. Just be careful to avoid the "travel trap" or the "I've got extra money trap."



HOW DO I COMBAT THE FEAR AND ANXIETY OF MOVING ABROAD?

Embrace the woman that you are becoming or have become. Learn about what you like and dislike along the way. This helps define who you are. Find your passion as you go through this journey." - Shuron, Saudi Arabia

Having a bit of fear is natural. Do your best to create a routine in your new community. Engage with people who enjoy similar activities. Talk about it. Write about it. Is it the location? Or is it about being away from the comforts of your home life? If the feeling becomes overwhelming, reassess your goals and take steps towards deciding if expat life is right for you.



HOW SHOULD I PREPARE FOR INTERNATIONAL JOB SEARCH?



"Sign up for job sites looking for expats and connect with other expats." - Ty, China, Malaysia, Saudi Arabia

Take career inventory. Be clear about where you are in your career. Are you entry-level, mid-level or professional? Understand your career goals. Entering the international job market means increased competition. You will need to be able to demonstrate your abilities. Do a bit of research about the expected qualifications, certifications and requirements within your field. To be sure your CV is "international ready," update your CV to reflect the international market to include travel experience, languages and cultural exchanges.

Expat Divas

Supporting, Uplifting &
Resourcing Black Expat Women

Contact:
expatdivas.info@gmail.com

WWW.EXPATDIVAS.COM

COURSES
STARTING SOON

