

## TIPS TO HELP YOU SETTLE ABROAD

Moving your life to a new country is an exciting prospect, but it can also be an overwhelming experience. These feelings can be intensified by language barriers and unfamiliar local customs in your new 'home'. However, there are ways to ease the transition to bring a greater sense of belonging over time.

Thousands of our colleagues have made international moves themselves, so we asked them to share insights that they've discovered along the way.

1. Singapore-native Betty encourages all new residents to **learn some basic words and phrases**. For new Singapore residents, this includes the 'Singlish' (Singapore-English) word: *Chope* – the custom of using tissue paper to reserve a seat in a restaurant which can stop your food getting cold. *"Learn the local language, not only to connect with the community, but as a way to integrate into the culture and feel more independent too. The effort to do this will show immense respect to your new friends and neighbours."*
2. Vincent, originally from the Netherlands, suggests anyone moving to the UK to **join a walking group and explore the country's vast range of outdoors activities**. *"A walk through the urban streets of a new city can help you orientate yourself as you develop a stronger sense of your new surroundings; or, if you prefer wild landscapes, immersing yourself in nature can bring peace and tranquillity."*
3. Sophia has lived in six cities around the world and considers herself a true International citizen. Her advice to anyone moving abroad is to embrace the food culture **to understand the local customs**. *"Food is a universal language and represents a country's ethos. Trying local delicacies can introduce you to traditions, while also showing respect and appreciation for your host country."*
4. The number-one top tip from Australian-native Belinda, is to **visit the stunning beaches and national parks** in Sydney to help you settle in down-under. *"They are a gateway into a country's beauty and history and present an opportunity to bond with locals and visitors who share a passion for the outdoors."* Belinda recommends visiting Bondi, Manly and the Royal National Park.
5. Rana has lived in Egypt, the UK and Spain before settling in the UAE. She encourages anyone moving to the UAE with children to **live in close proximity to the school**. *"Not only does this offer obvious convenience, but also the chance for community involvement, so you can foster new friendships independently and in conjunction with your child's school and extracurricular activities"*.

Feeling like you belong – a sense of inclusion in the location where you live – is an essential aspect for wellbeing and peace of mind. It may feel uncomfortable at first to meet new people but give it time and be kind to yourself – experts say that it can take up to a year to fully settle into a new location.

With an open-mind and proactive approach, moving abroad can be a transformative experience that enriches your life in ways you never thought possible. These tips won't be the whole solution, but they may help ease you into a new location.

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