

MARKETPLACE

# Moving Abroad Checklist



## MARKETPLACE

**We are all about bringing the hope of Jesus where few or none have heard.**

**We want to empower you to go abroad—even if you go it alone or get sent by another organization—because we're passionate about the Great Commission.**

If you want to be sent by your Alliance church, or you're an Alliance church that wants to send a marketplace worker, get in touch with us at [goglobal@cmacan.org](mailto:goglobal@cmacan.org)



## MARKETPLACE

### 1 Research

- Choose a city or country you'd like to live and do some research.
- Learn some phrases in the local language—the more, the better!
- Research the culture, the religion, and cultural customs.
- Research visa requirements.



### 2 Find an international job

#### Online job portals

We recommend starting with [Scatter Global](#) | [Business as Mission](#) | [Tura Group](#) | [Monster.ca](#) | [Indeed.com](#) | [Career Jet](#) | [CEO Worldwide](#) | [Teach Away](#) | [Tie Online](#) | [Linkedin](#)

#### Look for international opportunities

- If your current employer has international offices, request a transfer.
- Apply for Canadian companies with overseas offices.
- Teach English or French abroad.
- Work as a translator.



### Find jobs through networking

- Connect with ex-pat communities on social media by searching for “ex-pat in (country or city)” or “Canadians in (country or city)”.

Finding groups like these might lead to jobs and will be helpful support groups when you live abroad too!

### Prepare your resume

- Is your resume country-specific or company-specific?
- Tailor your resume to the country or region you’re applying.
- Are you writing a cover letter for each application submitted?
- Is your resume Applicant Tracking System friendly? (Do automated application processes “read” it well?)
- Is your resume well organized and easy to read?
- Is your resume an appropriate length for the country or region?
- In your cover letter, be sure to highlight your personality and why you’re a good fit for an international position.
- Have you spoken with potential professional references and have their contact information on hand?
- Consider hiring a coaching or consulting service to help you prepare, such as [scattercoaching.com](http://scattercoaching.com)



## 3 Social Media

Make sure your social media presence supports your chances of getting jobs abroad. It might be time for a social media hygiene check.

- Do your posts contain political posts or posts that would be offensive in your host culture?
- Is your personal social media presence culturally sensitive?
- Are your personal profiles set to private or public?
- Do you have a profile on the social media network that is popular in your host country?
- Are you using a professional network like LinkedIn?
- Delete content, posts, or pictures that may cost you opportunities to work abroad.



### LinkedIn Tips



- Use a professional profile picture.
- Have you received recommendations or endorsements from coworkers, past or present? The easiest way to get endorsements is to give them to others.
- Make sure your LinkedIn is more than a copy and paste of your resume.
- Take some time to complete LinkedIn Skill Assessments—data suggests that people with verified skill badges are 30% more likely to be hired than those without them.

## 4 Visas

Before you move abroad, research your visa options. If your employer sponsors you, they will provide a visa. If your plans or employment situation changes while you're abroad, being able to answer the following questions will help save you some pain later:

- How long is your visa valid?
- Is your visa renewable?
- How many times can it be renewed?
- Can your visa be renewed in-country, or do you have to leave to renew it?
- Can the visa you're applying for lead to permanent residency or citizenship? (Do you want to pursue either? Some visas restrict paths to citizenship.)
- Does the visa restrict your work hours, industry, or employer?
- Does your visa give access to services like healthcare, maternity leave, or unemployment?
- Does your visa restrict specific activities like classes, workshops, or education?
- How much do the visa fees cost when you apply or reapply?
- Do you have multiple copies of all the necessary paperwork to apply for or renew your visa? (For example, notarized documents, affidavits, or police security checks for countries in which you lived previously?)
- Does your host country require a medical check or health certificate for the visa process?



## 5 Finances

### Cost of living

Research the cost of living in the country where you'd like to live. Have a number in mind that you'll need to meet your expenses when applying for jobs.

- Use cost aggregators like <https://www.numbeo.com> to start your research for the cost of living expenses in your host country.
- If you have a specific place in mind, use social media and search tools to find information unique to your context—for example, realtor sites for local rent postings.

### Make a budget

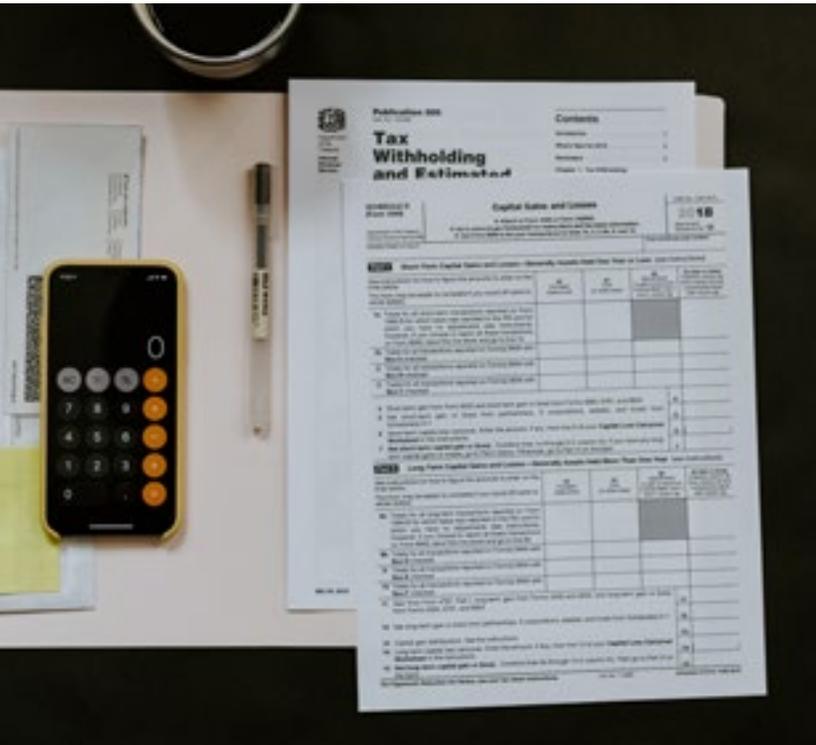
- Build an emergency fund into your plan. You might have to make an emergency trip home, and you don't want to be stranded abroad.
- Understand how your employer will pay you before you start. For example, some cultures pay an entire month's salary at the beginning of the month.

### Banking

- Notify your bank and credit card provider that you will be living abroad.
- Update your mailing address with the bank.
- Set up paperless statements.
- Apply for a *no foreign transaction fee* credit card (many foreign banks will not offer credit cards to foreign nationals because you have no credit history in your host country).
- Research how you can wire money to your home bank.
- Ask if your bank has a relationship or partnership with a foreign bank in the host country.



- If you have two-factor authentication, make sure you can access it abroad. You might not be able to receive text messages internationally—or even if you can accept international text messages, the bank may not be able to send international text messages.



## Subscriptions, bills, and mail

- Make a list of known utility bills and plan to turn them off and settle payment.
- Set up automated payments on bills you might need to pay while abroad.
- Check your subscription's terms of use. Some services may be restricted to Canada only (e.g. Amazon Prime video will not work abroad).
- Research whether your subscriptions will work with a VPN or cancel services before you go!
- Set up mail forwarding or change your address on all bills to a friend or family member you trust. You might receive an unexpected bill or financial obligation.

## Taxes

- Before moving abroad, research your tax obligations because every country has different tax laws for foreign investments.
- Is there a tax treaty between your two countries?
- In which country are you required to file taxes?
- What foreign income is eligible for taxation?
- Do you need to pay VAT?
- Does your new country have a wealth tax?
- Are you making taxable investments in your home country while abroad (pensions, rental payments, dividends, capital gains, interest, etc.?)
- Are there tax implications for investing money abroad, especially in tax-deferred accounts?

- What taxes are you or your employer responsible for paying?
- Are you eligible to contribute to a pension fund in your new country? Can you opt out of contributions?

### Insurance

- Purchase travel insurance because you may miss a flight, a bag will get lost, or a travel delay could result in an unexpected quarantine.
- Check your current insurance policies (health, travel, life, and car) and make sure that you comply with the rules of existing policies.
- Purchase health insurance with international coverage.



## 5 Internet Services

Some online services or websites might be restricted in your host country. Consider signing up for and downloading the following services before you go:

- Sign up for a VPN (virtual private network) to access your accounts securely or retain access in countries that block services like social media, email providers, etc.
- Sign up for a VoIP (Voice over Internet Protocol) phone number in your home country so family members can call you easily.
- Sign up for an email newsletter service or set up a blog so that you can keep in touch and easily update friends and family.
- Register for an account with social media services that are popular in your host country—as you meet new people, you can connect with them from the moment you arrive!
- Find and download language translation software that you like. Some countries block access to Google Translate, or you might not have constant internet access.



## 6 Medical

- Check to see what health tests or vaccinations your host country requires.
- Keep your prescriptions in the original bottle, or border agents may confiscate them.
- Talk to your doctor about any medicines you are on and ask for a list of alternatives in case they aren't available in your host country.
- The medication you're on may not be legal or available in your host country, so plan accordingly.
- If possible, get an electronic copy of your medical records so you can provide them to a doctor in your host country.
- Before you go, schedule any final check-ups, dental cleanings, etc.

## 7 Packing List

Your packing list can be broken down into three categories: documents, lifestyle, and self-care.

Research your host country. Some items will be cheaper to purchase in your host country; other items might be difficult to find or much more expensive than at home. Packing space, baggage fees, and shipping costs put real limitations on what you can bring. Start downsizing as early as possible and plan what you will bring from home and buy abroad.

### Downsize before you go

Don't wait until the last minute to unload all your belongings. As you prepare to leave, start decluttering and downsizing.

### Tips for downsizing

- Make an itemized spreadsheet of all your belongings.
- Categorize your belongings into four categories: keep, sell, donate, storage.

On your spreadsheet, work backwards from your move date to decide which items you need until the last minute, and which items you can unload earlier.

### Documentation

- Birth Certificates
- Adoption papers
- Child custody papers
- Divorce papers
- Social insurance card
- Proof of citizenship
- Drivers license





- University transcript and diplomas
- Employment records
- Proof of residence
- Job offer letter
- Tax documents
- Immunization records, medical records, dental records
- Living will and testament
- Insurance cards/policies
- Marriage license
- Police/Security check (RCMP and local police)
- Professional licenses or certifications
- Make official copies of all documentation and leave them with a trusted friend
- Create electronic copies of all your documentation for your reference

- Extra Passport photos—you can never have enough passport photos. Research what sizes of passport or visa photos your host country uses! Visas and passports often have different size requirements. It's easier to get them ahead of time than desperately needing to find a passport photo shop in your host country.
- Bring an itemized list of everything you packed in case immigration agents ask.

## Lifestyle

- Adapter plugs (check the voltage range on your electronics before using).
- Bring clothes (and shoes!) that make sense for the context you'll be living in—it might be very expensive or difficult to find clothes in your size (or to your taste) in some countries.
- Your electronics or appliances may not be compatible abroad; decide what to bring with you and what to buy in your host country. If the power grid is different, and your electronics have a motor (like a hairdryer), plan to purchase a new one abroad.



## Self-care

Moving abroad can be hard. Packing some self-care items help during times when you feel homesick or culture shock.

- ❑ Snacks—bring some snacks that remind you of home. They'll be a nice treat a few weeks into your transition if you're culture-shocking. Just make sure they won't get caught and forfeited by customs because of restrictions on allowed food before you go.
- ❑ Sentimental items: photos, books, movies, and things that remind you of home, family, or friends. Make your new living space feel like home!

## 8 While you're abroad

### Documentation

If you decide to pursue permanent residency or citizenship during or after your time abroad:

- If you live anywhere for more than six months—before you leave—make sure you get a local police security clearance to officially document you have committed no crimes while abroad. It's *much* easier to get while you're there than try to get it from another country later.
- Keep an electronic spreadsheet of dates, durations, and destinations of your time abroad. If you ever decide to immigrate, you'll be grateful you kept a record because many countries require this information for permanent residence or citizenship.

## 9 Helpful resources

*This section is alphabetized by topic.*

### **Background screening**

- [myBackCheck.com](https://mybackcheck.com) allows you to get your own background check online

### **Cost of living Calculator**

- <https://www.numbeo.com>

### **COVID-19 travel news**

- <https://covid19.keytravel.com/>

### **Email newsletter providers**

- <https://www.benchmarkemail.com/>
- <https://www.mailerlite.com/>
- <https://mailchimp.com/>
- <https://www.omnisend.com/>
- <https://www.sender.net/>
- <https://www.sendinblue.com/pricing/>

### **Flights**

- To get a quote on your trip, group or individual, please contact your Raptim Humanitarian Travel expert. Email [wepartner.na@raptim.org](mailto:wepartner.na@raptim.org) or call 1-800-667-5559 (toll free).

### **How to write a resume for working abroad**

- <https://medium.com/resume-cover-letter-tips/resumes-from-around-the-world-how-to-write-a-resume-for-working-abroad-647c3ac0ab9>

### **Insurance**

- <https://www.raptim.org/arranging-travel-insurance-for-humanitarian-travelers/>

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Need help? Get in touch:  
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## Learn a new language

- <https://www.cambly.com/>
- <https://www.duolingo.com/>

## Linkedin profile tips

- <https://www.linkedin.com/business/sales/blog/profile-best-practices>

## Registry of Canadians abroad

- Allows the Canadian government to notify you in case of an emergency abroad  
<https://travel.gc.ca/travelling/registration>

## Tax resources

- <https://www.expatica.com/finance/taxes/filing-canadian-taxes-abroad-101163/>

## TEFL/ESL jobs

- <https://www.eslcafe.com/jobs/international>
- <https://www.teachaway.com/online-teaching-jobs>
- <https://jobs.goabroad.com/>
- <https://bunac.org/teaching>

## Travel advisory information

- <https://travel.gc.ca/travelling/advisories>

## VPN providers

Search for best vpn (country) because some VPNs have better infrastructure in different parts of the world. Here is a list of some decent VPNs compiled in 2022:

- <https://nordvpn.com/>
- <https://surfshark.com/>
- <https://www.vyprvpn.com>
- <https://www.expressvpn.com>

Need help? Get in touch:  
[goglobal@cmacan.org](mailto:goglobal@cmacan.org)

## MARKETPLACE

**Reach people with the love of  
Christ where there is limited  
access to the Gospel using your  
professional skills.**

Email us at [goglobal@cmacan.org](mailto:goglobal@cmacan.org)

