

**Enjoy your new life!**  
**Check into France 2018**

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# + Expatriation

Moving is stressful.

And moving to a foreign country is even more so!



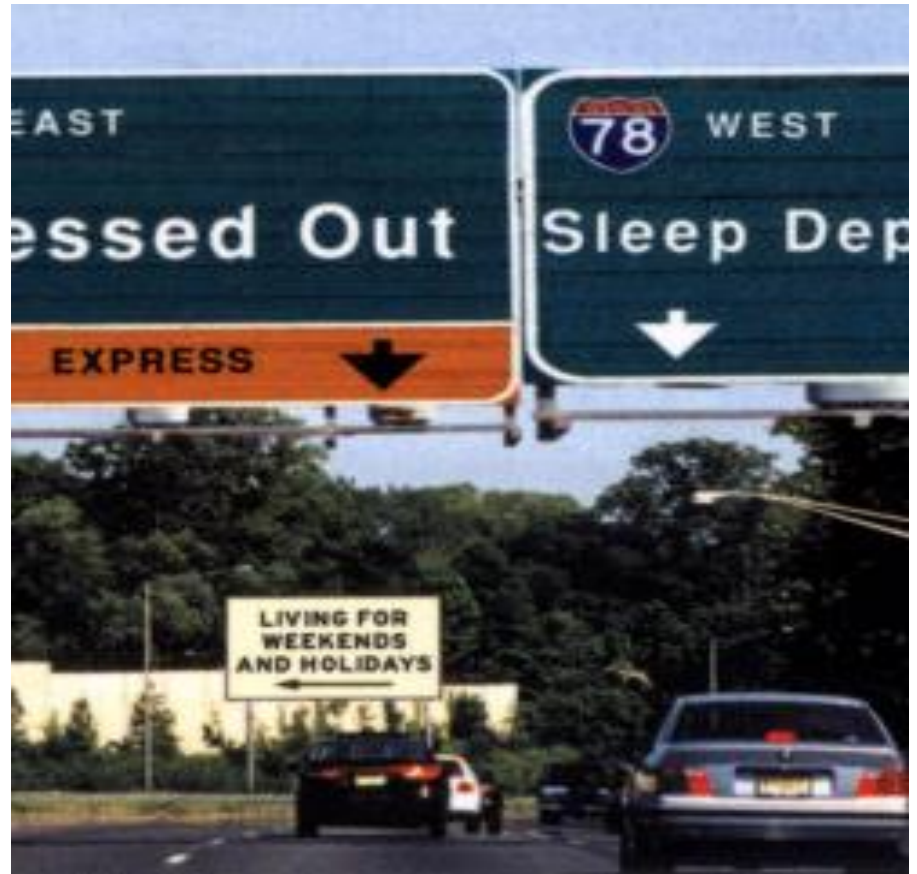
# + Challenges



- Unfamiliar language, customs, environment and administrative tasks.
- Loss of support network.
- Career changes (new job or career interruption), change in social status.
- Busy schedules and pressure for everyone.
- Spouse and kids and needing logistical and emotional support in order to adapt.
- Culture shock (acculturative stress).

+ What can happen?

STRESS



# + Individual reactions



- Anxiety, confusion, “paranoia” (culture shock)
- Feeling like you don’t fit in, can’t relate
- Homesickness
- Low self esteem, depression
- Putting life on hold, while waiting to go back to your “real” life
- Identity crisis (Who am I?)
- Existential crisis (What is my purpose?)

# + Constructive tips

- Know that there will be ups and downs.
- Don't put life on hold—life is now!
- Put your present experience into a larger perspective.
- Take care of yourself and do things for yourself,
  - not just for the family!
- Think of the difficulties you may face
  - as opportunities for growth.
- Get help if necessary.
- Create a support network!!!



Family reactions

# + Family reactions

- All of the individual reactions = tension among family members!
- Old ways of coping may no longer work.
- When there is a crisis = the family needs to change.
- The expat experience is in addition to the normal transitions in the family life cycle.



# + Family reactions



- The expatriate experience can bring the family closer together.
- It is a wonderful opportunity for growth, getting to know one another better, and relating differently.

# + Constructive tips



- Talk about your experiences and about cultural differences as a family.
- Keep the family rituals.
- Be positive about the host culture while learning more about it.
- Connect with other families.
- Don't schedule too much.
- Do not wait too long to get professional help, if needed.

# + Everything at the LI!



# + Take advantage of the Lycée International



Survival Guide

CIF

Papas et Mamas concerts

CIF Back to Work seminar in January

Club international, APELI to practice your French

Vacations every six weeks...

+ THANK YOU 😊

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