

# 6. Preparing Ourselves

## Preparing For Frustration

It may sound counter-intuitive, but if we go expecting that there will be frustrations and that we will feel out of control, then we will cope better when those things inevitably arise!

## Preparing For Loss

Many people moving to a new culture and leaving friends and family behind will go through homesickness and a grieving period. Again, it is crucial that you expect this and prepare for it.

Ways of coping with this loss may include:

- Allowing yourself to feel the loss, don't view it as a sign of weakness or lack of faith
- Don't be afraid to share how you feel or ask for help
- Planning 'high-points' to look forward to e.g. a Skype conversation or in the longer term, a first visit in either direction
- Making the most of opportunities to involve those you've left behind in your new life through phone calls, emails, blogs etc.

## Research Your New Home



- Read as much as you can about the history, geography, politics, customs and culture, trying to include a mixture of books by locals as well as ex-pats
- Meet and talk to people from that nation living in the UK
- Try to experience the culture by getting hold of movies and music to watch and listen to
- Learn a smattering of the local language in advance of leaving so that you know how to say 'hello', 'thank you' etc.