

## **Guidelines: Daily Living Consultants**

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This session should help the participant:

1. Gather important practical information on everyday living specific to the participant's needs, i.e. education, healthcare, logistics, etc.
2. Understand the salient differences in lifestyle experienced in the expatriate community and with local nationals
3. Gain insight into the principal challenges of daily life faced by expatriates in the destination country.
4. Develop strategies for accessing further support
5. Gain confidence that the overseas move is manageable by relating to an expatriate who has done it successfully

The daily living session is one component of a cross-cultural orientation program. It is not intended to give all the answers but to acquaint the participant with some of the most essential aspects of living overseas as an expatriate in a particular city or country.

Specific information on health, inclusive of names of recommended doctors and hospitals is much appreciated, as well as helpful hints on particular shops, expatriate clubs, and leisure facilities.

As it is clearly impossible to cover all the topics adequately within the time frame, it is important to suggest further resources within the community so that the participant feels able to continue researching information systematically on arrival in the new country.

It is difficult to ascertain beforehand what the participant has already learned or is most interested in, so it is important for this session to be flexible and responsive to the current situation. Also please familiarize yourself with the Daily Living Checklist that your trainer will use during the session.

The trainer will inform you of any special Daily Living needs or concerns and will facilitate the session around participants' questions.

## DAILY LIVING CHECKLIST

The assignees will see this checklist in their training manual and will refer to this during your daily living session

### **Clothing and household articles to take with you. (pre-departure only)**

- Clothing
- Appliances
- Household Goods
- Linen, China and Crystal
- Furniture
- Toolbox
- Religious Festival Items and Decorations
- Photos and mementos
- Other

### **What might be unavailable in the host country and should be taken? (pre-departure only)**

- Foods and spices
- Medicines
- Books and toys
- Medical records and x-rays
- Medical prescriptions
- Children's play and sports equipment
- Other

### **Medical Issues and Medical Care**

- Quality of care
- Availability of medications and personal care products
- Immunizations
- Area related problems (e.g. diseases and carriers, insects)
- Water
- Emergency numbers
- Hygiene precautions with food and water
- Medical evacuation
- Other

### **Shopping**

- How to bargain (strategies & procedures)
- Store and market hours and holidays (what might you need to take with you? (shopping bags, coins for shopping carts etc.)
- Shopping in open markets as opposed to supermarkets
- Other

### **Household Help**

- How to find and interview, check references and health screening
- What are the responsibilities as a household helper?
- How should you interact with them? (formal vs. informal)
- What are your obligations and duties towards the household helper?
- What promotes and reinforces good performance and trust? (delegation of tasks; monitoring)
- Live-in vs. outside help, advantages and disadvantages
- Medical records and x-rays
- Medical prescriptions
- Children's play and sports equipment
- Other

### **Socialization**

- Expatriate organizations, what they provide
- Organizations that support involvement of expatriate women
- Language study programs
- Religious organizations, services conducted in a language you are in good command of
- Business groups, associations or networks
- Business and social entertaining. Typical venues, time of day or week, frequency;

### **Personal and Family Safety and Security**

- General safety at home and in public (men, women, children)
- How and where to play -- children alone in the streets, freedom, mobility, maids accompany children
- Less safe areas or activities; times of day; special precautions
- 911 equivalents
- Terrorism
- Extra locks / Window bars
- Night watchmen
- Other

### **Banking and Mail**

- Banks and how to open accounts for local and home country currency
- Can the non-working spouse have his or her own bank account? If not, how will the family arrange and independent money source for her/him?
- How to conduct various banking functions in host country; i.e., check cashing, bank card
- Procedures and how to receive mail: office, P.O. box, or at home
- Other

### **Transportation**

- Reliability and safety of public transportation methods, i.e., trains, buses, cabs
- Renting cars
- Driving with unfamiliar roads, signs, and rules, etc.