

GLOBAL EXPATS

THE TRAILING SPOUSE'S SURVIVAL BOOKLET

2013





INTRODUCTION

This *Trailing Spouse Survival Booklet* provides you with basic information about the logistics of your move, some useful reading material and weblinks, and a place where you may keep track of the key contacts in your new destination. You may find the names, addresses and weblinks of these contacts on www.global-xpats.com, in our city-by-city Directories .

I hope that you will enjoy your years abroad, as much as I have mine. Life as an expatriate can be a rewarding, fulfilling, and enriching experience, but it can also be filled with many challenges.

Global Expats is constantly striving to assure that our audience is provided with all of the necessary tools for a successful expatriation experience, as well as comprehensive assistance, even during the most difficult of challenges.

In the coming year we will be concentrating our efforts on developing the technical capabilities of our website, as well as adding to its content. I hope you will visit us often for updates.

Further information about the Global Expats, and its plan for the future are posted in the Documents section of www.global-xpats.com.

Bon Voyage! Buen Viaje!



GLOBAL EXPATS FOUNDERS



Quenby Wilcox was born in New Orleans, grew up in Tucson, Arizona and moved abroad for the first time to England in 1976. She attended Cobham Hall in Kent, returning to the USA in 1978 to attend Foxcroft School in Middleburg, VA. In 1981, she moved to Washington, DC where she attended George Washington University and worked on Capitol Hill. She graduated with a BBA in International Marketing.

After university she worked for several years in the financial markets, and in 1988 packed her bags and was off to Paris to learn French. In 1989 she returned to the USA with the intention of entering law school, but soon returned to Paris to live with her future husband.

Six months later they were off to Madrid, where they were married. In 1991, they were expatriated by her husband's multinational employer to Brussels, where their two children were born. They were then transferred to Paris in 1995.

In 1997, they were transferred to Bogotá, Colombia. While in Bogotá she was active in the Anglo-phone, Franco-phone and Hispanio-phone expat communities, serving on the board of a variety of expat associations, with a tenure as president of Bogotá Accueil (Fédération Internationale des Accueils Français et francophones a l'Etranger-FIAFE). In addition to her involvement in her children's school, she worked with various local non-profit children's organizations.

At the end of 2003, her family was transferred back to Madrid, where once again she struggled with the perpetual problem of *trailing spouses*; maintenance of a career. Due to very limited career prospects for a 40+ year old woman in Spain, along with the many entrepreneurial opportunities on the Internet, she decided to start a website for expat families. The idea eventually developed into Global Expats.



In 2007, www.global-expats.com was launched on the Internet, and the project received enormous interest from the global mobility industry and expats around the world. However, her husband had never wanted her working outside of the home, and when she refused to renounce her work on Global Expats, a very high-conflict, complicated, international divorce ensued.

As she continues her legal battles which are now headed towards the international courts on human rights, she has become involved in promoting the rights of women and children within courts around the world. In 2012 she submitted her research and findings on the legal and political issues involved to the *United Nations Entity for Gender Equality and the Empowerment of Women – Commission on the Status of Women*.



Michael Darrin Chaney was born and raised in Brazil, Indiana. The son of grocers, Chaney literally grew up in a grocery store until his parents left the grocery business when he was 12. After attending university, he settled in Bloomington, Indiana, first working at Indiana University as a staff database programmer and then moving into independent software development.

In 1998, he met Raquel Malenab of Nashville, Tennessee, marrying her later that year and moving to Nashville. Once in Nashville he incorporated his existing business and changed the focus to creating internet-based software for various industries - notably industrial wholesale and music publishing. His music catalog software is the premiere application in its industry and is used by some of the largest publishing companies in North America.

In December of 1999 Chaney achieved global internet fame for rescuing Microsoft's Hotmail service by paying a past-due \$35 bill from Network Solutions. He currently resides in the suburbs of Nashville, Tennessee with his wife and their two sons.



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MOVING OUT LIST

3-5 MONTHS BEFORE YOUR MOVE FROM YOUR HOME COUNTRY

- ☐ Go to www.global-xpats.com to find out if there is an international school for your children in your new destination. Start applications procedures as soon as possible.
- ☐ Contact a real-estate agents or property management company about selling/renting/managing your home country property. Contact info is available on www.global-xpats.com Directories.
- ☐ Obtain a copy of the your spouses' company's policy/guidelines. Find out what they cover In the relocation process. Do they offer the following:
 - ✿ A "look-and-see" visit to the host country
 - ✿ Household-goods shipment
 - ✿ Housing allowance
 - ✿ Visa / Immigration assistance
 - ✿ Tax compliance
 - ✿ Benefits administration
 - ✿ Destination settling-in assistance
 - ✿ Educational benefits for children / *trailing spouse*
 - ✿ Language training for employee & family
 - ✿ Cross-cultural training for employee & family
 - ✿ Partner assistance (career & personal)
 - ✿ Coaching / mentoring
- ☐ Discuss the relocation with your children. Do they have any questions or concerns? Make sure that at all times they are included in discussions and decisions regarding the move.

6-8 WEEKS BEFORE YOUR MOVE

- ☐ If you will be selling your car, check with local used car dealerships, put up announcements, etc.
- ☐ Create a "move file" to keep track of all pertinent information and documents.
- ☐ Start collecting estimates from moving companies. Consult Directories on www.global-xpats.com for moving companies. Find out about company policy on restrictions of size/weight of shipments. (Your employer will usually require several price quotes from which to choose).
- ☐ Organize a garage sale, or distribute a list of items you are selling to friends, online, etc. You should include your plants as they cannot be included in the move.
- ☐ Start using items which cannot be included in your move (frozen foods, flammable liquids, aerosols, perishable dry-goods, etc.).
- ☐ Sort and purge the contents of your home. Take advantage of the time to get rid of old clothes, appliances, etc. Note items which will require special packaging or insurance during your move.



4-6 WEEKS BEFORE YOUR MOVE

- ☐ Meet with accounts and/or financial advisors to discuss taxes, payroll-handling, and overseas bank accounts. Ask your spouses' employer about any assistance provided with tax advice, etc. Names and contact information of accountants and financial advisors specializing in the needs of expatriates can be found in Directories on www.global-xpats.com.
- ☐ Speak with your local banker regarding maintenance of your local accounts (ie. bills and payments which will continue while abroad) as well as their ability to coordinate management of local accts. and accts. abroad. Names of host country banks are found in www.global-xpats.com Directories.
- ☐ Make travel arrangements for your pets. Find out about any medical records & immunization Certificates required for their move. See www.global-xpats.com Directories for addresses.
- ☐ Start a moving list. Request a copy of your mover company's list. While your movers will make a list when packing your move, you should compile your own list for your records and insurance purposes. When you decide which household appliances to include, consider difference in electrical voltage in the host country as well as the age of your appliances. You might want to consider replacing appliances, particularly smaller ones, in host country rather than transporting.
- ☐ If destination country has a different language, enroll in language classes. Consult the Directories in www.global-xpats.com for names & addresses in your area. .
- ☐ Start researching your new destination. Consult the Directories & General Facts sections of www.global-xpats.com for useful information and weblinks.
- ☐ **Join Global Expats Groups:**
Facebook: www.facebook.com/pages/Global-Expats/305653496313
Linkedin: www.linkedin.com/groups/Global-Expats-3906296?gid=3906296&mostPopular=&trk=tyah

3-4 WEEKS BEFORE YOUR MOVE

- ☐ Notify the following people / service providers that you are moving:
 - ✦ Children's schools. **REQUEST SCHOOL RECORDS.**
 - ✦ Medical health-care providers (doctors, dental specialists, etc.) **REQUEST MEDICAL RECORDS.**
 - ✦ Accounts, tax preparer, attorneys, financial managers, insurance agents
 - ✦ Banks, credit card companies, etc.
 - ✦ Country clubs, health clubs, children's sports teams, etc.
 - ✦ Newspapers, magazines, professional journals, etc.
 - ✦ Utility companies (electrical, gas/fuel, water, telephone, cable/satellite, sewage, etc.)
 - ✦ Home care services (lawn, exterminator, snow removal, etc.)
 - ✦ Government offices (Social Security Admin, state & federal tax bureaus, Dept., of Motor Vehicles, Veterans Admin, etc.)
- ☐ Check into travel arrangements for the family (airplane tickets, short-term-stay, car rental, etc.) You may find the names & addresses of travel agents, short-term-stay option & car rental in the Directories section of www.global-xpats.com



2-3 WEEKS BEFORE YOUR MOVE

- ☐ Order an advance supply (6+ months) of any prescription drugs for you or your family. Obtain a doctor's note that medications are of personal necessity.
- ☐ Speak with your local banker regarding maintenance of your local accounts & overseas accounts. Contact information for banks are found in the Directories of www.global-xpats.com.
- ☐ Confirm travel arrangements and paperwork for pets and family. Ask travel agent about the availability of in-flight sleeping cots for small babies
- ☐ Confirm parking for your moving container. Obtain permits if needed.
- ☐ Assemble a folder of important information about your house for next home owner or tenant.
- ☐ Plan your meals to use up food in the refrigerator and perishables.
- ☐ Obtain a written appraisal of antique items to include in your move. Avoid waxing wooden furniture before moving as moving pads may leave imprints on surfaces.
- ☐ Collect all items that are being cleaned, stored or repaired (clothing, furs, shoes, watches, etc.). Empty your locker at the club, gym, safe-deposit box, etc.
- ☐ Return any borrowed or rental items, and collect things you may have loaned. Remember, cable (satellite, ADSL & WIFI), DVD & video games, library books, tools, clothing, etc.
- ☐ Contact real estate agents in your new destination about housing options. Let them know where your children will be attending school, and where your spouse will be working. Names and contact information for real estate agents is posted in the Directories on www.global-xpats.com
- ☐ Organize a going-away party, inviting family and friends. If your children are pre-adolescent+, ask them if they would like to have a separate party for their friends.
- ☐ Register your change of address with your local Post Office. In most cases you will not yet have a new address in your host country, and you will need to provide an alternative address. Ask a neighbor to check your mail box for any "straggler" mail, and forward it.

8-10 DAYS BEFORE YOUR MOVE

- ☐ Send family & friends a contact where you can be reached until settled into your new home. Update your own address book of family and friends (including email addresses).
- ☐ Create "Open Me First" boxes which include essential items for the kitchen, bathroom, and bedrooms. Also, include basic hardware items (screw-driver, hammer, tape measure, etc.)
- ☐ Contact expat associations in your new destination, letting them know that you will be moving to the area. Weblinks are found in the Directories of www.global-xpats.com.
- ☐ Drain gas and oil from lawn equipment, gas grills, heaters, etc.



3-5 DAYS BEFORE YOUR MOVE

- ☐ Discuss the move with your children, explaining to very young children that movers are coming to move their toys, etc. to your new home (not just carting everything away). Let them pick out a favorite stuffed animal, a few books, and games, to included in checked baggage, and an "Open Me First" box for the kids.
- ☐ Plan the packing of items you will take with you (both carry-on and checked baggage). Make sure that all valuable jewellery is packed in your carry-on baggage. Make sure you include loose-fitting, comfortable clothes and shoes for the flight. Also, consider difference in climate or temperature of your host country when selecting clothing.
- ☐ Make arrangements for transportation to the airport in your home country, and from the airport at your destination.
- ☐ Make a final check of all required paperwork: passports, plane tickets or e-ticket confirmation, hotel address and confirmation.
- ☐ Defrost freezer & clean-out refrigerator (disinfecting both). Thoroughly dry-out all appliances to avoid mildew build-up during the move.
- ☐ Reconfirm moving company's arrival time and other specifics (home address and cel. phone). Make sure you have refreshments for movers, and cash for tipping movers.
- ☐ Make arrangements for children to stay with family, friends or neighbors on moving day. Make sure that your schedule is free during moving days, and are available to assist movers if need be.
- ☐ Make a final run through of items, clothes, cleaning products, etc. to discard or give-away. Travel as light as possible.

MOVING DAY

- ☐ Make sure everyone's cell phones are fully charged, and movers have your cel. number.
- ☐ Make sure all garbage cans are empty to avoid your garbage from being included in the move.
- ☐ Make sure you are available for movers during the day. Have a book or reading material on hand to avoid boredom when you are not needed.
- ☐ Make sure your "Open Me First" boxes are packed last in the moving containers. This way they will be the first to be removed upon arrival in your new home.
- ☐ Perform a final check before movers leave. Was all garden equipment included? If utilities are still on, are the air-conditioning, fans, heat, & lights turned off? Is the water inside and outside the house turned off?
- ☐ Before the movers leave, sign the bill of lading/inventory list and keep your copy in your carry-on luggage. For extra measure, scan a copy and save it on a USB.



FROM HOME TO HOST COUNTRY

1-2 DAYS BEFORE YOUR FLIGHT

- ☐ Double check that your luggage does not include any prohibited items. Check with your airline for an up-to-date list.
- ☐ If you have a stop-over or a long flight ahead of you, make sure you pack a change of underwear and/or change of clothes for small children in your hand luggage.
- ☐ Double check that passports, tickets, etc. are in an easily accessible place in your hand-baggage.
- ☐ Make sure to obtain currency for host country, particularly if arriving at night or on week-ends.
- ☐ If you will be travelling with any medication, make sure you have a valid prescription with you.
- ☐ Pack a hand-bag with children's clothes, bottles, toys, etc. Include a "hefty" trash bag to spread out on dirty airport terminal floors, as well as books, crayons. Balloons to "play ball", are handy toys; they do not take up room in handbags, and can be thrown-away before boarding the plane.
- ☐ Confirm transportation to the airport, allotting ample time for arrival.
- ☐ Make sure that you include a list of host country contacts in your hand-baggage (hotel, relocation coordinator, real estate agent, children's school, etc.)
- ☐ Get to bed early, and be well rested for a long flight with young children.
- ☐ In order to avoid ugly surprises, find out approximately how much a taxi ride from airport to hotel in destination city will cost.
- ☐ Confirm flight-times and airline reservations.

TRAVEL DAY

- ☐ Arrive at the airport several hours before your flight. Your airline can advise you as to times.
- ☐ DO NOT give children (particularly babies) milk in-flight or before flight. Risk of motion sickness and vomiting is particularly high. If children are nauseated, the best remedy is "flattened" cola.
- ☐ If travelling with small children, find out if there is a play-area in the airport. If not, find a quiet area in waiting-lounges where children may play without disturbing other passengers. Airlines will usually board passengers with small children first. Listen attentively when boarding begins.
- ☐ Stay well hydrated, and "stretch your legs" occasionally on long flights.
- ☐ Check back-pockets and underneath seats for fallen toys, etc. before de-boarding.
- ☐ Check baggage carefully against boarding ticket stubs when re-claiming baggage. Keep all baggage near you at all times.



ARRIVAL IN YOUR NEW COUNTRY – THE FIRST FEW WEEKS

- ☐ Contact your relocation company rep., expat associations, & other expat spouses when you arrive.
- ☐ Re-contact real-estate agents regarding housing in the area. Letting them know that you have arrived, and ready to start house-hunting. Be very precise in your criteria.
- ☐ Familiarize yourself with school procedures in dropping off children, pick-up, etc. The first days of a new school are stressful for parents and children. Preparedness is the best “medicine”.
- ☐ Contact your children’s new school. Get a list of uniforms, school supplies, books, school calendars, etc. Stores with school supplies are listed in Directories on www.global-xpats.com.
- ☐ Buy a new car. Obtain car tags, driver’s license, etc. Consult Directories on www.global-xpats.com.
- ☐ Register with your Consulate. Contact info. is listed in Directories on www.global-xpats.com.
- ☐ Explore your new city, visit tourist attractions as well as local attractions for kids. Lists of these areas are posted in the Directories section of www.global-xpats.com.
- ☐ Buy new cell phones for everyone in the family. This will facilitate coordinating busy schedules, & help to reduce stress levels for everyone in the family.
- ☐ Once you have a new home, start cleaning it and preparing for the arrival of your belongings. Shop for new furniture, appliances, curtains, etc. Shops where you may find cleaning products, & items to furnish & decorate your home are posted in the Directories of www.global-xpats.com.
- ☐ Contract new utilities (water, electricity, gas). Install satellite dish, cable TV, WIFI access, etc. Contact info. is listed in Directories on www.global-xpats.com.

MOVING-IN DAY

- ☐ Be on hand to accept delivery of move. Arrive early, providing movers free access to the premises.
- ☐ Make sure your “Open Me First” boxes are placed in an easily accessible place.
- ☐ Check your household goods as they are unloaded. If there is a change in the condition of the property from that noted on the inventory at the time of loading, or if any items are missing, note discrepancies on the van operator’s inventory sheet. **By signing the inventory sheet, you acknowledge receipt of all items listed. Report any loss or damage right away.**
- ☐ Make a floor plan of the house, indicating which boxes and furniture should be placed in which rooms. Note that movers are not obligated to install appliances, lighting fixtures, etc.
- ☐ **NOW YOUR WORK BEGINS. My best advice is to “dig in” and organize your home as soon as possible. It will be easier for you and your family to adjust and start your new lives in a well-organized environment.**
- ☐ Prepare a special “home-coming” family dinner for your first evening – Even a delivered pizza in a dining-room filled with boxes, helps your family to feel at home in their new surroundings.



YOUR NEW LIFE

THE TRAILING SPOUSE – REDEFINING YOUR LIFE

Now that your children and spouse have settled into their new schools, new activities, new friends, new job, etc. the homemaker is often left to her to own devices in redefining her new life.

And, while there are many challenges in front of you, opportunities abound in what you can do and accomplish. Take this time to stop and reflect on what you want out of life.

While Global Expats is designed to assist you in your role as a home-maker, we are also here to assure that your own personal & professional goals are not sacrificed because of your nomadic life.

You might decide to:

- ⊕ *Explore local job opportunities*
- ⊕ *Earn a new degree or professional license*
- ⊕ *Volunteer your time in a local non-profit or expat association*
- ⊕ *Work on a hobby, and turn it around into a business*
- ⊕ *Start a new local business or more international endeavor*
- ⊕ *Or, come join the Global Expats team. In the coming years we will be filling many different positions, with part-time and full-time opportunities for all.*

Whatever your long or short-term goals, keep in mind: –

“The optimist sees an opportunity in every challenge, while the pessimist sees a challenge in every opportunity”.

Winston Churchill



HELPFUL READING MATERIAL

- A Broad Abroad: The Expat Wife's Guide to Successful Living Abroad*** by Robin Pascoe
www.expatspecialist.com/bookstore
- A Movable Marriage: Relocate Your Relationship without Breaking It*** by Robin Pascoe
www.expatspecialist.com/bookstore
- A Portable Identity: A Woman's Guide*** by Debra R. Bryson & Charise M. Hoge
www.amazon.com/Portable-Identity-Maintaining-Overseas-Revised/dp/0976568209/ref=pd_sim_b_6
- Art of Coming Home*** by Craig Storti
www.amazon.com/Art-Coming-Home-Craig-Storti/dp/1931930147/ref=pd_sim_b_5
- Art of Crossing Cultures*** by Craig Storti
www.amazon.com/Art-Crossing-Cultures-Craig-Storti/dp/1931930538/ref=pd_sim_b_3
- Basic Concepts of Intercultural Communication: Selected Readings*** by Milton J. Bennett
www.amazon.com/Basic-Concepts-Intercultural-Communication-Selected/dp/1877864625/ref=pd_sim_b_2
- Club Expat: A Teenager's Guide to Moving Overseas*** by Aniket Shah & Akash Shah
www.amazon.com/Club-Expat-Teenagers-Moving-Overseas/dp/1598580280/ref=pd_sim_b_4
- Emotional Resilience and the Expat Child*** by Julia Simens
www.amazon.com/Emotional-Resilience-Expat-Child-storytelling/dp/1904881343/ref=pd_sim_b_1
- The Expert Expat*** by Melissa Brayer Hess & Patricia Linderman
www.amazon.com/Expert-Expat-Successful-Relocation-Abroad/dp/1857883845
- Expat Teens Talk*** by Lisa Pittman & Diana Smit
www.amazon.com/Parents-Professionals-solutions-response-challenges/dp/190488153X/ref=pd_sim_b_4
- Expat Women Confessions*** by Andrea Martins & Victoria Hepworth:
www.amazon.com/dp/0980823609/ref=nosim/?tag=expwom-20
- Getting Out: Your Guide to Leaving America*** by Mark Ehrman & Cletus Nelson
www.amazon.com/Getting-Out-Leaving-Expanded-Self-reliance/dp/1934170291/ref=pd_sim_b_4
- Homeward Bound: A Spouse's Guide to Repatriation*** by Robin Pascoe
www.expatspecialist.com/bookstore
- Home Keeps Moving*** by Heidi Sand-Hart
www.amazon.com/Home-Keeps-Moving-Heidi-Sand-Hart/dp/1581581718/ref=pd_sim_b_3
- How to Retire Overseas: Everything You Need to Know to Live Well*** by Kathleen Peddicord
www.amazon.com/How-Retire-Overseas-Everything-Abroad/dp/1594630658/ref=pd_sim_b_4
- Living Your Best Life Abroad*** by Jeanne A. Heinzer
www.bestlifeabroad.com



HELPFUL READING MATERIAL (continued)

Managing Across Cultures (2nd Edition) by Susan C. Schneider & Jean-Louis Barsoux

www.amazon.com/Managing-Across-Cultures-2nd-Edition/dp/027364663X/ref=pd_sim_b_4

Raising Global Nomads: Parenting Abroad in an On-Demand World by Robin Pascoe

www.expatexpert.com/bookstore

Retirement Without Borders: How to Retire Abroad by Barry & Thia Golson

www.amazon.com/Retirement-Without-Borders-Abroad-Foreign/dp/0743297016/ref=pd_sim_b_2

Sammy's Next Move by Helen Maffini

www.amazon.com/Sammys-Next-Move-travelling-different/dp/1456495011/ref=sr_1_7?s=books&ie=UTF8&qid=1357152220&sr=1-7&keywords=Third+Culture+Kids

The Expert Expat: Your Guide to Successful Relocation Abroad by Melissa Hess & Patricia Linderman

www.amazon.com/The-Expert-Expat-Successful-Relocation/dp/1857883845/ref=pd_sim_b_4

The Financial Guide to Retiring Abroad by Rick Todd

www.amazon.com/The-Financial-Guide-Retiring-Abroad/dp/1450735606/ref=pd_sim_b_5

The Global Nomad's Guide to University Transition by Tina L Quick & Ruth van Reken

www.amazon.com/Global-Nomads-Guide-University-Transition/dp/1904881211/ref=pd_sim_b_3

The Grown-Up's Guide to Running Away from Home: Making a New Life Abroad by Rosanne Knorr

www.amazon.com/Grown-Ups-Guide-Running-Away-Home/dp/1580088732/ref=pd_sim_b_3

The Mission of Detective Mike: Moving Abroad by Simone T Costa Eriksson & Ana Serra

www.amazon.com/The-Mission-Detective-Mike-understand/dp/1904881203/ref=pd_bxgy_b_img_y

The New Dictionary of Cultural Literacy by E. D. Hirsch, Joseph F. Kett & James Trefil

www.amazon.com/The-New-Dictionary-Cultural-Literacy/dp/0618226478/ref=pd_sim_b_5

Third Culture Kids: Growing Up Among Worlds by David C. Pollock

www.amazon.com/Third-Culture-Kids-Growing-Revised/dp/1857885252/ref=pd_sim_b_4

Third Culture Kids - The Children of Educators in International Schools by Dr Ettie Zilber

www.amazon.com/Third-Culture-Kids-International-ebook/dp/B00570S4XS/ref=sr_1_6?s=books&ie=UTF8&qid=1357152220&sr=1-6&keywords=Third+Culture+Kids

Writing Out of Limbo: International Childhoods, Global Nomads & Third Culture Kids by Gene H. Bell-Villada, Nina Sichel, Faith Eidse & Elaine Neil Orr

www.amazon.com/Writing-Out-Limbo-International-Childhoods/dp/1443841439/ref=sr_1_4?s=books&ie=UTF8&qid=1357152220&sr=1-4&keywords=Third+Culture+Kids

For More Books....visit www.expatsbookshop.com



HELPFUL ARTICLES, BLOGS, REPORTS & WEBLINKS

The Trailing Spouse & The Expat Family – Challenges & Solutions by Quenby Wilcox

Global Expats – Concept & Structure by Quenby Wilcox

www.global-xpats.com/al/documents

Global Expats Facebook Group

(English) www.facebook.com/pages/Global-Expats/305653496313

(French) www.facebook.com/GlobalExpatsFrancais?ref=hl

(Spanish) www.facebook.com/pages/Global-Expats-Espanol/412564188821923?ref=hl

Global Expats LinkedIn Group

(English) www.linkedin.com/groups/Global-Expats-3906296?gid=3906296&mostPopular=&trk=tyah

(French) www.linkedin.com/groups/Global-Expats-Francais-3906342?trk=myg_ugrp_ovr

(Spanish) www.linkedin.com/groups/Global-Expats-Espanol-3906357?gid=3906357&trk=hb_side_g

Adaptation of Trailing Spouses: Does Gender Matter ? By Anne M. Braseby

www.digitalcommons.fiu.edu

Family in Global Transitions (FIGT) – Articles

www.figt.org/free_articles_and_information

Family Matters! International Research Survey

www.expertexpert.com/pdf/Report_on_Key_Findings_of_Family_Matters_Survey.pdf

Family in Global Transitions (FIGT) – Book Reviews

www.figt.org/book_reviews

Following her job to Tokyo? Challenges facing the expat male trailing spouse by Kendra Mirasol

www.iorworld.com/trailing-expat-spouse--a-man-s-perspective-pages-250.php

Portable Careers: A Creative Alternative for the Globally Mobile Spouse by Jo Parfitt & Galen Tinder

www.worldwideerc.org/Resources/MOBILITYarticles/Pages/0708tinder.aspx

Redefining the Expat Spouse by Cindy Waxer

www.worldwideerc.org/Resources/MOBILITYarticles/Pages/0812waxer.aspx

Supporting the Expatriate Spouse in Transition by Galen Tinder

www.worldwideerc.org/Resources/MOBILITYarticles/Pages/1105tinder.aspx

Supporting the Spouse Through Global Relocation by Galen Tinder

www.worldwideerc.org/Resources/MOBILITYarticles/Pages/1205tinder.aspx

The Evolution of the Relocating Spouse/Partner by Lorraine Bello & Galen Tinder

www.worldwideerc.org/Resources/MOBILITYarticles/Pages/0208tinder.aspx

Trailing Wife: The Honeymoon's Over by R. Campbell

www.trailingwife.blogspot.com/2010/01/honeymoons-over.html

Why I Call Myself a "Trailing Spouse" by Emily McGee

www.onetrailingspouse.com/why-i-call-myself-a-trailing-spouse

www.expatclic.com

www.expatwomen.com

www.familyclick.com



EMERGENCY CONTACTS

Emergency Services: _____

Poison Control Center: _____

Doctor: _____

Pediatrician: _____

Dentist: _____

Pharmacy: _____

FAMILY CONTACT

Home Address: _____

Home Telephone: _____

Cel. phone: _____

Work Telephone: _____

LOCAL EMERGENCY CONTACTS

Home Address: _____

Home Telephone: _____

Cel. phone: _____

Work Telephone: _____

Home Address: _____

Home Telephone: _____

Cel. phone: _____

Work Telephone: _____



CHILDCARE

CHILDREN'S SCHOOL

Name:

Address:

Telephone:

Email Contact:

Website:

CHILDREN'S TUTORS

Name:

Address:

Telephone:

Email Contact:

Website:

CHILDREN'S COUNSELORS

Name:

Address:

Telephone:

Email Contact:

Website:

CHILD CARE / BABYSITTER

Name:

Address:

Telephone:

Email Contact:



CHILDREN'S EXTRA-CURRICULAR ACTIVITIES

Name: _____

Address: _____

Telephone: _____

Email Contact: _____

Website: _____

Name: _____

Address: _____

Telephone: _____

Email Contact: _____

Website: _____

Name: _____

Address: _____

Telephone: _____

Email Contact: _____

Website: _____

Name: _____

Address: _____

Telephone: _____

Name: _____

Address: _____

Telephone: _____



TRAILING SPOUSE CONTACTS

EXPATRIATE / LIFE COACH

Name: _____
Address: _____

Telephone: _____
Email Contact: _____
Website: _____

CAREER COUNSELING & ASSISTANCE

Name: _____
Address: _____

Telephone: _____
Email Contact: _____
Website: _____

RELOCATION / HR DEPT. CONTACT

Name: _____
Address: _____

Telephone: _____
Email Contact: _____
Website: _____

LOCAL EXPAT ASSOCIATION

Name: _____
Address: _____

Telephone: _____
Email Contact: _____



LOCAL FRIEND / BUDDY

Name:

Address:

Telephone:

Email Contact:

Website:

DOMESTIC HELP

Name:

Address:

Telephone:

Email Contact:

Website:

MISCELLANEOUS

Name:

Address:

Telephone:

Email Contact:

Website:

MISCELLANEOUS

Name:

Address:

Telephone:

Email Contact:

Website:



HOTELS & APARTHOTELS

Name:

Address:

Telephone:

Email Contact:

Website:

Name:

Address:

Telephone:

Email Contact:

Website:

REAL ESTATE AGENTS

Name:

Address:

Telephone:

Email Contact:

Website:

Name:

Address:

Telephone:

Email Contact:

Website:



PUBLIC UTILITIES & TELECOMMUNICATIONS

ELECTRICITY

Name:

Address:

Telephone:

Email Contact:

Website:

NATURAL GAS

Name:

Address:

Telephone:

Email Contact:

Website:

TELECOMMUNICATIONS – LANDLINE PROVIDERS

Name:

Address:

Telephone:

Email Contact:

Website:

MOBILE PHONE DISTRIBUTORS

Name:

Address:

Name:

Address:



LOCAL SUPERMARKETS

Name: _____
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LOCAL FOOD STORES

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HOME DECORATION & FURNITURE STORES

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HOME & GARDENS STORES

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Website: _____

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SHOPPING MALLS & OUTLET CENTERS

Name:	_____
Address:	_____

Telephone:	_____
Website:	_____

Name:	_____
Address:	_____

Telephone:	_____
Website:	_____

Name:	_____
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Telephone:	_____
Website:	_____



DEPARTMENT STORES

Name:

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Telephone:

Website:

Name:

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Telephone:

Website:

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CLOTHING STORES

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LEISURE ACTIVITIES & SPORTS

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Telephone: _____
Website: _____



OTHER CONSUMER GOODS & SERVICES

HAIRDRESSERS & BEAUTY SALONS

Name: _____

Address: _____

Telephone: _____

Email Contact: _____

Website: _____

Name: _____

Address: _____

Telephone: _____

Email Contact: _____

Website: _____

COSMETICS & BEAUTY TREATMENTS

Name: _____

Address: _____

Telephone: _____

Email Contact: _____

Website: _____

Name: _____

Address: _____

Telephone: _____

Email Contact: _____

Website: _____



DRY CLEANERS & LAUDROMATS

Name:

Address:

Telephone:

Email Contact:

Website:

Name:

Address:

Telephone:

Email Contact:

Website:

Name:

Address:

Telephone:

Email Contact:

Website:

SHOE REPAIR & KEY SERVICES

Name:

Address:

Telephone:

Email Contact:

Website:

Name:

Address:

Telephone:

Email Contact:

Website:



STATIONERY & SCHOOL SUPPLIES

Name:

Address:

Telephone:

Email Contact:

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Email Contact:

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PHOTO LABS & SUPPLIES

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Telephone:

Email Contact:

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FLORISTS

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MISCELLANEOUS

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FINANCIAL SERVICES

HOST COUNTRY BANK

Name: _____

Address: _____

Telephone: _____

Email Contact: _____

Website: _____

Account Number: _____

Password*: _____

HOME COUNTRY BANK

Name: _____

Address: _____

Telephone: _____

Email Contact: _____

Website: _____

Account Number: _____

Password*: _____

FINANCIAL ADVISOR

Name: _____

Address: _____

Telephone: _____

Email Contact: _____

Website: _____

Account Number: _____

Password*: _____

• Password information should always be kept in a safe & secure place, and not in your computer files



ACCOUNTANT

Name:

Address:

Telephone:

Email Contact:

Website:

MISCELLANEOUS

Name:

Address:

Telephone:

Email Contact:

Website:

MISCELLANEOUS

Name:

Address:

Telephone:

Email Contact:

Website:

MISCELLANEOUS

Name:

Address:

Telephone:

Email Contact:

Website:



TRANSPORTATION / TRAVEL

LOCAL PUBLIC TRANSPORTATION

Name:

Website:

TAXI SERVICE

Name:

Telephone:

Name:

Telephone:

Name:

Telephone:

TRAVEL AGENCIES

Name:

Website:

Name:

Website:

Name:

Website:

Name:

Website:



AUTOMOBILES

CAR RENTALS

Name:

Address:

Telephone:

Email Contact:

Website:

Name:

Address:

Telephone:

Email Contact:

Website:

AUTOMOBILE DEALERSHIPS

Name:

Address:

Telephone:

Email Contact:

Website:

Name:

Address:

Telephone:

Email Contact:

Website:



AUTOMOBILE MAINTENANCE & REPAIR

Name:

Address:

Telephone:

Email Contact:

Website:

Name:

Address:

Telephone:

Email Contact:

Website:

GAS / PETROL STATIONS

Name:

Address:

Telephone:

Email Contact:

Website:

Name:

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Telephone:

Email Contact:

Website:

Name:

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Telephone:

Email Contact:

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MEDICAL CARE

MEDICAL CENTERS & CLINICS

Name:	_____
Address:	_____

Telephone:	_____
Email Contact:	_____
Website:	_____

Name:	_____
Address:	_____

Telephone:	_____
Email Contact:	_____
Website:	_____

HEALTH INSURANCE

Name:	_____
Address:	_____

Telephone:	_____
Email Contact:	_____
Website:	_____

DENTISTS & ORTHODONTISTS

Name:	_____
Address:	_____

Telephone:	_____
Email Contact:	_____
Website:	_____



OPHTHAMOLOGISTS & OPTICAL CENTERS

Name:

Address:

Telephone:

Email Contact:

Website:

Name:

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Telephone:

Email Contact:

Website:

PHARMACY & DRUGS STORES

Name:

Address:

Telephone:

Email Contact:

Website:

Name:

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Telephone:

Email Contact:

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Name:

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Email Contact:

Website:



OFFICIAL INSTITUTIONS & AGENCIES

EMBASSY & CONSULATE

Name: _____
Address: _____

Telephone: _____
Email Contact: _____
Website: _____

LOCAL EXPAT ASSOCIATION

Name: _____
Address: _____

Telephone: _____
Email Contact: _____
Website: _____

Name: _____
Address: _____

Telephone: _____
Email Contact: _____
Website: _____

PLACE OF WORSHIP

Name: _____
Address: _____

Telephone: _____
Email Contact: _____



EXPAT WEBSITES & BLOGS

Name: _____
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ADDRESS BOOK

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ADDRESS BOOK

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ADDRESS BOOK

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ADDRESS BOOK

J-K

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ADDRESS BOOK

L-M

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ADDRESS BOOK

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ADDRESS BOOK

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ADDRESS BOOK

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ADDRESS BOOK

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January 2013

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

February 2013

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

March 2013

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

April 2013

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2013

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

June 2013

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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

July 2013

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

August 2013

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2013

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

October 2013

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2013

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2013

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



NOTES

[illegible]

[illegible]

[illegible]



NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.