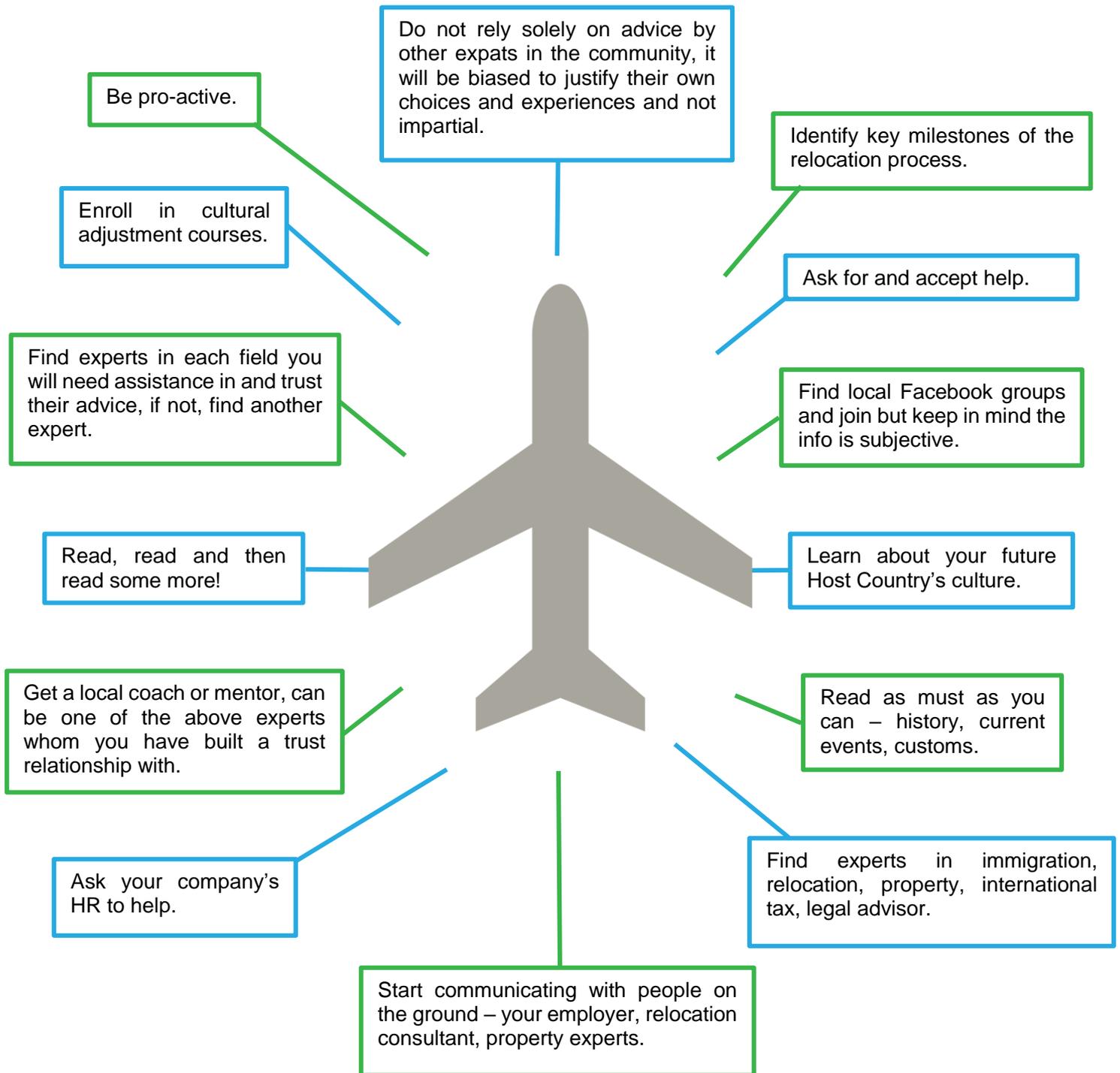


# Stepping Africa

the grass is greener on our side

## The Happy Expat Checklist

### Pre-Arrival



## In Your New Host Country

Attend a **local cultural integration course** – must be country specific.

Start learning key phrases of the **local language**.

Find a **school** first, house within short distance of the school.

Find your **golden triangle** – work location – school location – ideal home location, not more than 20-30 minutes' drive between each, if possible.

Join local **Facebook** groups – in South Africa we have the “I Love...” (specific suburb) groups, very useful starting point.

Happy **kids** first, then happy adults.

**Accept** that you are in a different location and almost everything will be different.

**Read** local books.

Work according to a **plan**.

**Relocation orientation** – local hoods, places of interest, practical guidance.

Attend **local events** based on your interests, the best way to meet and make friends.

Go on a **work induction**, meet HR and team.

**Stick to your plan** and expert advice, do not chop and change your plan according to colleagues and friends.

Go on a **local orientation** with a local expert.

Be open to **diversity**.

Meet up with your **local experts** and **mentor**.

Keep **learning** about different cultures.

**Reach out** to people all the time!

## At All Times



Keep smiling, even if it feels forced sometimes.



Always be aware of cultural differences.



Communication all the time, ask for explanations and no pre-conceived ideas or assumptions.



Remember that change is good and only helps you grow as a person.



Stay positive.



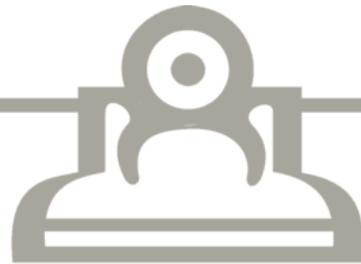
Never judge.

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## Happy Family Checklist

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***Whether you are moving across borders or to another town, here are some simple points to remember to keep the family (and your sanity) happy.***



- ✓ “Know thyself” - knowing your strengths and weaknesses enables you to face any challenge with clarity and decisiveness.
- ✓ Consider yourself and your family structure. Know what works and what doesn't for your family.
- ✓ Be sensitive to changes in your family and be kind to one another.
- ✓ Spend time together and COMMUNICATE.
- ✓ A good sense of humour will be your lifeline, for you and your family!
- ✓ Plan ahead as a family.
- ✓ Reflect on your relationships, all the time – don't assume that they will be fine.
- ✓ Deal with issues in your family as they happen. Be proactive.
- ✓ Be aware of issues faced by the 'trailing' spouse.
- ✓ Be aware of challenges that children may face as a third culture child.

