It takes a lot of planning to **prepare yourself to work and live abroad**. Use our travel checklist to help you get ready.

**✓ Country information**
Research the country you’re visiting to be familiar with:
- work permit or visa requirements
- places to live
- local languages, customs, and laws
- weather and climate
- ways to get around:
  - public transit
  - driving laws and customs
  - driver’s licence transferability
- finance and banking systems:
  - getting and exchanging money (banks, ABMs)
  - currency and exchange rates
  - accepted credit and debit cards
  - cost of living
  - youth discount programs
- ways to stay connected:
  - mobile roaming charges
  - internet and Wi-Fi availability
  - phone and internet service plans
  - voltage converters for charging your devices

**✓ Safety, security and emergencies**
- download our [travel app](#) to access key travel information while on the go
- check [travel advice and advisories](#) for over 200 destinations worldwide
- **tell us you’re travelling** so we can reach you in case of an emergency
- find contact information for [Canadian embassies and consulates abroad](#)
- know how to get [emergency consular assistance](#) while travelling
  - phone: +1-613-996-8885
  - email: sos@international.gc.ca

**✓ Important documents**
Bring all required travel documents, including your:
- passport
- work permit or visa

Make two copies of:
- the first two pages of your passport
- travel permits or visas
- your driver’s license
- your student identification
- medical and travel insurance documents
- proof of funds
- medical prescriptions
- other important documents

Leave a copy of your important documents at home and bring one with you

**✓ Jobs and taxes**
Understand local worker rights and labour standards, including:
- minimum wage
- hours of work
- overtime
- rest periods
- days of rest
- holidays
- research job prospects online and in person
- bring updated copies of your resume and cover letter to share with potential employers
- learn about taxes:
  - for Canadians outside Canada
  - in the country you’re working in

**✓ Health, travel and medical insurance**
- protect your health while abroad
- learn how to [cope with culture shock](#)
- research and buy medical and travel insurance
- get the right type of insurance and understand your coverage
- know your insurance provider, policy number, and telephone number
- learn how to [stay healthy and safe](#) when you travel