



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