

## **CANADIAN RELOCATION SYSTEMS, "MOVING TIMES" APRIL 2006**

### **Tips For Taking The Stress Out Of Moving Long Distance**

Behind death and divorce, moving is a time when stress peaks at its highest, especially if the move is long distance or international. At this nerve-racking time, any tips on how to make the life-changing moment easier are welcomed with open arms. With so many decisions to make - often times very quickly - knowing where to start is typically the biggest hurdle in this step-by-step process.

Bi-coastal dwellers and bi-ocean hoppers have first-hand experience on how to make these moves proceed smoothly. From their success and horror stories, others who have to make these long moves can learn valuable lessons, such as listed below:

Get three quotes or more from moving companies that you've well researched. Then, consider which contract is worth signing. A licensed mover doesn't guarantee that the moving company has a great reputation. Look for a mover that has the means to move your belongings cross-country or understands your destination's custom regulations.

**<http://relocatecanada.com/moversquote.html>**

Not all moving company contracts are alike. Guarantees and insurance coverage vary. Some insurance replace or repair lost and damaged goods. Also, some movers guarantee an arrival date, give or take a few extra days. This may leave you bearing the cost associated with waiting for your belongings to arrive.

Why pack your valuables when the mover's guarantee their safe delivery? Many movers won't guarantee the condition of breakables and other valuables unless they pack and move it themselves. Consider the cost to replace these items yourself compared to the cost to have the packers do the work before you try to cut corners in your budget. The way moving companies estimate the cost to move your belongings is based on the weight of your belongings and number of boxes.

A moving company manager usually visits your home, takes a quick estimation of your stuff and offers a quote. If you don't plan to move big items, let the manager know

this while he is surveying. The manager also will give you useful budget saving tips such as items you could pack instead of paying the movers to do so. If you pack items yourself, most movers prefer you to use their high quality stock boxes. Each mover also has a list of specific items it will not move such as chemical cleaners or items that aren't going to be permitted past customs.

Some items worth packing yourself include:

- \* Books (in small boxes)
- \* Lamp shades
- \* Hanging clothes (in boxes with hanging bars)

Movers don't always arrive on time. Make a backup plan such as extending a hotel stay. Pack your personals and important papers before packing day. Use packing day to supervise activities. Use the mover's tracking system to check the progress of your belongings during the travel period. Also, check off your belongings from an inventory list while your things are being unloaded. Note any changes in condition.

Even the smoothest move taxes your mind and body. Planning R&R helps you to rejuvenate and transition into a new period full of initial changes. Remember, Murphy's Law does affect everyone's move, hopefully yours will be a slightly less than other's experiences.

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## **CULTURE SHOCK**

Culture shock is used to describe the emotional roller coaster that someone experiences when living in a new country. Anyone that has worked and lived in a foreign country will experience culture shock of some sort.

Culture shock affects anyone from business personnel and their families, to EFL teachers to sports stars. Recognising culture shock is an important way of being able to deal with it. Dealing with it helps minimise the risk of becoming disillusioned with a new country and the possibility of deciding that a quick return home is the only solution.

Experts agree that culture shock has stages and all agree that once people get beyond the initial and most difficult stages, life in a new country becomes a lot better.

Outlined below is an example of the stages people go through with culture shock:

### **Stage 1 Excitement**

The individual experiences a holiday or honeymoon period with their new surroundings.

They:

Feel very positive about the culture  
Are overwhelmed with impressions  
Find the new culture exotic and are fascinated  
Are passive, meaning they have little experience of the culture

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## **Stage 2 Withdrawal**

The individual now has some more face to face experience of the culture and starts to find things different, strange and frustrating.

They:

Find the behavior of the people unusual and unpredictable  
Begin to dislike the culture and react negatively to the behavior  
Feel anxious  
Start to withdraw  
Begin to criticize, mock or show animosity to the people

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## **Stage 3 Adjustment**

The individual now has a routine, feels more settled and is more confident in dealing with the new culture.

They:

Understand and accept the behavior of the people  
Feel less isolated  
Regains their sense of humor

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## **Stage 4 Enthusiasm**

The individual now feels at home.

They:

Enjoy being in the culture  
Functions well in the culture  
Prefer certain cultural traits of the new culture rather than their own  
Adopt certain behaviors from the new culture