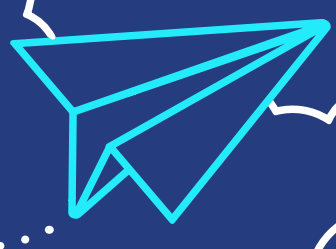


How to Survive Your First Year Living Abroad



Whether you're moving for work, romance, adventure or retirement, the first year living abroad may well be a challenge. Following these tips will make for an easier transition!



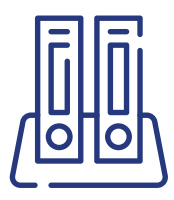
Get to know the locals
Immerse yourself in the new culture.



Stay healthy
Eat right, exercise, get enough sleep.



Make a schedule
Most important: a detailed to-do list of things to do the first month.



Learn
Learn all you can about the local and U.S. expat tax laws.



Keep busy
Get a part-time job, volunteer or find a hobby.



Be patient
If you don't feel at home right away, that's OK. Transitions take time.



See the sights!
Taking full advantage of what your new locale has to offer adds excitement.

Many American expats move abroad to live in their partner's home country or for love, and **over 40% feel they will stay abroad forever.**



U.S. expats seem to be truly enjoying life abroad — **44% state that they are planning to stay abroad possibly forever.**

53% agree that it is easy to find local friends in their new country of residence, and **28% describe their friends and acquaintances as mostly local residents.**



While **81% are generally satisfied with their life abroad**, **56%** of those who are unhappy say that **not having a personal support network in their host country contributes to this unhappiness.**

Source: [internations.org/expat-insider/2018/us-americans-abroad-39625](https://www.internations.org/expat-insider/2018/us-americans-abroad-39625)



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