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# Understanding Transition Overseas

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In our world, we deal with change all the time and a new, exciting change in your location or career is another big one. But to make changes successful and lasting, we need to address the emotional and psychological impact that they bring. As adventurers, we need to understand the range of emotions we will experience as we confront change in our lives. In other words, we need to pay attention to the transitions we may go through when dealing with change.

Moving abroad isn't just an exciting physical change, as any expatriate will tell you, but also means a lot of other things too, such as:

- Learning a new language
- Absorbing a new culture and new ways of doing things
- Integrating into a new social structure
- Exploring and having fun
- Settling in to a new job in unfamiliar surroundings
- and a whole lot more.

It's one of the biggest life and or career decisions we will make. And for a great many, it's also hugely rewarding. But since we're all only human, it's always a good idea to bear in mind that there are likely to be some big challenges along the way as well as potential rewards.

While change is external and tied to a certain situation, transition is the internal emotional process of how you respond to and come to terms with that change. While a change can happen overnight, the emotional adjustments that take place alongside that change can take years to complete if not handled properly.

Information taken from:

<http://www.transitionandsocialchange.org/toolsEndings.html>

Helpful exercises:

<http://www.transitionandsocialchange.org/toolsEndings.html>



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