

**A COMPREHENSIVE
GUIDE ABOUT
MOVING ABROAD.**

*That's it, America.
I'm ghosting you.*



INTRODUCTION

For many of us, the last election was a wake-up call. We're grieving and kind of in panic. A lot of people are choosing to stay and fight, and started organizing. For some of us, that's not an option. It's about safety, dignity, and fundamental rights. Whether it's because of who you are, who you love, or what you believe in, staying in the U.S. is starting to feel less like home and more like a risk.

And you're right to feel so.

You might already be wondering if it's time to leave. And if you are, let me say this clearly: the time to decide is now. Leaving the country is not something you can do overnight. It takes planning, paperwork, and more patience than you might think. Waiting until things get worse could mean waiting too long. You can always change your mind later and stay if you think things are not bad enough just yet.

This guide is here to help you figure out if moving abroad is the right choice for you—and if it is, to give you a roadmap for how to make it happen. This isn't about running away. It's about creating a future where you and your loved ones can feel secure and thrive. It's not an easy choice, but it is a proactive one, and in times like these, proactivity can make all the difference.




INTRODUCTION

Throughout this guide, you'll find practical advice, hard truths, and a little reassurance to keep you going. You're not alone in this, and you don't have to figure it out by yourself. Many have done it before, and you can too.

A quick note:

The words “expat” and “immigrant” describe the same act—leaving your home country to live elsewhere—but they're often loaded with different meanings. “Expat” suggests privilege and detachment, while “immigrant” is rooted in the experience of building a life and identity in a new culture. By embracing the identity of “immigrant,” we not only acknowledge the profound process of adapting to a new country but also align ourselves with others going through similar journeys. It fosters solidarity and reminds us that immigrant rights are human rights—our rights—and that this shared experience is a powerful connector across borders and communities. Through this guide I'll use the word Expat several times, as it's the most commonly used by Americans abroad and it's a search term for resources.

Let's start planning.

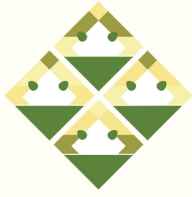


CHAPTER 1: CHOICES

Not all destinations are created equal. Some people simply follow the crowd and move where everyone else is going, but this isn't a magical solution. Other countries have their own regional customs, and different cultures, and their own political nuances.

Some places have a reputation for being progressive paradise for Americans, like Canada or Europe. And the truth is that Alberta, in Canada, is even worse than Texas; and Europe is a continent, where each country and each of their provinces has its own rules, and let me tell you, some are not friendly.

This isn't just about leaving the U.S.; it's about going somewhere you'll genuinely feel better. Making a thoughtful decision is critical to everything that follows: this isn't about running away—it's about building a new life that excites you and prepares you for what comes next. We are all very emotional right now, but desperation is the enemy of success.



HOW TO CHOOSE

Everyone has unique ways of processing information, priorities, and needs. These differences shape the decision-making process. Below are several methods to help you decide, and you can use all or adapt them to suit your style.



INTUITION

Open Google Maps on your computer or phone, pick a random spot, and start exploring with “Street View.” Repeat until you’re exhausted. Looking at tourist sites or city centers won’t help you decide if you want to live somewhere, but exploring random neighborhoods will give you a much better idea. Make a list of places you like, and dig deeper—watch videos of expats living there (but be wary of overly positive ones) or search Instagram using location filters.

Priorities

Write down what's important to you in daily life. Sure, everyone wants to earn well, have good healthcare access, and not feel unsafe every time they step outside, but these aren't the only factors. It's often the smaller, personal things that determine whether you'll adapt and thrive. Use these questions as a starting point:

PROXIMITY

Do I need to stay close to the U.S.?

HEALTHCARE

Do I have specific health needs, and will my medication be accessible?

TRANSPORTATION

Do I prefer to rely on public transportation, or will I drive?

HUMAN RIGHTS

Same sex marriage? Trans rights? Femicide rates? Government politics?

WEATHER

Does the weather significantly affect my mood?

LANGUAGE

Does the local language need to be English, or am I okay with learning another language?

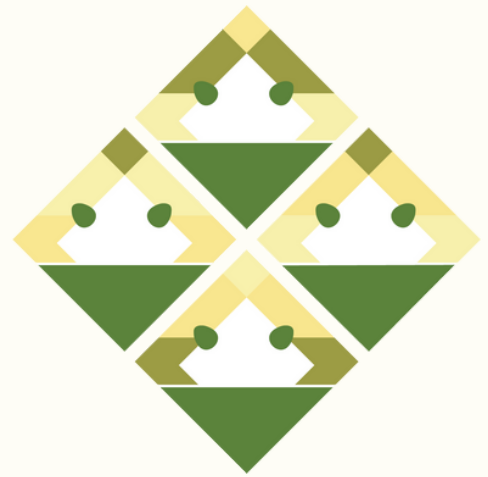
EDUCATION

Do I want to pursue further studies while living abroad?

Do I have children who need access to public schools?

Once you've outlined your priorities, it'll be easier to see whether the destination you had in mind matches your needs. For example, my search criteria might look like this:

“I want to live in a place that's warm year-round, has a low cost of living, accessible public schools for my children, good public transit, and ideally, beaches. I don't care about the language or being able to work or study while I'm there.”



Once you've defined your criteria, it's time to cross-reference: which countries meet these requirements? Look at all your options, even ones you've never considered before.

I'll repeat this several times through this guide: nowhere is perfect. Moving away you're trading your current problems for new ones, so this process is all about finding out where your limits are. When I'm away and miss home or I'm bothered by something in a new country I'm like "oh well there's another power outage, but at least I can go for a walk alone after dark without being scared".




Asking around.

Do you know anyone living abroad? Ask them questions, but not broad ones like, “How did you move there?” or “Is rent cheap?” Be specific. People who’ve moved often love talking about the small details that make or break their experience. Ask about public transit schedules, the condition of sidewalks, or how much of a hassle it is to pay taxes. If you don’t know anyone abroad, search for “Americans in [country or city]” on Facebook and join those groups. You’ll learn everything—from grocery prices to neighborhood safety.

If you’re part of a minority, ask in safe groups: women only groups, neurodivergent groups, queer groups, etc.

People who are not part of minorities will offer opinions, not useful advice, so make sure to ask about these topics to other people who are part of the same minority as you.


Mixed groups (especially those with a majority of Americans) are pretty intolerant, it’s like standing in the middle of the street to ask who they voted for and things get ugly, which is unhelpful.



Sometimes, Americans can be perceived as entitled. Many Americans are shocked to discover that people in other countries don't like them much. Don't take it personally, they're mad at the same people you're mad at, it's just that they don't know you're on their side. So, oftentimes posts like "Hi we're from the States and want to move to Italy next week, what area would you recommend?" get a lot of hate.

The "right way" to ask questions.

And it doesn't really seem to be anything wrong with what it's said, but people assume you want to just waltz into their country without doing any paperwork (here's where they see the entitlement) and the massive amount of expats causes gentrification and hurt locals' everyday life. So they get defensive. Especially because the US has very strict immigration policies and it just seems unfair that things don't work both ways.



So to avoid any confusions, and make sure you're not perceived as the enemy, add details to your post when you ask questions. So if we circle back to the last example, a better way to say it would be "Hi, we have US passports and are working on getting our XYZ type of visa. We're doing some research and would love what are your favorite cities/areas, we like x, y, and z".

The "right way" to ask questions.


Even if we leave aside how people abroad perceive Americans, giving details is very important for you to get useful information. Stating the type of visa you have or want to have, and what passport you're using changes everything.

Personal experience

If you have the financial means and the pandemic or other crises don't interfere, visit your top two or three locations before making a final decision. Even if it's a "vacation-style" trip, dedicate a few days to exploring neighborhoods where you might live, checking transit times, and generally getting a feel for life there.

Of course, circumstances prevent this (e.g., cost or logistics), so here are some alternatives to "get a feel" of what your desired destination looks like:

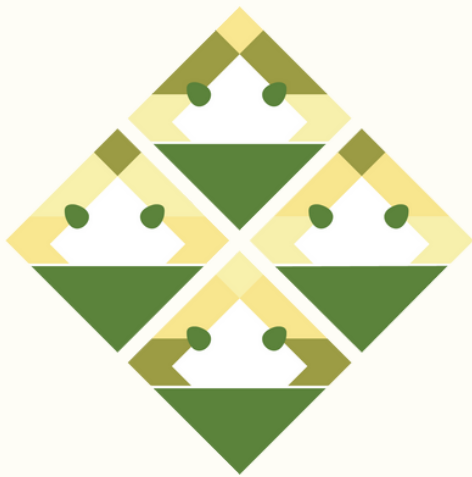
- Watch videos and blogs.
- Look up bars and cafés.
- Watch local news or expat interviews.
- Listen to local music (especially if they don't speak English).
- Research the area's history (even just the modern history).
- Check out hobby-related groups (e.g., running clubs, art workshops).
- Try local dishes—recreate recipes or find a local restaurant offering that cuisine.




I can't emphasize this enough

Don't move somewhere without actually knowing what it will be like. The more prepared you are, the easier it'll be. I know paperwork and other things seem more urgent and important (and they are), but if you don't know where you wanna go then there isn't much paperwork to do just yet.

Who to Trust for Advice




Everyone has an opinion, but not all opinions are helpful; and more importantly: not all opinions are based on facts. People mean well, I'm sure everyone wants you to have a better life, it's just that sometimes people have a hard time accepting others choices, oftentimes it's out of fear or frustration about their own situation; but that doesn't mean you should let them change your mind. Thank them for the advice, and then you do you. Here's how to navigate the advice you'll receive:



People Who've Been on Vacation: Take their advice with a grain of salt. Tourists experience the highlights but don't deal with the day-to-day grind like public transit, utilities, or grocery shopping.

Digital Nomads: Mixed bag. Some stay long enough to offer great advice, while others move every few weeks and only scratch the surface. If you're curious about internet quality, they're usually a reliable source.


Locals: Fantastic for advice on local life (e.g., best neighborhoods, safest areas, grocery shopping). But they might not know much about the immigration process.



Armchair Experts: Ignore them. Someone who's never been to your chosen destination has nothing meaningful to offer, even if they've traveled extensively elsewhere. You'll hear things like "Oh I read in the news the other day that at (your desired destination) there was a big robbery!". After all, only bad stuff makes it to the international media.

Other Expats: Your best resource. They'll tell you the good, the bad, and the ugly, and what they miss about their home country. Just keep their background in mind—someone who moved with a big budget might have different insights than someone who left with very little.

Traveler Groups: Be cautious. These groups often focus on "positive vibes only" and don't offer the hard truths you'll need. Instead, look for moderated groups with clear rules and experienced members.



Culture shock is inevitable when you leave your familiar environment and immerse yourself in something new. How much it affects you depends on your adaptability, preparation, and how different your destination is from the U.S.

You'll feel it everywhere—even in Canada.

Preparing for Culture Shock

The key is to acknowledge it and give yourself time. And remember: just as you'll face culture shock, locals might experience a “reverse” culture shock when interacting with you.

When I arrived in the U.K. and went to hug my host as a greeting, he said, “We don't do that here.” Months later, wandering through a remote Cambodian market, I found myself being stared at by dozens of curious eyes—they weren't used to seeing tourists. The year after that, in Southeast Asia's bustling cities, I saw elephants being transported on trucks through city streets, and no one batted an eye.

Reducing culture shock.

LANGUAGE

Learning the local language (even just basic phrases).

BE FLEXIBLE

Keeping an open mind.

REAL STUFF


You can even start while you're home, watching movies from your desired country, or hosting someone from there.

COMMUNITY

Socializing with locals, not just expats.

RADICAL ACCEPTANCE

There's a reason you're doing this, no destination is perfect, and you're choosing this because it's better than staying. When I want to complain about the country I moved to, I remember how this country has offered me a second home, and I'm grateful for it, even with its imperfections.




Some countries are easier to move to than others, and much of that depends on their immigration policies.

The harder the immigration policies, the more challenging it will be to gain entry—and unfortunately, you're also more likely to encounter xenophobia or discrimination in some of these places. While this isn't everyone's experience, the odds increase in such environments.

Immigration Policies

It's important to note that no country is truly “easy” to immigrate to. Instead, the scale ranges from “difficult” to “very difficult.” There's no place (except Georgia, perhaps) where you can simply step off a plane, get a passport stamp, and start a new life. Moving involves a seemingly endless list of paperwork, and you'll have to deal with both U.S. and foreign bureaucracies.

Living, working, studying—anything beyond tourism—requires meticulous planning. Be prepared for the flood of documents, notary stamps, and translations that await you.



Regarding xenophobia and racism, there's no guaranteed way to avoid it. Even in the most progressive countries, you could encounter the wrong person. How you handle these situations is deeply personal, but there are organizations and resources to help if you choose to confront them. What's important is that the place you chose doesn't validate bigots.

Important!

Seeking asylum or refugee status will not be a viable option for most. Unless you're fleeing active persecution or immediate personal danger as defined by international law, you won't qualify.


Fears of political instability or losing civil rights, while valid, don't meet the stringent criteria required for asylum. Instead, you'll need to focus on other visa pathways like work, study, or family reunification. I've seen a lot of people saying they'll wait until things are bad enough and then see refugee status. This will not work. I can't stress it enough.

General Visa Requirements

Visa requirements vary from country to country, and from one type of visa to another. The following is a list of what most visas require. This is paperwork you'll need no matter what, so it's a good starting point.

- **Purpose of Stay:** Documentation like work contracts, school acceptance letters, or family invitations.
- **Clean Criminal Record:** Many countries ask for an FBI background check.
- **Other Documents:** Photos, visa application forms, and, in some cases, medical exams.

- **Valid Passport:** Usually required to be valid for at least six months beyond your planned stay.
- **Proof of Financial Means:** Bank statements or proof of income to show you can support yourself.
- **Health Insurance:** Some countries require proof of coverage. This not only mandatory mostly everywhere, but also one of those things you should do even if no one is telling you to. Leaving without travel insurance is an unnecessary risk.



What to do with your current home

The first question you'll ask yourself—and one you'll hear a thousand times—is: What about the house?

If you own your place:

As a homeowner, you have two main options: renting it out or selling it. There's also a third, less obvious choice: loaning it to a trusted friend or family member to care for while you're away.

Here are the pros and cons of each option:

Pros of renting your property:

- You'll have a steady income to rely on each month.
- If something goes wrong and you need to return to the U.S., you'll still have a place to come back to (though you may need to wait for the tenants to move out).



Cons of renting your property:

- You'll need a reliable real estate agency or manager to handle the property and a power of attorney to sign documents on your behalf.
- You'll need to set aside a fund for potential structural repairs or tenant-caused damage.
- Depending on where you're moving, rental income might not significantly support your needs abroad.

Pros of selling your property:

- You'll have a large sum of money to finance your move and your first months abroad.
- You won't have to worry about maintenance or management while you're gone.
- In some places housing is way cheaper than in the US, so maybe you could buy a new home when you get there.

Cons of selling your property:

- Timing is unpredictable; your house might sell too quickly, forcing you to rent temporarily, or it might not sell before you leave.
- If an emergency forces you to return, you won't have a home waiting for you.



Pros of leaving the property with a trusted friend or family member:

- You can establish an arrangement that benefits everyone.
- Someone will be paying taxes and ensuring the home is in good condition.
- You'll get regular updates on the property's status and have a place to return to if needed.

Cons of leaving the property with a trusted friend or family member:

- If the relationship isn't solid, this could lead to conflicts, potentially damaging your relationship.



If you're renting

The best way to handle this is straightforward: plan your move to coincide with the end of your lease. This gives you enough time to wrap up the necessary paperwork without overspending.

Dedicate a few days to leaving the rental in good condition, but mentally prepare to lose your security deposit. Fighting with landlords or agencies days before you leave over money that won't mean much abroad is an unnecessary source of stress. While you can pursue it, it's often not worth the energy.

Notify your landlord or rental agency as soon as you confirm your move date. Plan for where you'll stay between vacating the rental and catching your flight. If friends or family can't host you, consider an Airbnb.

In some cases, if you live in a very expensive area like NY, AND if your landlord and contract allows sublets, you could sublet the place to avoid losing your deposit.



If you live with family or friends:

Clear, respectful communication will make this transition easier for everyone involved.

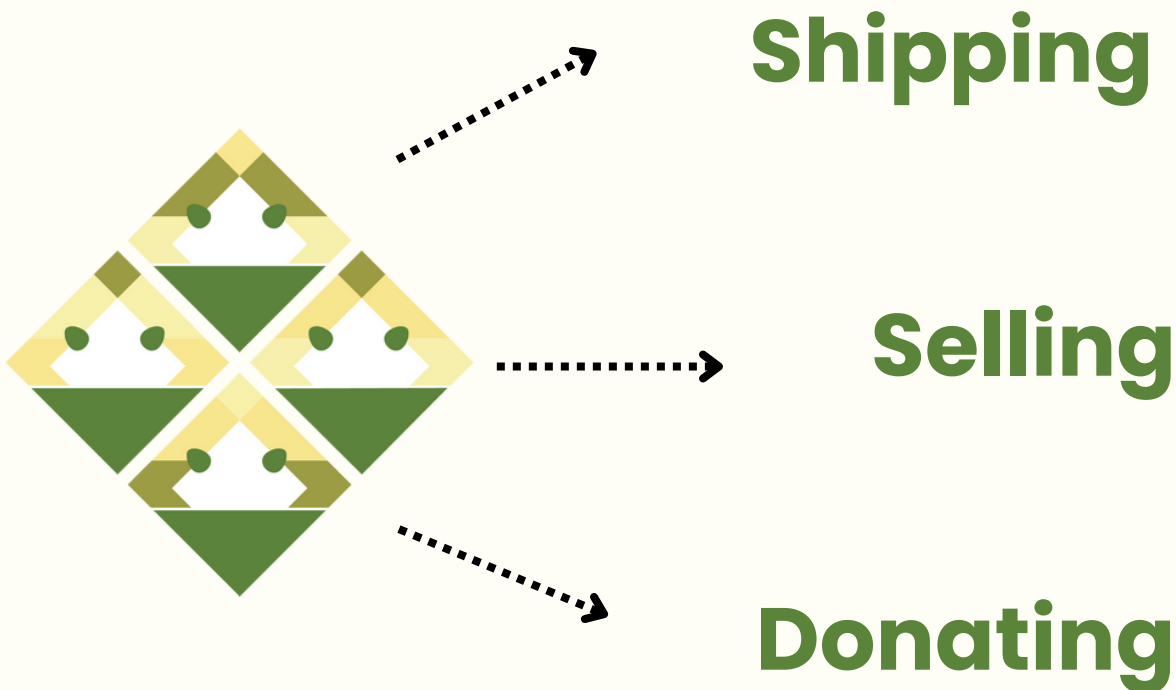
Let them know your departure date as early as possible. If you're living with your parents and aren't contributing to household expenses, you'll mostly deal with their emotional reactions and advice.

However, if you're splitting costs with friends or roommates, they'll need time to adjust their budgets or find a replacement.

Yeah, ok, but my home is full of stuff, what do I do with it?

This decision is deeply personal. Some people struggle to part with material possessions, while others feel liberated by letting go. The key is finding a balance between comfort and practicality. So, here are your options:

Your stuff.





Shipping and Selling.

Shipping Your Belongings:

Moving everything to another country is possible.

Many companies specialize in this, and you should get personalized quotes if you're considering it. However, this option is expensive and logistically complex. Like, very very expensive.

I would consider this a good option (if you can afford it) only if you have valuable furniture, art pieces, and things like that, or with sentimental value.

Selling Large Items:

Most people choose to sell furniture, large electronics, books, and similar items weeks before departure.

If you can't sell everything in time, arrange for a trusted person to handle the sales after you leave.

This is great because not only do you get rid of your stuff, but also make some money for your new life!

Donating or Gifting Items

It's common to experience a "purge fever" where you want to give away everything. This isn't a bad idea—many items could benefit those in need or serve as keepsakes for friends.

In my experience, moving abroad is physically, mentally, and emotionally exhausting. My advice? Don't burden yourself with anything unnecessary. Everything you own can be replaced abroad. Channel your inner Marie Kondo and critically assess your belongings:

- Will this make my luggage overweight and cost me a fortune at the airport?
- Do I actually use this item regularly?
- Is it replaceable in my destination country? (Sometimes buying new items abroad is cheaper than shipping them.)
- Does this item have sentimental value?
- Is this item in good enough condition to sell?
- Is this item worth keeping at all?

Clothing Note: If you require very small or very large clothing sizes, consider bringing essentials. Some countries may have limited options for specialty sizes.

Let's get one thing straight: bringing your vehicle to a non-bordering country is generally a terrible idea. The high costs of transportation, coupled with the bureaucracy involved in getting it road-legal in your new country, make selling your vehicle and buying one abroad the better option.

Cars, Motorcycles: Bringing Your Vehicle

If you're moving to a neighboring country, here are some general rules:

- **Temporary Entry:** If you're entering as a tourist, check the customs and vehicle entry rules in advance. In many cases, temporary permits are required.
- **Documentation:** Ensure you have valid registration, proof of ownership, and international insurance.
- **Modifications and Fees:** Many countries require adjustments to meet local road regulations, such as emissions or safety standards.

Some exceptions exist. For example, if you have a deep sentimental connection to your vehicle, or special needs you may choose to endure the hassle. If so, you'll need to deregister it in the U.S., ship it to your destination, and register it locally. Plan for delays—vehicle registration can take weeks or even months in some countries.



NOTE:

Many places abroad have good public transportation, making cars unnecessary. But on a side note about being attached to a vehicle, have you met the Zapps? The Zapps are a family that travels around the world full time on their 1928 Graham-Paige (aka a car that is almost 100 years old).




What about taxes?

One of the most confusing aspects of moving abroad is understanding how taxes will affect you. The U.S. has a global taxation policy, meaning that even if you live outside the country, you're still required to report your income and potentially pay taxes. Here's what you need to know:

Dedicate a few days to leaving the rental in good condition, but mentally prepare to lose your security deposit. Fighting with landlords or agencies days before you leave over money that won't mean much abroad is an unnecessary source of stress. While you can pursue it, it's often not worth the energy.

Notify your landlord or rental agency as soon as you confirm your move date. Plan for where you'll stay between vacating the rental and catching your flight. If friends or family can't host you, consider an Airbnb.

In some cases, if you live in a very expensive area like NY, AND if your landlord and contract allows sublets, you could sublet the place to avoid losing your deposit.




The thought of paying taxes in both the U.S. and your new country can be overwhelming, but there's good news. The U.S. has tax treaties with many countries to prevent double taxation. These treaties often allow you to claim a tax credit or exclude some foreign income, depending on the laws of the country you're moving to.

Double Taxation and Treaties

- **Foreign Earned Income Exclusion (FEIE):** If you qualify, you can exclude a portion of your foreign income (up to \$120,000 in 2023) from U.S. taxes.
- **Foreign Tax Credit:** If you pay income taxes abroad, you may be eligible to offset your U.S. tax liability.

Days Outside the U.S.

To benefit from certain tax exclusions like the FEIE, you need to meet the Physical Presence Test. This means you must be physically present in a foreign country for at least 330 full days in a 12-month period. Planning your time meticulously is critical, as even a short trip back to the U.S. could disqualify you.



Don't forget about state taxes! Depending on where you're leaving from, your former state might still consider you a resident for tax purposes, even if you've moved abroad. To avoid this, you'll need to sever ties with your state—this often means closing accounts, selling property, or obtaining a new mailing address abroad.

State Taxes

Hiring an Accountant

Unless you're a tax expert, hiring an accountant familiar with expat taxation is highly recommended. A qualified accountant can:

- Ensure compliance with U.S. and foreign tax laws.
- Help you maximize credits and exclusions.
- Advise on the timing of income and deductions to minimize your tax liability.

What about your pets?

Moving abroad is a big change for you, but it's just as significant for your furry (or scaly, or feathery) friends.

Fortunately, with a bit of planning, you can make the transition as smooth as possible for them.

1. Vaccination Requirements

Every country has specific vaccination rules for incoming pets, so research these early. Rabies vaccination is almost universally required, but other vaccines might also be necessary depending on your destination. Make sure your pet is up to date on all required shots and get official proof from your vet.

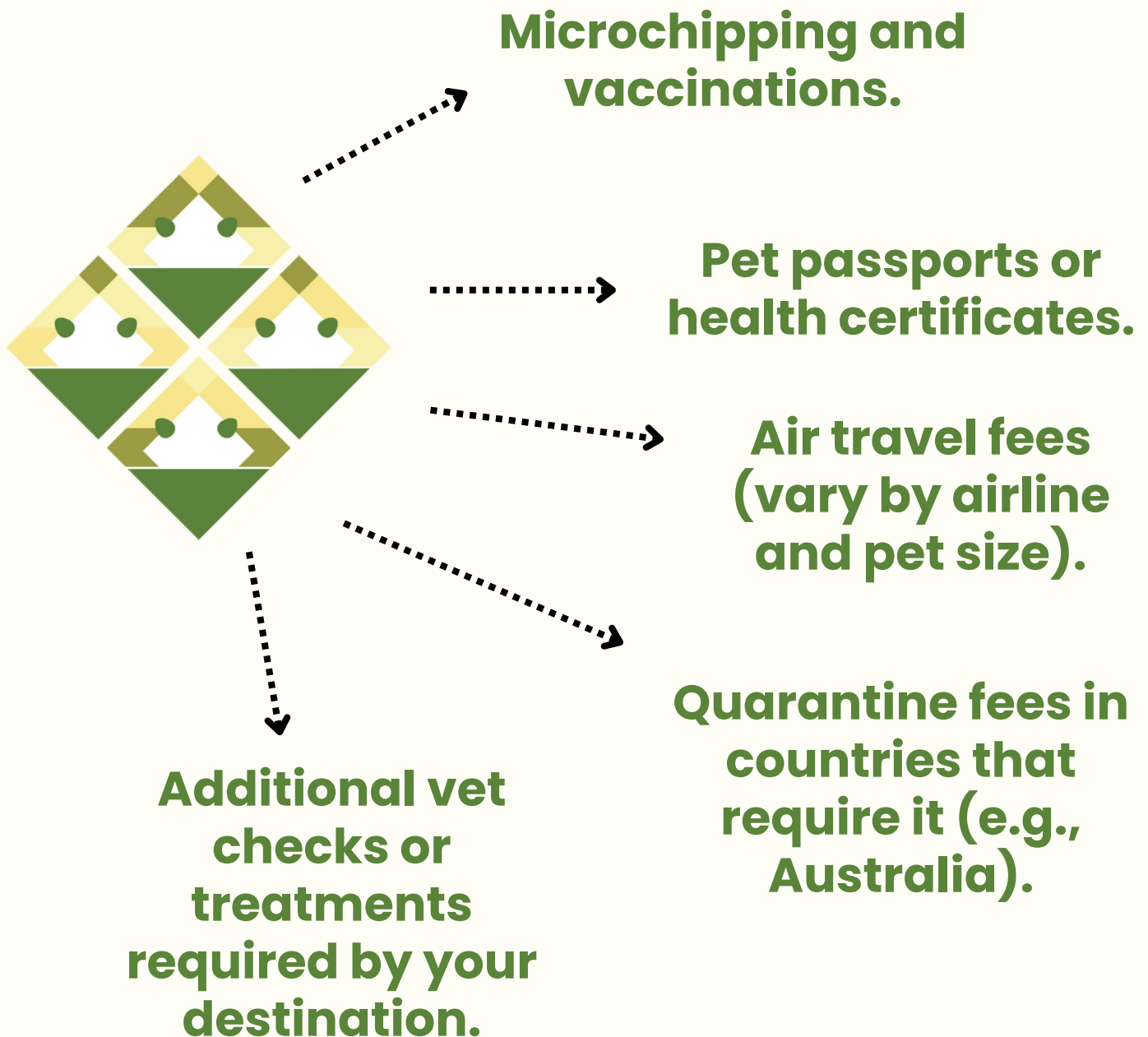
2. Passports and Microchips

Many countries require pets to have:

- **Microchips:** The chip must meet international standards (ISO 11784/11785). If your pet doesn't already have one, get this done before any vaccinations, as the chip ID is often recorded on vaccination documents.
- **Pet Passports or Health Certificates:** You'll need official paperwork from your vet, sometimes endorsed by a government authority (like the USDA for U.S. residents). These documents certify your pet's health and compliance with vaccination requirements.

Costs of bringing your pet along.

Bringing pets can be expensive, so plan for these common costs:





Transporting your pet

Traveling with pets by car or plane requires preparation to keep them safe and comfortable.

By Car:

- Ensure your pet is used to long car rides before your trip.
- Secure them in a crate or harness to prevent distractions while driving.
- Take frequent breaks for water, food, and bathroom needs.

By Plane:

- Choose an airline experienced with pet transport. Many have specific rules, so check them in advance.
- Small pets may be allowed in the cabin in a secure carrier, while larger ones typically travel in the cargo hold.
- Avoid layovers if possible; fewer transfers mean less stress for your pet.
- Book flights during mild weather to avoid extreme temperatures while pets are in transit.



Transporting your pet

Traveling with pets by car or plane requires preparation to keep them safe and comfortable.

Tips for the Journey:

- Acclimate your pet to their crate weeks in advance to reduce anxiety.
- Pack a travel bag with essentials: food, water, a leash, toys, and any medications they might need.
- Consult your vet for advice on managing travel stress, especially for nervous pets.

Moving with pets requires extra effort, but they're family, and the peace of mind of having them with you is worth it.

If you have the means, move first and then come back to pick your pet, to avoid stressing both of you.

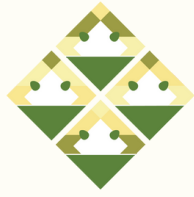


CHAPTER 2: SURVIVAL

These are the basics and some generalizations on what you'll have to deal with, and how to navigate basic everyday life such as work, healthcare, school, and safety.

This part is really overwhelming, so I recommend you approach it calmly, you don't need to figure out everything right away. Some things will sort themselves out after you leave, some will require extra effort depending on your situation.

Be kind to yourself, do one thing at a time, breathe.



HEALTHCARE


This is important even if you're a healthy young person. Even if you never even catch a flu.

I worked at a travel insurance company doing logistics for years, and I know first hand what not planning what to do if you get sick abroad is a big, big mistake.



VACCINATIONS

Every country has its own vaccination requirements for entry, and some have additional recommendations based on regional health risks. Rabies, yellow fever, or hepatitis vaccines might be essential, depending on your destination. A travel clinic or online government health portals can provide a list of what's needed for your specific location.




If you have U.S. insurance, schedule full health checkups, dental cleanings, and vision exams before leaving—it's easier to address potential issues at home if you can. If you don't have insurance, it may be far more affordable to complete these checks after arriving in your destination country, particularly in places with low-cost healthcare systems like Mexico, Thailand, or Portugal.

General Checkups

Insurance and International Health Plans

Travel insurance is a must, even if you're staying for a short time, and long-term expats should consider international health insurance plans. These cover emergencies and sometimes routine care, depending on the provider. Look for plans tailored to expats, especially if you'll need specific services like dental, vision, or therapy.




If you rely on medication, bring enough to last a few months, plus a doctor's note or prescription in case customs has questions.

Prescriptions and Chronic Medications

Apps like AirDoctor can connect you with local physicians worldwide to get prescriptions renewed or updated once you're settled. This is particularly helpful if your medication isn't widely available.

For trans folks, finding replacement hormones is crucial. Research whether your medication is available under the same name or formulation abroad, and identify LGBTQ+-friendly clinics in your destination. Facebook groups for LGBTQ+ expats can often provide recommendations.



Mental health is just as important as physical health. Access to therapy or psychiatric medication varies widely by country, so it's a good idea to:

Mental Health Support

- Research local therapists, especially those with experience working with expats.
- Look into teletherapy options that work across borders, like BetterHelp or Pride Counseling, or check if your current therapist is willing to offer sessions via Zoom.
- Identify whether your destination country offers affordable public or private mental health care.

If you take Adderall, try to find a replacement before you leave the States so you can adjust to the new medication. Adderall is illegal in most countries.



Let's talk about work

If you have some sort of business:


If you own a business, there are many ways to manage it while living abroad, but they all share one essential element: you'll need someone you trust to handle things on-site. This person could be a legal representative, a manager, or both. A reliable accountant familiar with international regulations is also invaluable.

Fully Digital Businesses

If your business operates entirely online, you're already halfway there. Keep your website running, maintain payment systems, and find the best way to transfer earnings from the U.S. to your new country. If your work involves customer support, consider hiring someone to manage it if time zones or other commitments make it difficult for you.

This category includes:

- Freelancers or service providers offering online work.
- Online stores and course creators.
- Professionals offering virtual consultations.



Logistics become more complex here. If you're managing stock, physical deliveries, or local customer relationships, you'll need to create a streamlined process to keep things running smoothly.


Consider:

- Where will your stock be stored?
- Who will manage your social media presence?
- Who will handle vendor relations and order placements?
- Who will coordinate deliveries?
- How will you maintain an accurate, up-to-date inventory?

This applies to:

- E-commerce businesses that rely on physical products.
- Service providers with an in-person component (e.g., consulting requiring on-site audits).

Partially Digital Businesses



If your business isn't digital, managing it from abroad is significantly harder. Trustworthy employees and managers are critical. Assess the costs of keeping your business running without direct supervision.

Brick and Mortar Businesses

- If your business is less than a year old, consider selling or closing it. Most brick-and-mortar establishments don't see profits in their first year, even when the owner is actively involved.
- The goal is to strike a balance: maintain enough control to stay in the loop while letting go of aspects you can't manage from afar.



Not self-employed?

Ask to Work Remotely:


Many employers are open to remote work, especially post-pandemic. Approach your boss with a well-prepared case highlighting how this benefits the company. Avoid mentioning the reasons for your move, and focus on how this will benefit them.

Trade Jobs:

Skilled trades like electricians or plumbers rarely qualify for traditional visas unless there's a shortage in the destination country. Research high-demand regions for trade work, such as Canada or Australia.

It might not look like it, but many trade jobs have transferable skills that can be applied to other jobs (you speak English? Yo know about electricity? You can teach industry specific vocabulary!), but you have to get creative here.

Alternative: Consider training or certifications in globally recognized trades like nursing or IT.



Platforms like Work for Impact and FlexJobs connect freelancers with international clients.

Freelancing

I personally recommend freelancing. I'm sure there's something you know how to do and can get paid for it. You just need to figure out what. It doesn't have to pay a fortune, living abroad is usually cheaper than living in the States.

I'm not a big fan of platforms and I believe that thinking of a freelance career as a business is what makes it more profitable. There are lots of resources to find an online job on a contractor basis, you don't need to go get a degree or anything like that.




Finding a regular job in a new country

Two main points: you can't just go to another country and find a regular job; and (most of the time) you can't get a local job until you're there. I know, it sounds contradictory, but it's not.

Unless you have a super niche degree that is in high demand, getting a local job while you're still in the States is nearly impossible. Think about it from the employer's POV: they don't know if and when you'll get there, and they probably already have tons of applicants who are already there and maybe don't even need them to sponsor a visa.

You DO NEED a proper visa to work abroad. You can, however, go somewhere on a tourist visa, apply to jobs, and get the proper visa once you find one. It's no biggie in most places. Be sure not to say that to the immigration officer though, cause it might not be illegal but more of a loophole.

Some American companies have offices overseas, and prefer to hire Americans, so looking those up and seeing if there's something like that available at your desired destination is a good option as well.




Working remotely can give you the flexibility to live abroad without relying on local employment markets. Careers in writing, design, project management, customer support, and consulting are common options. Look for opportunities on platforms like Work for Impact and in remote job-focused Facebook groups, which often feature leads shared by fellow expats or digital nomads.

Remote Work

Working Holiday Visas

If you're under 35, many countries offer working holiday visas, which let you live and work part-time while traveling. These are great for younger individuals looking to explore and gain international experience.



Local jobs can be competitive, so focus on industries with a shortage of skilled workers or those that value bilingualism.

Networking is your best tool—attend events, join expat forums, and build connections through platforms like LinkedIn.


Finding Work Abroad

Using English as an Advantage

Teaching English as a second language (TESL/TEFL) is a reliable way to find work in many countries. Other fields like marketing, tourism, and customer service often value native English speakers for international-facing roles.

Healthcare, IT, teaching, and skilled trades like electricians or mechanics are almost always in demand globally. Check whether your profession requires local certification or licensing to practice.

High-Demand Jobs



Even casual gigs, like freelance work, can lead to fines, deportation, or bans if you're caught working on a tourist visa. Always secure the appropriate visa for employment, no matter how small the job seems. And remember that some countries require volunteer visas if you're going to work for free or in exchange of food and/or accommodation.

Avoid Working on a Tourist Visa

Employment Agencies

Many expats have found success through employment agencies that specialize in their industries. Research agencies in your destination country or consult government resources offering job search tools for foreigners.



I don't think I can do this.

“Ok everything sounds great but I'm broke and don't know how to do anything.”

Well, you might be broke, I'm not gonna argue that. But I'm sure you know how to do stuff.

First, and circling back to what I said in the intro about the difference between expats and immigrants, plenty people move out of their countries without a penny. Is it comfortable? Is it easy? Nope and nope. But they do it.

Maybe you won't have a fancy expat life sending your kiddos to cute international schools and going on ski trips every weekend, but you're not doing that at home right now either, SO:

If you're tired of being poor in the States, and you're now afraid of poverty being criminalized, go be poor somewhere else.

I mean it.




Story time!

Before I moved I was working on logistics for a travel insurance company. I was 27, had an autistic kid, and made min wage in a developing country. Things happened,

I lost my job, my lease was up, so I had two options: I could either spend my severance check on a deposit to move to another apartment and pray I could find a job asap in a bad economy, or take my check and leave. And so I left.

My severance check wasn't a lot, I spent some time in Europe and it wasn't exactly what I was looking for, so we headed to Thailand. We had a few ehm incidents? So when we got to Thailand I had 20 euros and 300 bucks on my credit card. It took me less than 10 days to find a job, apartment, and a school for my kid, and two months to be fully back on my feet.

I'm aware that I have a bunch of privileges that allowed me to do so. But so do you: you're American. It's both a curse and a blessing!



I'm not saying everyone can (or should) do what I did. I'm saying that if you're determined to make it happen we can find a way. There's always a way. You'll be missing the safety net, but you can still do it. All you have to do is decide what's worse, if staying to deal with what will happen or risking the very few comforts or support you might have right now

Save for the very basics: a passport, a plane ticket. The rest can be figured out on the go. Make extra research to be sure you'll know how to navigate things in your new country because mistakes cost money. You'll need a strong support network, so focus on finding your crew before you even leave the States.

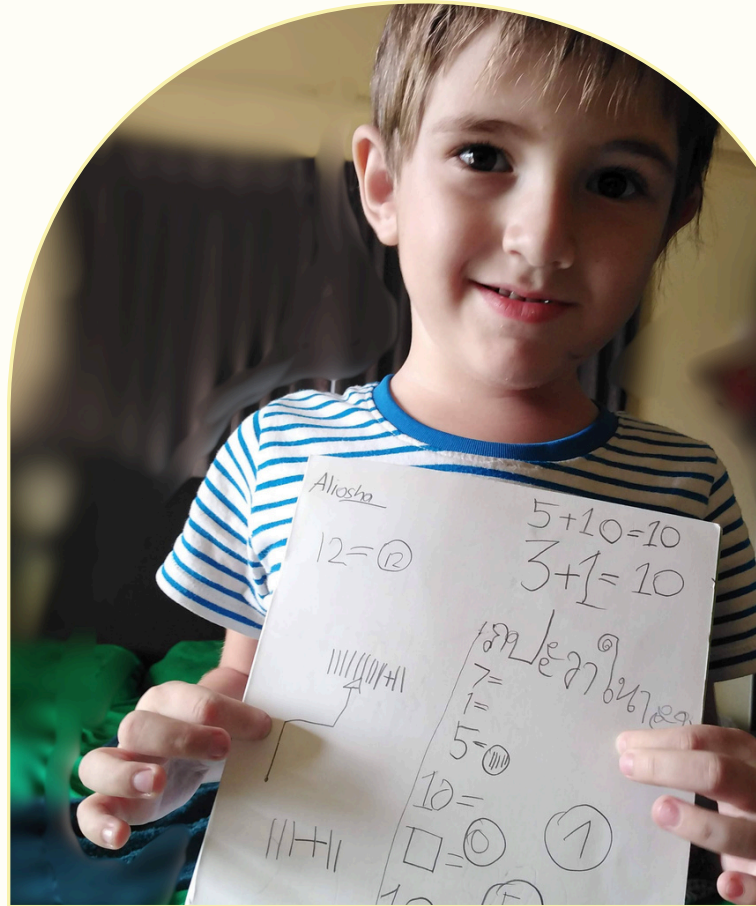
There are lots of options to make things cheaper: volunteer abroad, au pair jobs, temp jobs at farms, housesitting, petsitting. Join FB groups that focus on these gigs, or reputable websites such as Trusted Housesitters.



CHILDREN

If you have children, things seem extra hard. The younger the kids, the easier it is. You just need to get them excited about the move and make an adventure out of it.

Teens, as per usual, are more complicated, they have opinions and friends, and can be stubborn. So if you have a teen, I'm sorry.



SCHOOL

If you're moving with children, their education will likely be a top priority. Investigate public, private, and international schools in your destination. International schools are a popular choice for expats because they offer U.S.-style curricula or IB programs, but they can be costly. Many countries also allow homeschooling, but if you can send your children to a local public school that will help them better integrate to the new country.

Most countries require children to have certain vaccinations to attend school. Ensure you have their updated vaccination records and verify local school requirements before enrolling them.


Please don't be one of those people who follow local vaccine recommendations, there are there for a reason.

Vaccination Requirements

Language Learning

Children adapt quickly, but language barriers can still be a challenge. Encourage language classes and consider schools with bilingual programs to help ease their transition

You can start playing around with Duolingo and make a game out of it, or watch some of you kid's favorite shows in the new language..




Involve your kids in the planning process. Show them pictures of your new city, research fun activities together, and let them express their concerns. Highlight the exciting aspects of moving to make the transition smoother.

Explain the move in age-appropriate terms. Highlight the exciting parts—new friends, new foods, or new adventures.

Preparing for the Move

Books you can read together

- “Alexander, Who’s Not (Do You Hear Me? I Mean It!) Going to Move” by Judith Viorst.
- “The Goodbye Book” by Todd Parr (for younger children).
- “Moving House” by Anne Civardi.



Pack essentials like snacks, entertainment, and comfort items for flights or long drives. Prepare for delays and have a plan for keeping them occupied during layovers or other downtime.

If you have a long travel day, try to start at night so they can sleep most of the way.

For the actual move

Exit permits for minors


If one parent is traveling alone with children, many countries require notarized letters of consent from the other parent. Double-check your destination's laws and prepare this paperwork well in advance.

If the other parent passed away, make sure to have a certificate instead of a signed consent to show at immigration.

Common Scams

Expats often fall victim to scams, especially when they're new to a country. Here are a few common ones to watch out for:

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- **Rental Scams:** Fake landlords who ask for deposits on properties they don't own. Seems simple, but many people can't resist a good deal and will just transfer money to people they don't know for stuff they haven't even seen yet. Don't be one of those people. Rent from craigslist if you want to, just make sure you see the property first.
 - **Taxi Overcharging:** Drivers taking longer routes or claiming the meter is broken. Always use official taxis or rideshare apps like Uber or Bolt where available.
 - **Fake Police:** Scammers posing as police to demand fines for nonexistent infractions. Always ask for identification and stay calm.
 - **Currency Swaps:** Offering "help" at ATMs or exchanges while slipping fake bills into your cash. Avoid assistance unless it's from official staff.



Losing documents like your passport or visa can be a nightmare. Keep both physical and digital copies of all important papers (and have them certified if you can), and register with the nearest U.S. embassy for help in emergencies.

Have an easy way to access those documents from your phone.

Document Safety

Embassies and Consulates

I learned this the hard way
during the pandemic:
there's only so much your
Embassy and Consulate can
do for you.

Contrary to the popular belief, your embassy will not get you out of any trouble. Embassies and consulates do not provide financial assistance, don't pay for emergency medical expenses, won't fly you home for free for any reason, will not help you with your visa situation. They just don't.

What is it good for then?

- They can issue a new passport if you lose or get yours stolen.
- They can retrieve documents like birth certificates.
- They provide support (not financial, more like diplomatic) if you go to jail.
- They will offer assylum in case of a major event (not a pandemic, apparently, but more like war or other imminent dangers)
- They have a decent database of English-speaking doctors and hospitals.
- If you have issues with another American citizen (getting divorced? got assaulted? hit and run?) they will help local authorities deal with it.



CHAPTER 3: GETTING READY

Once you've made the decision to move abroad, preparation becomes your new full-time job. From months in advance to the final days before departure, getting organized is the key to a smooth transition.

This chapter covers everything you'll need to consider, from essential paperwork to packing strategies, social dynamics, and budgeting.

Start Early

Moving abroad isn't something you can rush. Ideally, you should begin planning at least 6-12 months before your intended move date. Use this time to gather documents, learn about your destination, and tie up loose ends at home.

If that sounds like overkill, remember: documents get delayed, flights fluctuate, and you'll need time to break the news to your parents that you're leaving—and yes, you're taking the dog.



FLIGHTS

If you're not flying to your destination, you can skip this.

Maybe it doesn't seem like a big deal if you're flying nearby and flights are usually cheap, but if you're carrying extra luggage or traveling with your family costs add up quickly.



FLIGHT ALERTS

Finding affordable flights requires strategy. Set up alerts on platforms like Google Flights, Hopper, or Skyscanner to monitor prices and book at the right time. You can also see how prices fluctuated last year to get an idea on what the best time to travel is.

Check different routes, sometimes it's cheaper to fly to a nearby airport that has better prices.

Some countries require you have a return ticket, to avoid any issues you can book a one way ticket and then a return one via Onward, a platform that holds reservations until your chosen date.

Social media isn't just for arguing about politics. Facebook groups like "Americans in Portugal" or "Expats in Mexico City" are goldmines for advice, housing leads, and local tips. WhatsApp groups, often found through these communities, can provide real-time answers to niche questions like "Where can I find a decent bagel in Buenos Aires?"

Join Facebook and WhatsApp Groups

Languages

Do You Need to Learn the Local Language?

Short answer: yes. Even if your country has a large expat community, knowing basic phrases can make life much easier. For example, "How much does this cost?" or "I'd like to buy a metro ticket" can save you from being that clueless foreigner flailing at the ticket machine.

Locals always appreciate people making an effort to learn their language.

Language and culture

Learning the local language will also help you understand their culture, and make it easier for you to integrate into the new country.

Ok, so, here's the tea: societies shape language and language shapes societies. It is what it is. We do so because we have different needs for what we need to express.

And because of that, we have words that can't be translated: saudade, kha, Verschlimmbesserung, fiaca. These kinds of words are ingrained in people's minds and shape their worldviews because they can name what they're experiencing.

Enough about ethnolinguistics. My point is that two main things will help you understand locals: language and history.

Courses and Tools

Here are some resources to kickstart your learning:

- Duolingo (free app for beginners).
- Babbel (paid, structured lessons).
- Italki or Preply (connects you with language tutors).
- Immersive Practices

Acclimating to a language doesn't stop at grammar books. Watch local TV shows, listen to podcasts, or stream the news in your destination's language to get used to how it sounds. I learned English watching Friends!

Documents and Paperwork

The following is a big checklist of paperwork you'll need, approximate cost at the moment of publication, and an approximate of how long getting them can take. ,

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- **Passport:** Valid for at least 6 months beyond your planned stay. Renew it now if needed.
 - **Vaccination Certificates:** Some countries require proof of immunization for entry or school enrollment.
 - **Birth Certificates:** Certified copies may be needed for visa applications or registering children for school.
 - **Academic Degrees:** Get diplomas and transcripts translated and authenticated if required.
 - **Driving Permits:** Apply for an International Driving Permit (IDP) if you plan to drive abroad.
 - **Health Records:** For chronic conditions or allergies, carry a doctor's note detailing your medical history.
 - **Digital Copies:** Scan and back up everything. Store digital copies of essential documents in secure cloud services like Google Drive or Dropbox, and carry USB backups.

CHILDREN

If a Child Travels with Only One Parent

-
- Some countries require additional documentation to prevent parental abduction
 - Consent Letter: A notarized letter from the non-traveling parent granting permission.
 - Supporting Documents: Include a copy of the non-traveling parent's ID.
 - Check Requirements: Consult the destination country's embassy website for specifics.
 - Pro Tip: U.S. Customs and Border Protection recommends carrying a consent letter even if it's not required—it's better to have it and not need it.

Cost and timeframes

Please keep in mind that these are estimates, and some things like passports can take longer.

Passport:

- Cost: \$130 for an adult passport book, and \$30 for a passport card (optional). Expedited service adds \$60.
- Processing Time: 6–9 weeks for routine service; 3–5 weeks for expedited.
- Where to Apply: U.S. Department of State website (travel.state.gov) or local passport acceptance facilities (often post offices).

International Driver's License:

- Cost: \$20.
- Processing Time: Immediate if done in person at AAA or AATA offices.
- Where to Apply: American Automobile Association (AAA) or American Automobile Touring Alliance (AATA).

Cost: Varies by state, typically \$15-\$30.

Processing Time: 2-8 weeks for mail requests; same-day service at local vital records offices in some states.

Where to Request: State vital records offices or VitalChek (vitalchek.com).

Birth Certificates

Criminal Background Check

Cost: \$18 for the FBI Identity History Summary. Additional costs may apply for state-level checks

Processing Time: 3-5 days for electronic submission; up to 4 weeks for mail requests

Where to Apply: FBI (via the FBI website) or accredited channelers.

Cost: Free or minimal fees for retrieval.

Processing Time: Varies depending on your healthcare provider.

Where to Obtain: Contact your primary care provider, state health department, or school records.

Vaccination Records

School Transcripts for Children

Cost: Often free or a small administrative fee (\$10-\$20).

Processing Time: 1-4 weeks.

Where to Request: Contact the child's school or district office.

Cost: \$20-\$50 for notarization; \$8 per apostille in most states.

Processing Time: 2-4 weeks.

Where to Apply: Your school or state Secretary of State for apostille services.

Diplomas and Degrees

What to do with docs you don't need

Store important but nonessential documents (e.g., old tax returns) in a safe deposit box or leave them with a trusted family member.

You can always have them mailed if needed.



Social preparations

Telling friends and family can be tricky, especially if they're not supportive.

Start by explaining your reasons and emphasizing the opportunities this move brings. Focus on the positives, like safety, career growth, or new experiences, and getting away from bigots who want to take away your rights. Expect tears, questions, and at least one person suggesting you're "running away from your problems."

Not everyone will understand or agree with your decision. If they raise objections like "You're abandoning us" or "What if something goes wrong?" respond calmly and firmly. Their reactions are often rooted in their fears, not yours.

Plan how you'll maintain relationships back home. Whether it's regular FaceTime calls, sharing updates on WhatsApp, or setting up a family group chat, consistent communication helps bridge the distance. This helps people deal with their abandonment issues and will keep them at ease.

At the end of the day, this is your choice, it's not like if you stay your family and friends can protect you from the horrors that the new administration will unleash, so.

Budgeting

Understanding your budget is crucial. Break expenses into fixed (rent, utilities, healthcare) and variable (groceries, transportation, entertainment).

Your migration budget should include:

- Visa application fees.
- Flight costs.
- Temporary housing upon arrival.
- Moving expenses (shipping, storage, etc.).
- Emergency Fund
- Always keep a financial cushion. Aim for at least 3-6 months of living expenses, plus an extra fund for emergencies like medical issues or unexpected flights back home.

REMEMBER TO FIGURE OUT YOUR TAXES BEFORE YOU LEAVE. I can't stress this enough. You can mess with everything, but not with the IRS.

Budgeting

Tools like Numbeo let you compare living costs in cities worldwide, helping you set realistic expectations for rent, groceries, and transportation.

BRING A MIX OF PAYMENT OPTIONS:

Cash: Carry a few hundred dollars in the local currency for immediate expenses.

Cards: Notify your bank of travel plans to avoid frozen accounts, and consider getting a no-foreign-transaction-fee credit card like Charles Schwab. If you're traveling with friends or family, have an extension of your cards issued for them, so if one of the cards gets lost or stolen you can still access your account.

Research what apps are popular at your destination: most countries don't use Cashapp, for example, Germany uses Paypal, Thailand uses Line, things vary from place to place.



CHAPTER 4: REALITY CHECK

Moving abroad isn't a movie montage of sipping cappuccinos on scenic terraces or effortlessly blending into a new culture. It's a process full of surprises, some delightful, some infuriating.

The goal of this chapter is to prepare you for both.

Let's talk about realistic expectations, common problems, and the kinds of things no one tells you before you pack up your life and go.



Realistic expectations

Let's start with the obvious: this isn't going to be perfect. You'll have amazing days where you wonder why you didn't move sooner. Then you'll have days when everything feels like a Herculean task, from buying groceries to figuring out how the heck the bus system works.

I really don't want to scare y'all when I say things are hard. I want to set you up for success, and that's only possible if you are convinced this is the best choice for you.

Being perceived as an outsider all the time is hard. Watching our country fall apart from afar is hard. Seeing our friends back home struggle is hard. But you made the choice to move knowing it's the best for you, so just feel your feelings and deal with it.

I'm sorry I don't have a bit of more compassionate advice. Nothing is black and white, you are allowed to feel your feelings. Two things can be true at the same time: you can feel relief that you get to leave, and be sad that you had to. And that's ok. Just keep in mind that we all have problems, no matter where we live, it's just a part of life.



Common Struggles

We are all different, but there are some stuff we all struggle with.

- **Loneliness:** It hits everyone, even the most extroverted among us. Even families and couples feel lonely, even tho they have each other.

Join local clubs, expat groups, or even hobby meetups. Apps like Meetup or InterNations are great for finding like-minded people.

Bonus: joining a running club or art class will give you something to look forward to every week.

- **Bureaucratic Black Holes:** Governments move at the speed of glaciers. Whether it's your visa, health insurance, or a tax document, you're going to deal with delays.

The Fix: Keep multiple copies of every document, track all deadlines, and ask locals or other expats for advice. Facebook groups like “Expats in [Your City]” often have helpful hacks.

Common Struggles

We are all different, but there are some stuff we all struggle with.

-
- **Cultural Misunderstandings:** You will offend someone without meaning to. It's inevitable.

The Fix: Learn the basics of cultural etiquette before you go (YouTube is your friend). When in doubt, keep things polite and simple. Apologize when you're wrong.

This will sound cheesy, but smile. Smile and apologize, and it will all be good. (Unless you were doing something illegal, of course, no smile will get ya out of that).

As expats, locals know better. I can have opinions on something being ok or not or whatever, but it is not my place as a guest in another country to tell them how to do things, because I don't understand the nuances of their situation just yet. And it takes so much time, I have spent years in Thailand and there's still so much I just don't understand.



“We’ll visit often!”

LOL, no you will not.

Even if you’re “just moving across the border”, going home is a whole thing. For starters, we’re kinda running away from a bad situation, so it’s not like going back would be fun or safe.

But (especially when we’re close) we find ourselves saying (or thinking) that we’ll visit, even after we leave. Comments on your SM pics talking about all the things you’ll do when you’re back.

And it’s not that simple, because you’ll be building a new life somewhere else, and that takes time. Of course, emergencies happen, but attending someone’s funeral is different from visiting.

Everyone you know will demand to see you when you’re back. They’ll expect you to fly in, hug them, and bring exotic snacks from your “trip”. Sometimes they will SAY they want to hang out but never do. You’ve been away, people have moved on with their lives, nothing is the same. It gets worse the more you’re away, people don’t want to hear about what your new life is like because it’s so different that it’s just not something they’re into.

I’m sure you have amazing family and friends who will not be like that at all, but that’s the people you’re already close with, acquaintances and relatives usually just don’t care.

Reverse culture shock is also a thing so be ready.



Bad stuff

I'm sorry , but we have to go through this.

Sometimes bad things happen and people end up really sick, or die. That's true at home, and it's still true when we're living somewhere else.

The thing is, getting very sick or passing away while abroad is more expensive. Sanitary and funeral repatriations are expensive AF.

So, I really hope you never need to use any of the following things, I really do, but have them ready just in case.

- Make sure that your insurance covers both sanitary and funerary repatriations.
- Write a will, and make sure to include if you'd like to be buried or cremated.
- If you want to donate your organs, get a donor card.
- If you are a single parent with small children, have a plan for who will be in charge of them if something happens and who will take care of them until the person in charge arrives.

I know it's sad, and people don't want to think about it, but making these decisions and dealing with paperwork when the thing is actually happening is too much to handle.



List 1: Paperwork

- Passport: Apply via travel.state.gov. \$130, 6–9 weeks.
- International Driver's Permit: Available at AAA. \$20 fee, immediate issuance.
- School Records (for children): Contact schools directly or district offices.
- Clean Criminal Record: Request through the FBI (\$18).
- Vaccination Records: Ask your doctor or state health department.



List 2: Budgeting

- Relocation Costs: Flights, temporary housing, and deposits (~\$5,000+).
- Visa Applications: \$50-\$350 per country.
- Emergency Fund: At least 6 months' living expenses.
- Miscellaneous: Notarization, translations, and legal assistance (~\$300).

List 3: Long-term exception stamps

Countries Where Americans Can Live Without a Visa (Extended Periods)

- Georgia: 1-year visa-free stay.
- Svalbard (Norway): Unlimited visa-free access (harsh living conditions).
- Albania: Up to 1 year.
- Mexico: 180 days; can reset by border hopping.
- Taiwan: 90-day stays extendable twice.
- Panama: 180 days without a visa.
- Peru: 183 days visa-free.

Note: Visa-free periods often prohibit work. Always check local laws to avoid complications

List 4: Digital nomad visas

- Portugal: Income requirement: €2,800/month. Valid for 1 year, extendable up to 5 years.
- Spain: Income requirement: \$2,215/month. 1-year validity with extensions.
- Thailand: SMART Visa (\$80,000 annual income) or Destination Visa (6 months, extendable).
- Estonia: €4,846/month income required. 1-year validity.
- Mexico: \$1,620/month income or \$27,000 savings. Valid for 1 year, extendable to 3.
- Barbados: \$50,000/year income required. 1-year validity.
- Mauritius: \$1,500/month income for individuals; free to apply.
- United Arab Emirates (Dubai): \$5,000/month income. 1-year validity.
- Costa Rica: \$3,000/month income or \$60,000 deposit. 2-year Rentista visa.
- Bermuda: No income minimum. \$263 fee for 1-year validity

List 5: Irish dual citizenship

Eligibility

- You can apply if at least one grandparent was born on the island of Ireland. If neither parent was born in Ireland, you'll need to register your birth in the Foreign Births Register to claim citizenship.

Steps to Apply

- Gather Documents:
 - Your original birth certificate.
 - Your parents' and grandparents' birth and marriage certificates.
 - Proof of address and photo ID for yourself.
- Register on the Foreign Births Register: Submit the online form via Ireland's Department of Foreign Affairs and mail supporting documents to Dublin.
- Witness and Certify: Forms and photos must be signed by an approved witness (e.g., notary, doctor, or police officer).

Costs and Timeframe

- Application fee: €278 (\$295) for adults; €158 (\$167) for minors.
- Processing time: Approximately 9 months due to demand.

Where to Apply

- Irish Foreign Births Register [Ireland](#)
- [Irish Dual Citizenship](#)

List 6: Italian dual citizenship

Eligibility

You qualify if you have an unbroken line of Italian descent and no ancestor renounced Italian citizenship before your birth.

Steps to Apply

1. **Collect Vital Records:** Obtain Italian and U.S. birth, marriage, and death certificates from ancestors in your line of descent. Records from Italy may require certified translations and apostilles.
2. **Contact Your Local Consulate:** Submit an appointment request to the Italian consulate that serves your region.
3. **Submit the Application:** Bring your documents to your consulate for review.
4. **Wait for Approval:** This process often takes 1-3 years.

Costs and Timeframe

- Fees vary but typically range between \$200-\$500 for translations, apostilles, and consular fees.
- Processing time: 1-3 years.

Where to Apply

- Check your jurisdiction via the Italian Consulate Directory.

List 7: German dual citizenship

Eligibility

Germany permits dual citizenship in specific cases, including descent or naturalization for long-term residents. If you're claiming descent, at least one parent must have been a German citizen at your birth.

Steps to Apply

1. For Descent:

- Gather proof of German parentage (birth certificates, passports).
- Apply directly through your nearest German consulate.

2. For Naturalization:

- Reside in Germany for at least 8 years (or 6 with integration courses).
- Demonstrate language proficiency (B1 level or higher).
- Pass a citizenship test.

Costs and Timeframe

- Application fee: €255 (~\$271).
- Processing time: 6-12 months for descent applications; several years for naturalization.

Where to Apply

Visit [Germany's Federal Office for Migration and Refugees](#).

List 8: Polish dual citizenship

Eligibility

You may qualify if one or more ancestors were Polish citizens and left Poland after 1920.

Steps to Apply

1. **Research Lineage:** Gather birth, marriage, and emigration records proving Polish descent.
2. **Verify Citizenship:** Contact a Polish consulate or hire a genealogical researcher to confirm eligibility.
3. **Submit an Application:** Provide certified documents and translations to a Polish consulate or directly in Poland.

Costs and Timeframe

- Application fees: \$100-\$300 depending on required document services.
- Processing time: 1-2 years.

Where to Apply

- Polish Ministry of Foreign Affairs

List 9: Working holiday visas

Australia

- Age: 18–30
- Savings: AUD 5,000 (~USD 3,300) + return ticket or equivalent funds
- Insurance: Health insurance required
- Duration: 12 months, with a possible extension if specific work is completed
- Cost: AUD 635 (~USD 420)
- Additional Requirements: Clean health and criminal record, no dependent children

Canada (International Experience Canada)

- Age: 18–35
- Savings: CAD 2,500 (~USD 1,800)
- Insurance: Health insurance for the stay
- Duration: 12–24 months
- Cost: CAD 170 (~USD 125) + fees for Recognized Organizations (ROs)
- Additional Requirements: Must use a Canadian Recognized Organization like SWAP

List 9: Working holiday visas

Ireland

- Age: 18+ (students or recent graduates)
- Savings: EUR 1,400 (~USD 1,500)
- Insurance: Medical/travel insurance required
- Duration: 12 months
- Cost: EUR 250 (~USD 270)
- Additional Requirements: Enrolled in or recently graduated from a full-time degree or certificate program

New Zealand

- Age: 18–30
- Savings: NZD 4,200 (~USD 2,500)
- Insurance: Health insurance required
- Duration: 12 months
- Cost: NZD 455 (~USD 280)
- Additional Requirements: Clean health and criminal record

List 9: Working holiday visas

Singapore

- Age: 18–25 (students or recent graduates)
- Savings: None specified
- Duration: 6 months
- Cost: SGD 175 (~USD 130)
- Additional Requirements: Enrolled in or recently graduated from a recognized institution

South Korea

- Age: 18–30
- Savings: KRW 3,000,000 (~USD 2,100)
- Insurance: Health insurance required
- Duration: Up to 18 months
- Cost: KRW 62,500 (~USD 45)
- Additional Requirements: Student status or recent graduate

Join the group

It would take me forever to cover every single aspect of moving abroad, and every single particular situation. So I created this FB group to support y'all, and so you can connect with people who are going through the same process.

Scan the code below to join us.

See you there!

