

## EXPAT SUMMER SEMINAR SERIES: LIFE SUPPORT – RESOURCE LIST

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### WEBSITES: Discussion Groups

- Expat Forum  
<http://www.expatform.com/>
- Expat Forums  
<http://www.expatforums.org/>
- Yahoo Groups  
<http://groups.yahoo.com/> - search for expat groups specific to the country to which you are moving
- Expat Exchange  
<http://www.expatexchange.com/>
- Expat Clic  
<http://www.expatic.com>
- Groups on LinkedIn (e.g. Trailing Spouse Network)  
[www.linkedin.com](http://www.linkedin.com)
- MeetUp groups to find people with shared interests (online and offline)  
[www.meetup.com](http://www.meetup.com)  
<http://www.meetup.com/trailingspouse/>

### PHYSICAL RESOURCES – WHERE TO START

- Your **Relocation Agent** can connect you with doctors, dentists, childcare providers and agencies which can provide cleaning or other services,
- Many **international and local schools** have lists of teenagers who are willing to babysit. Noticeboards may also have information about other services.
- Your **Local Community** can be a good place to start for medical services, childcare facilities and for household help
- As you meet **other expats** who are more established, ask where they go.
- **Expat/Women's Associations** often publish books or lists which list services, shopping and recreation

### Books & Websites on Networking

- [Grow your Own Networks](#). (20 to-do tasks) By Jo Partfitt & Jacqui Tillyard
- Donna Messer <http://www.connectuscanada.com> (website and [blog](#))