

Ready to Work Abroad? GO ABROAD

CE 'Work Abroad': <https://uwaterloo.ca/co-operative-education/working-abroad>

Am I Ready to Work / Intern Abroad?

Taking a work term abroad is an exciting experience! Our survey results tell us the students gain and enhance several co-curricular skills. With all the rewards that international experiences can bring, you should also know that taking a work term abroad requires planning and a systematic approach to ensure a satisfying and worthwhile experience.

International experience is a long-term investment. The benefits are exposure to new situations, cultures and people, learning to adapt quickly, and gaining greater self-awareness and self-confidence. The financial benefits mostly come in the form of expanded career horizons and an enhanced career path.

Start with some simple questions you ask yourself:

- Why do I want to go?
- What do I want to achieve?
- How much effort am I able to put in?
- Where do I want to go?
- When do I want to go?
- Who would hire me?
- Why would they hire me?

Here are a few points to get you started as a first step to getting ready to go abroad for a co-op work term ...

Remember that at every step, the CECA co-op and career teams are available to guide you and provide help, as needed. You just have to reach out to your Work Term Support (WTS, also called, Student Advisor (SA)) with your questions, and they will point you to the right person on the team. You may also contact cecaintam@uwaterloo.ca directly with your questions. If you haven't had a work term at all yet, contact the Centre for Career Action (<https://uwaterloo.ca/career-action/>). All relevant information is also on the 'Co-op' (<https://uwaterloo.ca/co-operative-education/>) and 'Work Abroad' (<https://uwaterloo.ca/co-operative-education/working-abroad>) websites.

Getting there ...

- ✓ I am excited and ready to experience a new language and cultural experiences
- ✓ I have consulted with significant people in my life (parents, partners, etc) about their support of my work term abroad
- ✓ I have self-assessed my physical and mental wellness, and feel confident that I am ready for the experience. I have also ensured that the medical support I require here will be available from my destination country as well
- ✓ I have a valid passport with an expiration date that is at least 6 months past the date I am scheduled to return from my work term
- ✓ I will review WaterlooWorks and the additional opportunities (<https://uwaterloo.ca/co-operative-education/working-abroad/finding-international-job-opportunities>) while looking for an opportunity to my preferred destination
- ✓ I am aware that I can scope my own job, and submit it for approval and verification via the 'arrange own job' (<https://uwaterloo.ca/co-operative-education/get-hired/job-search-process-and-procedures/procedures-job-searches-jobmine-and-arranging-your-own-job>) process
- ✓ I am ready to plan my travel: flights, housing, insurance, vaccinations, etc

- ✓ I know that there will be several upfront costs including, but not limited to, travel, visas / permits, living incidentals, food, boarding, etc
- ✓ I am ready to research my employment opportunity: company, workplace expectations, paperwork needed for permits / visas, etc
 - This is typically arranged by me through the consulate or embassy of that country
 - I understand that this will likely require the assistance of my employer
 - I realize that the process for a visa / permit might require appointments off-campus during the business week
- ✓ I will find out more about the type of visa / permit I require to legally undertake my work term in the destination country
- ✓ I am interested in applying for grants and scholarships ([https://uwaterloo.ca/co-operative-education/working-abroad/finding-international-job-opportunities#Financial support](https://uwaterloo.ca/co-operative-education/working-abroad/finding-international-job-opportunities#Financial%20support)) as additional funding for my work term abroad, as I am aware that several opportunities are compensated only at local wage and workplace culture norms
- ✓ I will follow-up on the requirements of an international work term whether I am matched with a job, (<https://uwaterloo.ca/co-operative-education/working-abroad/found-international-job-waterlooworks>), or I arrange one on my own: (<https://uwaterloo.ca/co-operative-education/working-abroad/arranged-own-international-job>): risk management form, pre-departure course, contact information on arrival, etc.
 - The international team will follow up with you about the necessary requirements once your international work term has been confirmed

Once there ...

- ✓ I will be able to be in touch with family and friends regularly to keep away loneliness and ensure my well-being. I am also comfortable with getting to know new people in new environments
- ✓ I am aware that my WTS will check in with me regularly right from the start of the term, and provide guidance and support if I face any challenges on my work term
- ✓ I know that my WTS and the international team can work with my employer to provide guidance on health and safety, orientation, and supervisor mentoring and feedback, as needed

When you are back

Talk to your WTS who supported you on your international work term about how to communicate the VALUE of the experience to future employers. You may also work with career advisors at the Centre for Career Action (<https://uwaterloo.ca/career-action/>) on this.

Who can you contact for more information

- Start with 'My World Abroad', accessible via Centre for Career Action's 'CareerHub', for several tip-sheets
- For questions about international visas / permits: cecainties@uwaterloo.ca
- To know more about international co-op opportunities: cecaintam@uwaterloo.ca
- For questions about USA J-1 visas: cecausaies@uwaterloo.ca
- To know more about USA co-op opportunities: Contact your assigned WTS (information on WaterlooWorks)