



THE 3 BIGGEST HURDLES WHEN MOVING ABROAD

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CBABBMSCTTAA - TB

FIRST 3 MONTHS - START UP HURDLES

WHEN YOU FIRST GET HERE YOU WILL HAVE
THE BIG 3 AND THE BONUS HURDLES.

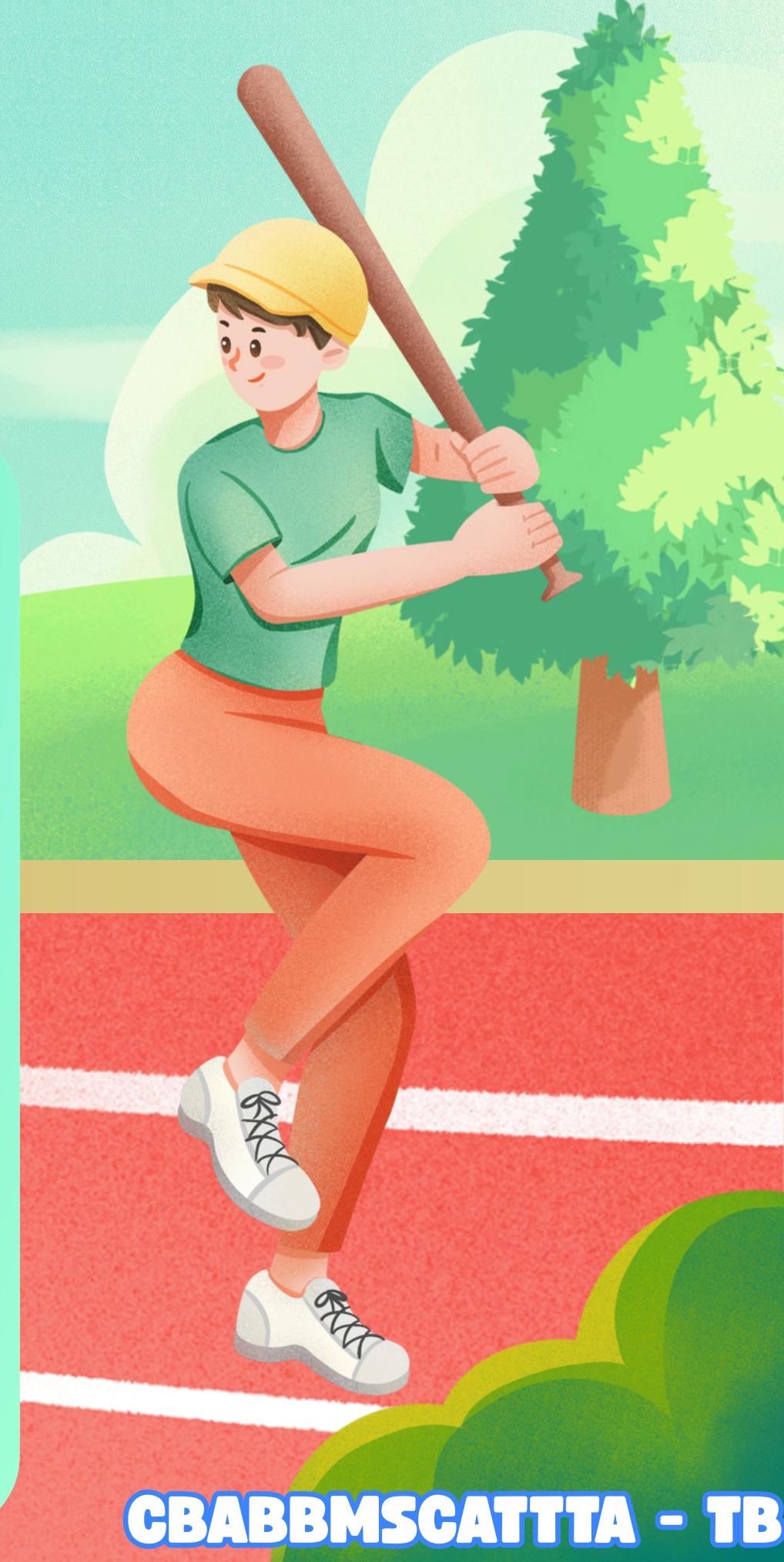
The big 3 startup hurdles*



This is reference to another one of my video/slides

1ST 3 MONTHS BONUS HURDLES

- Overstimulation
- Overwhelm
- physical body adjustment
- Work Acclimation
- Nervous/Anxiety - Social
- over preparedness - mental overload



HOW TO OVERCOME THE HURDLES

- **Before coming**
 - **comfort and adjustments items**
 - **a LITTLE research - general info**
 - **No expectations**
- **Find a place like home - grounding area**
 - **events and venues**
- **Have a passion that you can explore**
 - **ex. aquariums and the zoological parks**
- **plan one small event to look forward to Monthly**

THE SECRET HURDLES

* 3 - 9 MONTH MARK FOR MOST

* 3 - 6 MONTH MARK FOR JET PROGRAM PARTICIPANT

WHY IS IT A SECRET HURDLE?

This section of time isn't talked about as much because we assume that it is smooth sailing after they help you get settled.

settled \neq **adjusted**



Settled

Finalized living place

Locked in at the time

all the paperwork completed

Physically stabled

Can be extremely stressed

Well- adjusted

Mentally secured

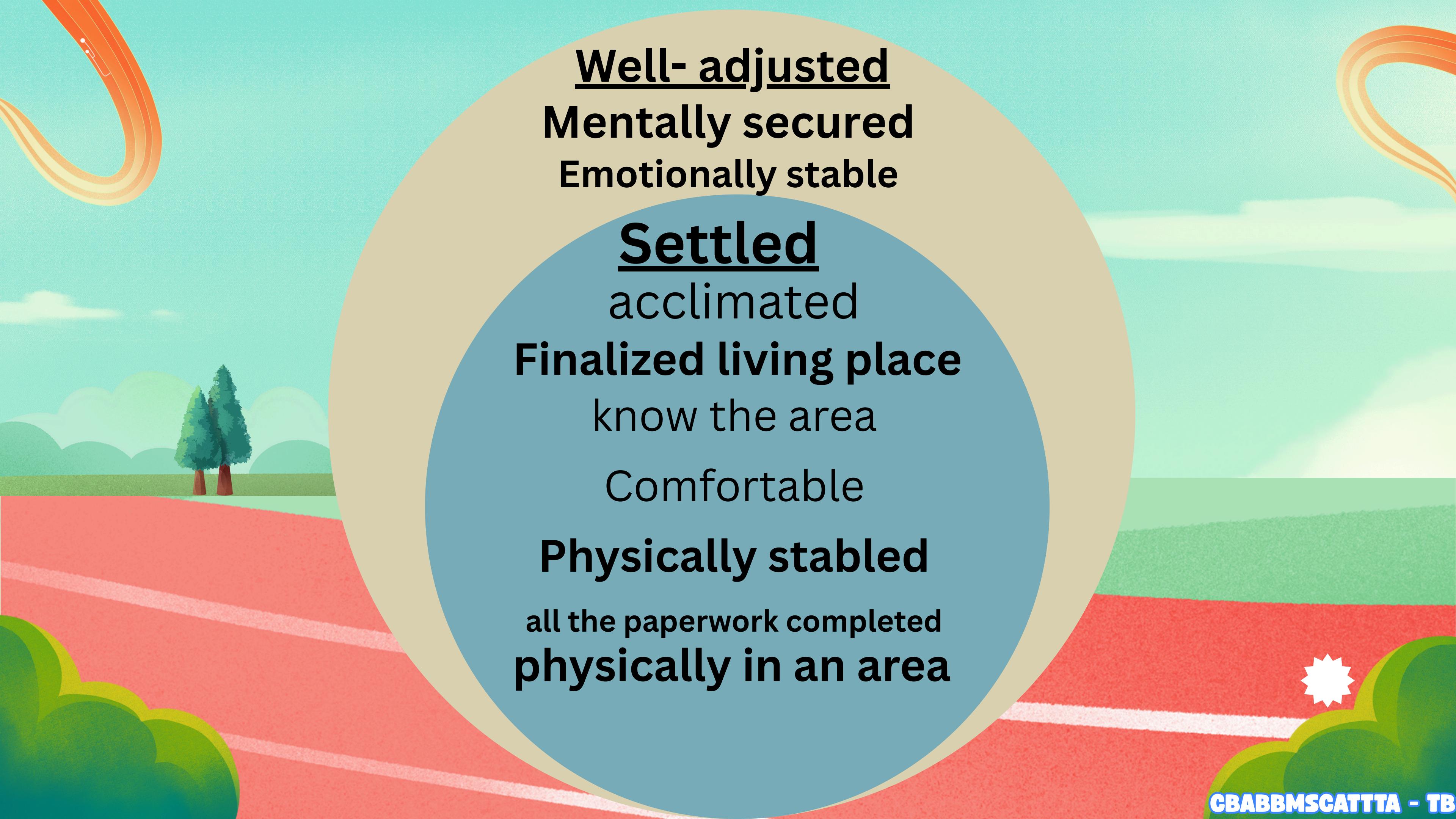
Emotionally stable

At peace with your life

acclimated

know the area

Comfortable



Well- adjusted
Mentally secured
Emotionally stable

Settled
acclimated
Finalized living place
know the area
Comfortable
Physically stabled
all the paperwork completed
physically in an area

HOW THE 1ST 3 MONTHS LOOK

1. **Most people are busy with paperwork, jobs, moving, doctors, documentation, and countless appointments. The first month can pass you by.**
2. **You finally have everything situated. Now you can embrace and be excited about it - More exploration. take over world.**
3. **You are now more acquainted with your environment and most of the help you had dissipated.**
 - a. **Certain people's grace deadline ends at this time**
 - b. **There are more to expect from you**
 - c. **reality begins to hit hard**
 - d. **Job shows their true color**

WHY ARE JETS DIFFERENT?

TIMELINE AND RUSH FOR DECISIONS

JETs are required to give their reappointment decision in December or January. This means, based off of all the events, feelings, and information they have from a short time span, they must decide if they want to continue.

HOW TO OVERCOME THE HURDLES



- **Take a breath/moment/REST**
- **Self Reflection - Not overthinking**
 - **Needs and Wants**
 - **Goals, character, and adjustments**
- **Routine**
- **Keep finding things to explore - baby steps**
- **Make a support system here**
 - **Blend it with the one at home**
- **Give your personal own touch**

PIVOTING IS OK!

**Every place isn't meant for everyone!
If you want to change do these three
steps.**

- 1. Acknowledge it**
- 2. Plan it**
- 3. Do it**





NOW GO!
OVERCOME THEM HURDLES