

50 TIPS FOR

MOVING TO IRELAND



PART OF A NEW DAWN IN IRELAND'S
ADAPTORS TOOLKIT

Introduction

These 50 Tips were compiled by James Parnell who has lived and worked in Singapore and Sydney over a sixteen year period before returning to Ireland in 2016

James is now a personal and business coach, in addition to helping people to tackle big life changes such as emigrating.

He firmly believes that we are entering an age of higher consciousness and connectedness whereby we can aspire to a better life. Our mindset, our ability to listen to our own true nature and to connect with others is most important.

We can continuously design and create the life we want and to support one another. Research shows that people with strong and diverse social networks live longer, are mentally and physically stronger, more resilient and ultimately happier.

The key to a successful move overseas is to envision, plan and make repeated small changes in both your behaviour and circumstances as suggested in this booklet.

I hope it helps you on your journey.

'Go N'eirí an bothair leat' wherever you land.

1 Decide for You!

*What's important to you? What does **not** matter? Staying abroad means missing out on stuff. Moving to Ireland means you'll yearn for other things. What will you regret on your deathbed? Seek advice from others. But don't take their opinions as your own.*

2 Go with Your Gut

You have three intelligences. Heart, head and gut. Hear you heart for direction and use your head to make it happen. Take your time. Think about the pros and cons. It's useful for planning which will come later. But ultimately go with your gut. It is rarely wrong.

The Decision

3 Reach Out

Talk to Others. Ask someone who has gone before you. What went well? What are the challenges? Everyone's story is different. What are the things you are worried about? Talk to them about your concerns. Listen to what's useful.

4 Ignore Naysayers

There are plenty of forums and websites with people's opinions, Their experience is not yours. Listen to what's useful and practical. Heed the warnings but don't get bogged down in them. As with anything in life, ignore the naysayers. Let them inspire you to greater things.

5

Commit 100%

You cannot do this half-baked. You all need to be fully committed. This means no looking back. No comparisons. No blame. Complete commitment to the move and to one another's needs. For a decent time period. Not months. Years.

6 Set Your Intention

What did you have the first time you left home? A dream. A vision of a future - yours to manifest. Begin with the End in Mind. Set your Intention. Close your eyes. Leave the earth and return in 5 years. Visualise your life. Have fun. Write it down.

7 Start the Countdown

Set the date for your Bold Move. If you have the choice, don't rush. Leave time to plan. Choose the timing of your arrival to suit settling in. Then have fun with it. Put the date on the fridge and count down. Like any trip, anticipation and planning and is half the fun.



The Vision

8 Look Ahead

Anticipate what your challenges will be. Where might you struggle? Make a list and, for each one (right now!), imagine that situation and make a mental note of how you will respond to each one. Your brain is now primed to overcome that obstacle.

9 Who do YOU need to be?

You know the life you want - and you create it. Decide the person you need to be. If that's not who you are now, then who do you need to become? What will your strengths be? What about your values, your way of being? Draw a line in the sand. Be that person now. Be, Do, Have - in that order.

10

Seek professional advice

You might consider a coach or mentor as cost. But a small investment relative to the overall move budget will save you. Not just money but time and energy. It will also make it less stressful. This is a big change with financial and emotional impacts. Invest and turn it from challenge to opportunity.

11**Make a Plan**

Write down all the areas you need to cover. Think MASTERY - Money, Accommodation, Set-up, Transport, Employment, Relationships, You! Consider each step of the journey - Decide, Anticipate, Leave, Move, Settle and Integrate. Write all the things you need to do to make this a success.

12**Gather Documents**

There are certain documents you can gather now that will save you enormous time and hassle later. For example, banking and credit history for a mortgage application, evidence of tenancy, driving record for driving license, passports and visa documents for government services.

The Plan

13**Create Budget 1 - Moving**

Calculate your net worth, the value of all assets less debts. Decide what to keep or sell. It's time to control spending. Calculate last year's spending. Budget income & expenditure between now and the move or shortly after. You need to know how much you have on arrival.

14**Budget 2: First 6 Months**

Similarly, you may spend more the first months after arrival while you find your feet and routine. Be kind to yourself if you can afford it. Give yourself leeway that won't threaten your financial security. That would undo any benefit by creating stress.

15**Shop Around**

Don't just ask "who provides the best/ cheapest insurance/banking, utilities?" Follow the 5 C's - Capture your needs. Collect details of as many providers as you can. Call each one (timebox to 1 hour). Compare and Choose one that suits you. Simple. Everyone is different so do the work to get the reward.

16

Know Your Priorities

The amount to do can be overwhelming. But always write down active projects, goals or what's on your mind. Always know your Top 5. Put it on a whiteboard or somewhere you see every day. Make it visual. Trello is a great tool to share plans with family or partner.

17

Do THE one thing

Even if you know your Top 5, at any moment, ask yourself this "What's the one thing I can do now such that if it were done, everything else would be easier? This is the Most Useful Single Thing - the one thing you MUST do. Do it. When it's done, decide the next one thing and repeat.

The Action

18

Be Flexible

The plan will always change. Right now, schedule a time, maybe weekly or fortnightly, to review your plan and priorities. Pick a beautiful spot and enjoy a coffee. Have some craic making this bold move. Be prepared to change the plan.

19

Be Prepared Logistically

Just like a big holiday, you always check to make sure you have your passport, hotel, travel tickets and wallet. Nothing new here, line up the legal aspect first, then accommodation, transport and employment.

20

Preliminary Set-up

It's always handy to have some official communication addressed to you in Ireland. Think about what you can set up in advance - even bank accounts may be set up. What other Irish services might you be prepared to avail of now to save you hassle later?

21 Employment

Get the basics right and be methodical. List your network - LinkedIn, Facebook and friends. Communicate your return as soon as practical. Be proactive. Remind people. Think creatively - a video pitch, publishing to professional groups, meetups or social media. Be careful with salary expectations.

22 Accommodation

Decide early where you wish to live - what compromise you might be willing to make for a limited time while you settle. Perhaps it's returning to family, compromising on a longer commute or employment away from where you'd prefer. For Mortgages & rentals, refer to Tip 15 Shop Around

The Big 5!

23 Transport

Allow for public transport in your Budget and/or arrange a car. Prepare early. Be a named driver if possible. Bring your driving license and driving history (from government agency) and letter of evidence of no claims (from insurance companies). Refer to Tip 15 Shop Around!

24 Family & Education

If you are arriving with family, consider their age and needs. You will likely need to pre-book schools. Having an Irish address helps (see Tip 25). Get in touch early with a few - keep options open. Local knowledge or contacts helps.

25

Insurance

Other major expenses are home insurance, salary insurance and health insurance. As always be pragmatic, decide what cover you need and when. Check your current cover and if required decide when to cancel it and when to start new Irish one. As always, read Tip 15 Shop Around!

26 Build Support

It is almost guaranteed that your previous network will have change or moved on. Do not assume support will be available to you without confirming those assumptions. Hard though it is to accept, this is not a return home but a move to a new place.

27 Prepare Mentally

I was asked recently what had the biggest impact on my own resilience - ability to deal with change or adversity. I'd say meditation. Start now - just two minutes a day. Silence and peace to focus on your breath. It's that simple. Establish time to yourself and protect it.

Resilience

28 Be Positive & Proactive

Resilient people set goals. Don't stop with your plan to return. Aim higher. Become the organiser with your friends. Having something to aim for gives you hope. You emigrated with ideas in your head. Do it again with a vision of the new life chapter you wish to create.

29 Kindness & Wellbeing

Regardless of where you are, be kind to yourself. You are where you are meant to be. Your best resource is you. Partner with your body, mind and spirit. Nourish them with quality food, useful (positive) thoughts and with love, unconditional. Treat them well and they'll take care of you.

30

The 'Good Boomerang Effect'

Irish people love helping others. Help is a two way street. Don't be afraid to ask and offer. By expressing your challenges out loud (or on paper), you'll figure most out yourself. Sometimes, others will help. Whatever you throw out there will come back - so share positivity and inspiration and watch the universe conspire to help.

31 Re-frame Challenge

You're at the start line, with hurdles between you and the finish. The ones you can see can be overcome. Learn to adapt so and negotiate the unforeseen ones. Cultivate a mindset whereby each new setback or challenge, is not obstructing your way, but a critical part of the path that you are forging.

32 Think Long Term

Slowing down or compromise in the short-term may give you stability or momentum to overcome the next hurdle. Don't take on too much - work or financially. This is a long term investment. Don't depend on quick returns. Buy what you can afford, be pragmatic and swap costly luxuries for free ones.

The Hurdling

33 Don't Expect

Moving 'home' is arguably harder than emigrating. The first time, everything is a blank canvas on which to paint. A return involves blurred lines. Don't try to redraw a picture that can never be restored. Expectations slow down the change necessary to make this work. Start a new canvas.

34 Embrace Change

It's difficult to leave established networks in your adopted home. Avoid comparison with your old life and learn to love the change in yourself, in Ireland and in surroundings. This is a fresh start, a chance to reinvent yourself in some way. Enjoy the process of realising what is important in your life.

35

Trust and Grow

*No matter how ready you are, how much you planned, there will be moments when you question your decision. This is the moment of truth when you differentiate yourself from others. GROW. Figure out your next **Goal**, the **Reality** (not your thoughts), your **Opportunities** and finally, like any hurdler, the **Way** forward.*

36**Downsize**

Discarding things that don't bring joy can change our life. Starting with material things is easier. A move to a smaller home for the last few months may make the exit more gradual and encourages you to sell items early. Tackle material things, and move onto all areas of your life!

37**Checklists (BIG Rocks!)**

Make a checklist of things to be done by a certain time. 6 months before, big decisions should be made and certain knowns (anchor) locked in. You are confident you can afford the move and be financially secure. 3 months before, home, schools and bank accounts should be well-advanced, if not done!

The Bold Move

38**Checklists (Little Rocks!)**

As you approach each milestone, planning gets more detailed. 1 month before, you should have a job lined up or meetings/interviews arranged, bills and detailed costs known, car/transport arranged. Make your final week easy so you can focus on goodbyes. Become a box ticker, not just a box packer.

39**Another List: Closure**

Don't forget things you need to close in your adopted country. Bank accounts, super, health insurance, car registration, public services, change of address. Monitor all incoming paper mail and email and add to a Master list of 'foreign bodies' who need to be informed or your account closed.

40**Bon Voyage!**

Don't leave it to the last minute to enjoy time with loved ones and friends in your adopted country. Arrange a 'holiday' of free time in the last week. You'd be surprised what you can wrap up before then if you put your mind to it. Savour the last sunsets and cocktails with friends as you look forward to your new life.

41 Bask in the Arrival

Enjoy the warmth of your homecoming. Then get to it. You'll spend more initially as you find your routine and get acquainted with your locality. Careful to spend where it makes things easier for you - new clothes, raingear, unforeseen house expenses, fixes and necessities you might not have thought of.

42 Expect Culture Shock

Some things you can anticipate but cannot truly understand until you experience them. But you can plan your attitude and prime your brain in advance. Know now that expectations will not be met. Predetermine the character you will demonstrate and practise it. "I will demonstrate positivity, kindness, pragmatism and perseverance."

The Settler

43 Good Grief

Every big change involves a grieving process. This happens whether you ignore the feeling or acknowledge it. Ignoring it just delays and allows it to grow and hinder you. Use specific techniques to tap into how you are feeling, allowing those emotions to happen without becoming hung up on them.

44 Have a Mantra

A handy tool for life in general but especially at times of big change is a mantra. Jot down key themes you want to remember. Maybe it's positivity, adventure, courage and determination. Have fun with it. Perhaps make an acronym with them, e.g. GRIT - gratitude, resilience, intention and trust.

45

Give yourself Time

It takes time to readjust and settle in - not just months but years. This is not just about logistics or finances or jobs. It's a complete reorientation of your life. I commend your courage and the mindset to do it. Struggle & challenge is the inevitable part of growth and happiness. Be patient and kind to yourself. Listen to your body, and take care.

46 Get out There!

Reconnect with family, friends and old colleagues before leaving. Once here, make time and effort for new friends and your professional network. It's got to be done. Get involved offline, not just online. Meet people in person. That's where the real connections you will later rely on will be made.

47 Avoid Comparison

Time spent online should be targeted at a certain outcome. Avoid looking at friends overseas if you find yourself comparing your life with theirs. Before login, decide what outcome you want, what you're looking for, then limit time to just enough to find it and no more. Don't scroll, it takes a toll.

The Pioneer

48 Travel!

When you decided to move, you may have envisioned travel and seeing Europe. Use your new home as a base for exploring Ireland or further afield. Keep a sense of adventure and check out all the free things to do and the variety of culture and experiences on your doorstep.

49 Have the Craic!

Every week (in fact every day!) you should have fun. It doesn't have to take long but if you don't plan, it's easy to forget. So plan each week ahead - not just lists for shopping, and things to work on but fun to have. What does a great week look like? Write it down and make it happen!

50

NEVER Settle!

Once you settle, well...never settle. Don't expect life to change if you don't. Choose your next big goal. Keep moving forward and watch the universe come to help you. Even modest goals build your momentum & confidence. Like compound interest, small wins quickly add up.