

News Release

21 May 2017

53% of parents in India say that the experience of expat life bring them closer to their children

- Almost half parents 48%, say life as an expat has a positive effect on their child's quality of life
- 69% parents find that their children are open to new cultures and experiences
- 80% of parents take longer than six months to feel at home

Despite the benefits of raising a family abroad, parents and children alike take time to settle into their new life. However, the challenge can bring families closer together, according to new data released from the latest HSBC Expat Explorer survey.

In India most parents, (80%) take more than six months to feel at home with 39% taking more than a year. However, almost half parents, 48% say life as an expat has a positive effect on their child's quality of life. While 69% find that their children are open to new cultures and experiences, 45% say that their child is a more well-rounded and confident individual.

S. Ramakrishnan, Head – Retail Banking and Wealth Management, HSBC India, comments:

“Moving abroad can be a momentous challenge for the whole family to overcome whether it is making friends or adjusting to the new culture.

Many expat parents tell us that they've sometimes found it challenging to settle quickly, with two thirds taking more than six months to feel at home, and nearly a quarter finding it difficult to form new friendships of their own.”

According to global report, settling into life abroad comes with special challenges, especially for children leaving friendships and school behind. Parents of older children (aged 11 to 16) say settling into a new school is particularly challenging, with more than half (55%) highlighting it as a major hurdle.

Globally, report shows that missing family and friends is the biggest challenge for children across all ages. Half (50%) of expat parents say missing friends and family is one of their children's top three challenges. Other major challenges for children include making new friends (36%) and understanding the new language (30%).

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The Hongkong and Shanghai Banking Corporation Limited



Kate Berger, Child and Adolescent Psychologist and founder of The Expat Kids Club, comments on how parents can help their children overcome the challenges of moving abroad:

“The instability that relocation can bring may be overwhelming for the whole family which is why it is crucial that parents show both empathy and validation to their children during the process. One of the best ways to support your children is to encourage them to see the difficulties along the way as challenges.

This shows you believe in them, and helps in developing confidence and resourcefulness. Your children will also be watching how you handle difficulties, so lead by example, and show that you’re willing to talk openly about your own issues.”

For expat parents looking for information on how to help their child overcome the challenges of moving abroad, HSBC Expat’s video with *Child and Adolescent Psychologist*, Kate Berger, can help them tackle these challenges and settle into life abroad:

<https://expatexplorer.hsbc.com/survey/family/helping-children-settle-in>

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Notes to editors:

About the Expat Explorer survey

The Expat Explorer survey is commissioned by HSBC Expat and conducted by YouGov. It is the largest and one of the longest running global surveys of expats, with respondents sharing their views on different aspects of life abroad, including careers, economics, experience and family.

An expatriate is defined as anyone over 18 years old, currently living away from their country of origin/home country.

The 2016 Expat Explorer survey was completed by 26,871 expats from over 100 countries through an online questionnaire in March, April and May 2016.

The survey was conducted before the UK referendum vote to leave the European Union on June 24th 2016.

About HSBC Expat

HSBC Expat is a trading name of HSBC Bank International Limited. HSBC Expat is an award-winning provider of financial services for expats, with its head office in Jersey, Channel Islands. It also has representation in Dubai and Hong Kong. As part of HSBC Holdings plc, HSBC Expat provides tailored financial solutions to people living and working abroad. For more information visit www.expat.hsbc.com.

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