

**Part 1: Qualitative Results Report**



First of all a huge THANK YOU to all participants for generously offering their time and insights to this survey. The outcome is tremendously useful and beneficial for our book preparation. Below you will find the survey results.

Participants' answers to Q17: "*While abroad I mostly miss...*" revealed striking similarities that can be classified into four dominant themes: family and friends, culture, familiarity, and climate.

**Family and friends.** The most prevalent theme was family and friends, with around 51% of participants stating that they mostly miss their loved ones when they are abroad. More specifically, participants mentioned that they miss the daily, face-to-face routine interactions with their close friends and family members, as can be shown in the following responses: "Daily interactions with my children" (*respondent 52*), "Daily physical contact with family members" (*respondent 119*), "Support and routine interactions with my extended family" (*respondent 75*), and "Personal relationships with my brother, his family, relatives, and best friends" (*responded 111*). Furthermore, participants also expressed that they miss being present for important moments in the lives of their family members, for instance: "Watching my baby nieces and nephews grow up" (*respondent 217*), "Important family events and spending time with family and close friends" (*respondent 271*), "Sunday lunches and celebrations with

my family" (*respondent 30*), and "Having an active role in my friends' and family's lives" (*respondent 222*).

**Culture.** The second most prevalent theme was culture, with around 38% of participants stating that when abroad, they mostly miss the culture of their home country. More specifically, 26% of participants said that they miss specific foods of their home country that they are unable to find when abroad (the word "food" was used in 88 of the 124 responses relating to culture). Additionally, many participants expressed that they miss certain traditions, holidays, and customs of their home country; for instance: "My language, my customs, my food, my music" (*respondent 98*), and "Cultural activities (theater, concerts, museums), shopping, good restaurants" (*respondent 7*).

**Familiarity.** The third most prevalent theme was familiarity, with around 18% of participants stating that they miss the sense of familiarity of their home country, along with a sense of convenience and comfort, such as understanding the culture and language, and knowing how things work or where things are. For instance: "The comfort of being in a familiar place" (*respondent 3*), "Understanding the culture and cultural codes around you" (*respondent 16*), "The ability to speak my mother tongue in my everyday life and the simplicity of well-known everyday things" (*respondent 31*), "The comfort of the same language" (*respondent 69*), "The ability to communicate easily in my language" (*respondent 178*), and "Ease of living where you fully understand how to function day-to-day" (*respondent 257*).

**Climate.** The last theme was climate, with around 11% of participants stating that they mostly miss the weather and nature of their home country when they are abroad. More specifically, participants said that they miss warm weather and specific landscapes, for instance: "Brightness of the sky of my country" (*respondent 129*), "Swedish nature, silence" (*respondent 5*), "Swimming, the sun, good weather" (*respondent 82*), "Key areas, for example mountains and seas I spend time at" (*respondent 112*), and "Proximity to the sea, fresh sea air, and the color of the land" (*respondent 183*).

The participants' answers to Q18: "*The main question I ask myself about my international lifestyle...*" revealed subtle similarities that can be classified into five themes: settling, regret and concern, belongingness, maintenance, and relationships.

**Settling.** The most prevalent theme was settling, with around 21% of participants stating that they ask themselves whether they will ever settle in one place, as can be shown in the following quotes: "Is there a way to stop and settle permanently?" (*respondent 55*), "When will I be able to settle down in one place which I really like?" (*respondent 149*), and "Will I ever want to settle?" (*respondent 24*). Participants also expressed worry concerning their retirement plans and where they will grow old. For instance: "Where will home be when we retire?" (*respondent 252*), "Where do we retire?" (*respondent 261*), and "Am I doing enough to prepare for retirement?" (*respondent 51*).

**Regret and concern.** The second most prevalent theme was regret and concern, with around 18% of participants stating that they ask themselves whether travelling was the right choice to make, and

whether leading an international lifestyle is healthy for them, for instance: "Was it a correct decision?" (*respondent 106*), "Is the accumulated grief worth it?" (*respondent 120*), and "Was this choice to live abroad worth the sacrifices – missed family events and severed relationships – of not being in my home country?" (*respondent 298*). Furthermore, participants expressed regret about being separated from their loved ones, for instance: "Will I regret being so far from my family?" (*respondent 54*), and "How will I be able to have all the ones I love in some way present in my life, since they are spread all over the world?" (*respondent 184*). Additionally, many participants stated that they are concerned about how their international lifestyle is affecting the development of their children; for instance: "Will this 'rootless' lifestyle affect my children; will the lack of a defined identity be a handicap for them?" (*respondent 71*), "Is it good for my children's cultural and language identity; are they going to be anchorless?" (*respondent 76*), and "Is life without a safety net wise? Was it wise to bring up my children this way?" (*respondent 109*).

**Belongingness.** The third most prevalent theme was belongingness, with around 8% of participants stating that they ask themselves whether their international lifestyle has affected their sense of belonging along with their concept of "home". For instance: "Do I really belong anywhere?" (*respondent 105*), "Where is home; where do I belong?" (*respondent 303*), "Will I ever feel like I truly belong in a country, as my mindset is shifting and I never truly feel 'at home'?" (*respondent 177*), and "Will I ever find a true home, or should I just 'make' one?" (*respondent 302*).

**Maintenance.** The fourth theme was related to maintenance, with around 6% of participants stating that they wonder how they will be able to maintain their international lifestyle in the future, in terms of both money and age. For instance: "How long will I be able to keep this going (in terms of financial strain, year-to-year visas, job instability, relationships, etc.)?" (*respondent 279*), "How long can I make it last?" (*respondent 201*), "What is the impact on my career and finances?" (*respondent 153*), "How long can I do it; will my age stop me?" (*respondent 136*), and "How long will I be able to continue travelling as I age?" (*respondent 94*).

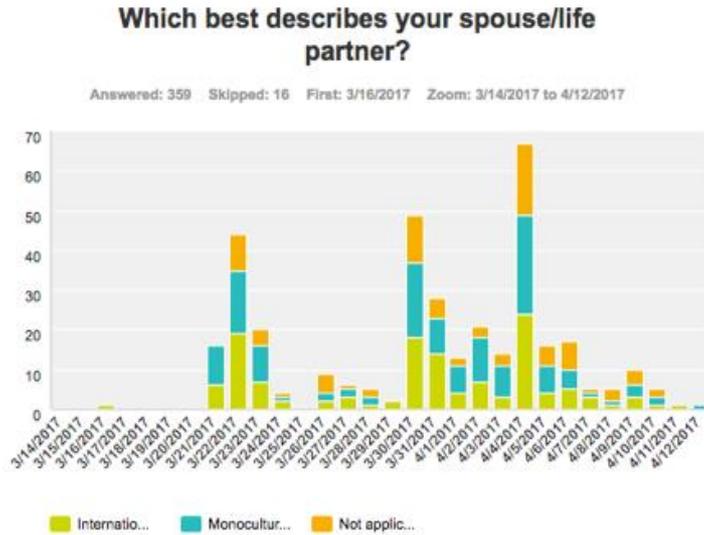
**Relationships.** The last theme was related to relationships, with around 5% of participants stating that they ask themselves whether their international lifestyle has impacted their ability to form meaningful relationships with others. For instance, "Am I making deep, lasting connections with people?" (*respondent 265*), "Is it possible to have solid friends without the proximity?" (*respondent 255*), "Will I ever meet someone with whom to pursue romance?" (*respondent 250*), and "Will I be able to have a longer relationship?" (*respondent 125*).

#### *Additional comments*

The above data analysis was based on 326 responses.

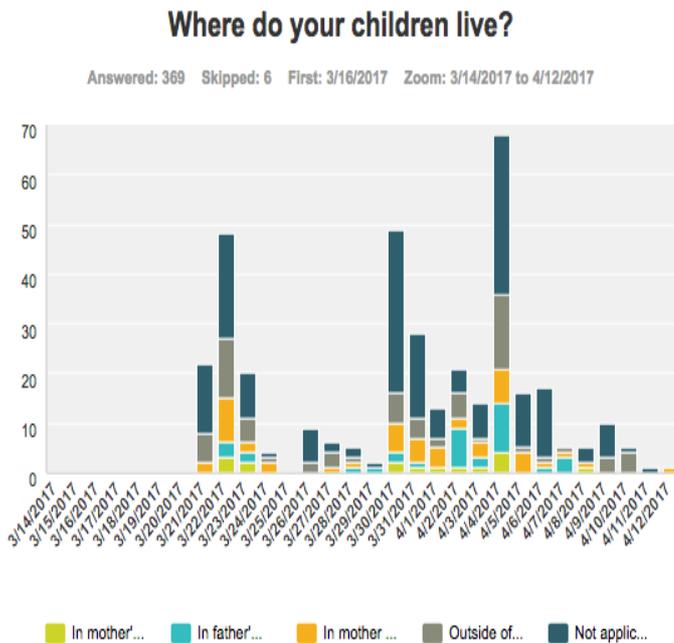
## Part 2: Quantitative Results Report

### Q3: "Which best describes your spouse/life partner?" (359 respondents)



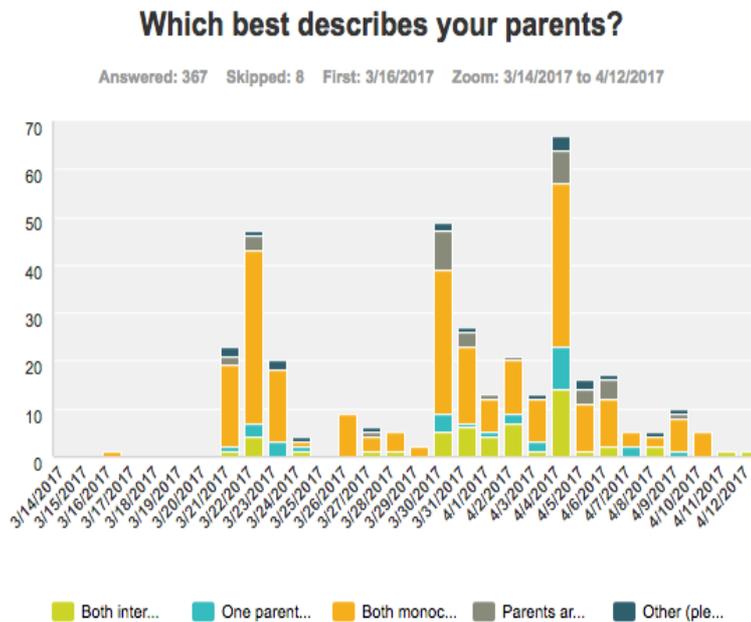
39% of participants answered "Monocultural", 37% of participants answered "International", and 24% of participants answered "Not applicable".

### Q4: "Where do your children live?" (369 respondents)



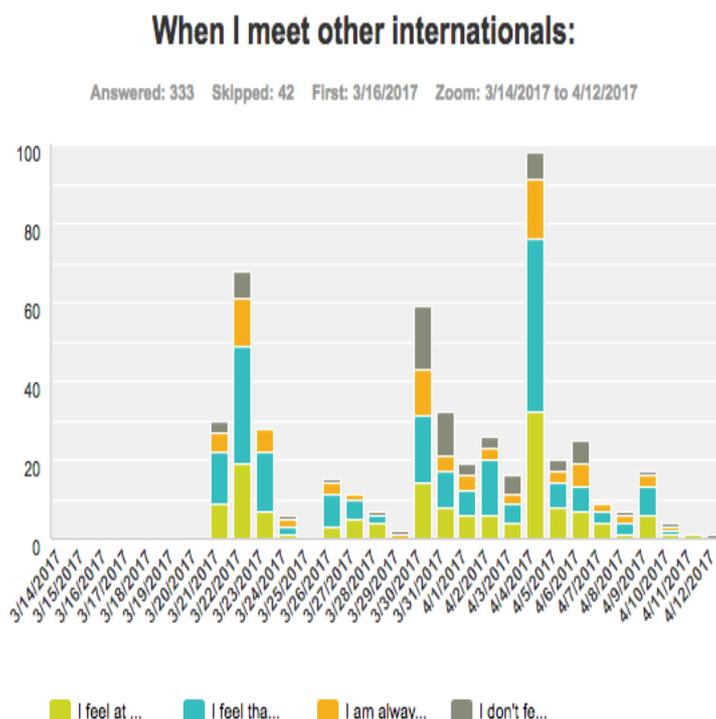
53% of participants answered "Not applicable", 20% of participants answered "Outside of parents' passport culture", 14% of participants answered "In mother and father's passport culture", 9% of participants answered "In father's passport culture", and 4% of participants answered "In mother's passport culture".

**Q5: "Which best describes your parents?"** (367 respondents)



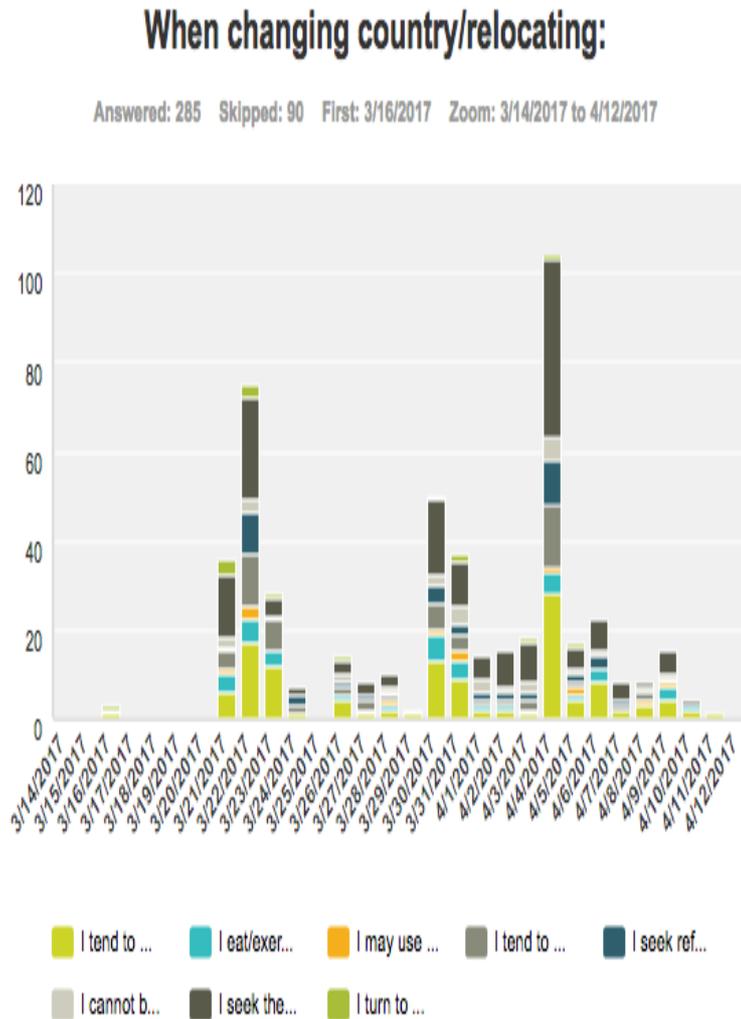
63% of participants answered "Both monocultural", 14% of participants answered "Both internationals", 10% of participants answered "Parents are in a cross-cultural marriage", 8% of participants answered "One parent is international", and 5% of participants answered "Other".

**Q6: "When I meet other internationals..."** (333 respondents)



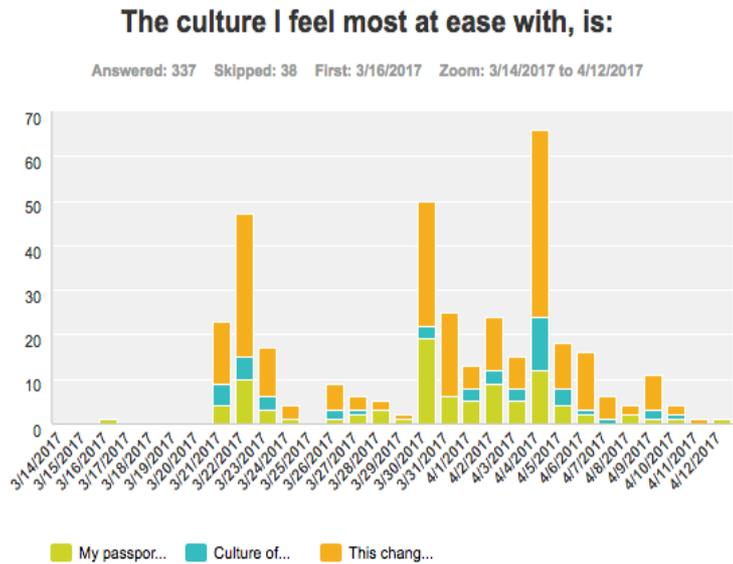
59% of participants answered "I feel that I don't need to explain myself; I connect immediately and deeply", 44% of participants answered "I feel at home", 26% of participants answered "I am always aware of having to say goodbye sooner or later", and 22% of participants answered "I don't feel any real difference to when I meet non-internationals".

**Q7: "When changing country/relocating..." (285 respondents)**



58% of participants answered "I seek the company of other internationals", 44% of participants answered "I tend to go through minor/major phases of depression", 23% of participants answered "I tend to isolate myself", 15% of participants answered "I seek refuge with my family", 14% of participants answered "I eat / exercise / sleep excessively", 11% of participants answered "I cannot be alone", 6% of participants answered "I turn to counselling", and 5% of participants answered "I may use addictive substances".

**Q8: "The culture I feel most at ease with is..."** (337 respondents)

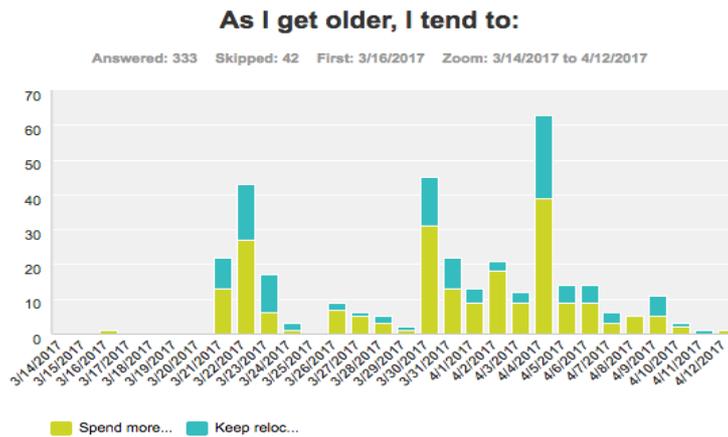


67% of participants answered "This changes", 28% of participants answered "My passport culture", and 15% of participants answered "Culture of a prior expatriation stay".

**Q9: "For me, change is..."** (344 respondents)

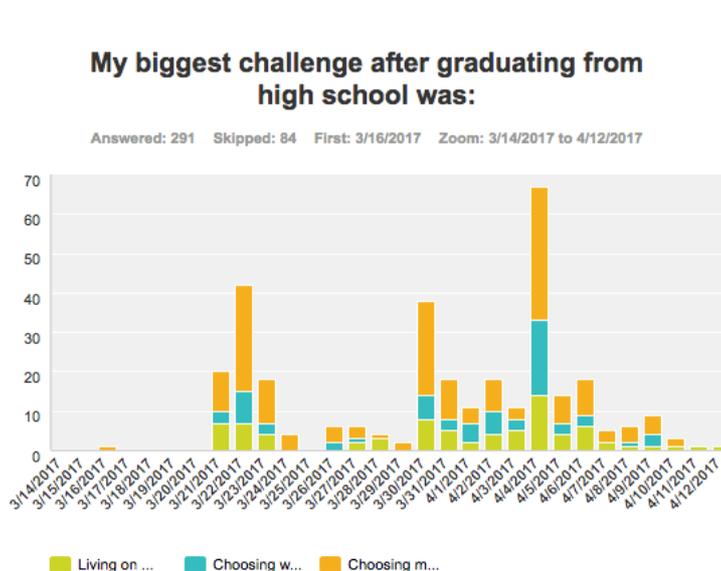
46% of participants answered "Inevitable", 38% of participants answered "Necessary, I choose change and new situations over routine", 35% of participants answered "Something I look forward to", 33% of participants answered "A state I keep recreating, either in business or in my private life", 29% of participants answered "Something I enjoy, as I get bored easily", 19% of participants answered "A state that makes me anxious", and 7% of participants answered "Not for me as I prefer routine/stability".

**Q10: "As I get older, I tend to..."** (333 respondents)



65% of participants answered "Spend more time where I feel most at home", and 35% of participants answered "Keep relocating".

**Q11: "My biggest challenge after graduating from high school was..."** (291 respondents)



61% of participants answered "Choosing my studies", 27% of participants answered "Living on my own", and 24% of participants answered "Choosing which country to live in".

**Q12: "My work involves..."** (333 respondents)

33% of participants answered "No travel (employee)", 17% of participants answered "Travel approximately once every 6 months" and "I'm employed and have worked abroad", 15% of participants answered "Travel at least once a month" and "I'm self-employed and work globally", 13% of participants answered "No travel (self-employed)", and 7% of participants answered "Constant travel".

**Q13: "I meet other internationals..."** (328 respondents)

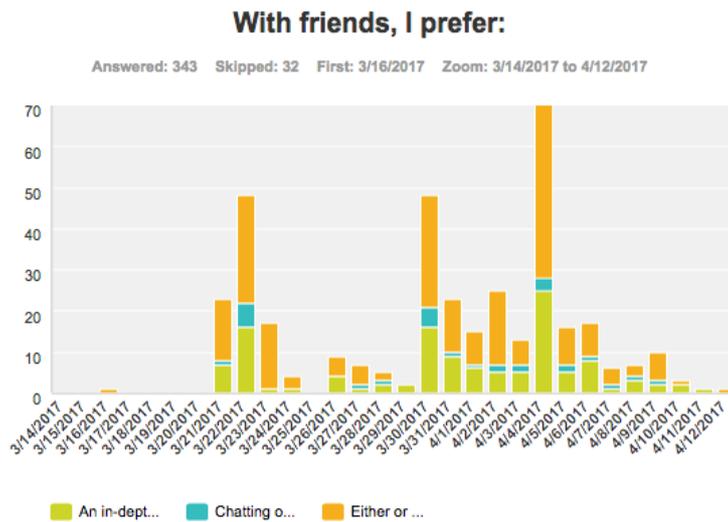
65% of participants answered "On a regular basis", 37% of participants answered "Usually in private settings", 26% of participants answered "Via group interests", 24% of participants answered "Online, by following blogs", 12% of participants answered "Through alumni", 11% of participants answered

“By running groups for internationals in the area I live”, and 5% of participants answered “Online, by attending webinars”.

**Q14: “My attitude towards people of my passport culture(s) is...”** (343 respondents)

55% of participants answered “Neutral”, and 26% of participants answered “Tolerant” and “Critical/doubtful/ambivalent”.

**Q15: “With friends I prefer...”** (343 respondents)



64% of participants answered “Either or both – I don’t mind”, 36% of participants answered “An in-depth conversation once in a while”, and 8% of participants answered “Chatting on a daily basis”.

**Q16: “Being part of a couple abroad...”** (241 respondents)

53% of participants answered “Not applicable”, and 47% of participants answered “Brings the same challenges experienced by couples who do not move/live abroad”.

Thank you very much for your interest in these survey results.

Wishing you well!

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