



## **Dedication**

This book is dedicated to our parents for giving us the experiences and upbringing that made this book possible.

# The Mobile Life

**A new approach  
to moving anywhere**

**Diane Lemieux  
Anne Parker**

## **COLOPHON**

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## Foreword

The modern world is relentlessly, aggressively global and many of its citizens, in response, are necessarily and increasingly mobile. I am one such citizen; in the terminology that this book presents, I have been an expat, a repat, an impat, raising “Third Culture Kids” and requiring a spouse to “trail” after my work. Moving back and forth across four continents, we’ve encountered challenges in many domains – cultural, climatic, logistic, culinary, financial, professional and personal. Most of those obstacles we were able to resolve over time, though not necessarily with great efficiency. For us it has been more of a “crossing the river by feeling the stones” than a systematic, preemptive approach.

Lemieux’s and Parker’s pragmatic book provides a handbook for the increasing numbers of people who interact with this modern, global world by embarking on a life of mobility – people like me and people like the authors. I’ve been an admiring observer of one of the authors for many years. I have watched her resettle, enjoy, and finally leave complicated locations and wondered how she has managed these moves with such enviable levels of positivity and efficiency. Now I know the answers.

This is a handbook that I wish I had read many years ago. Few of the readers will be preparing voyages as epic as those of the book’s guiding light and hero, the renowned explorer of the Antarctic, Sir Ernest Shackleton. But the book captures for the reader some of that spirit of adventure that propelled one of the great explorers of the last century and frames the daunting prospect of international resettlement in the realm of the positive, the adventurous, the rewarding, the “can-do”. *Bon Voyage* to my fellow readers.

CARRY TURK

Country Manager World Bank Rwanda

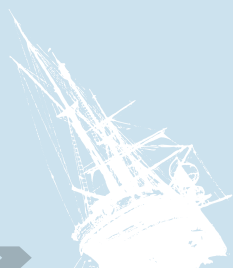


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Adventure and exploration:

## **Sir Ernest Shackleton's 1914 Antarctic expedition**

Antarctica's landscape is shaped by gales of sub-zero winds and the colossal strength of ice as it expands and contracts with the shifting of frigid ocean currents. At the turn of the 20<sup>th</sup> century, this vast, uninhabited black and white continent was the last, unexplored frontier. As Europe struggled in turmoil at the cusp of war and massive change, a handful of explorers became national heroes with their tales of adventure, ingenuity and determination in their struggle to conquer this unimaginably raw and inhospitable place. This period of exploration is known as the Heroic Age. The men who left the comforts and routines of their homes sailed to these forbidding shores not so much out of a desire to discover, as in the expeditions to Africa and Asia of the 19<sup>th</sup> century and the discovery of 'new worlds' before that: these men set out largely to test the limits of their own endurance against the sheer and unforgiving power of nature.

Sir Ernest Shackleton is recognised as one of the great explorers of this period. As a young officer in the British Empire's merchant navy he had travelled to Africa and the East. In 1901, at the age of 27, he accompanied Captain Robert Falcon Scott on his National Antarctic Expedition: in three months they covered over 1,600 miles (2600km) on skis, got to 745 miles (1200km) of the pole, and, suffering from scurvy and exhaustion, barely made it back to their ship alive.

In 1907, Shackleton led his own expedition during which he

managed to get to within 97 miles (156 km) of the South Pole. In 1911/12, two teams again set out to conquer the South Pole: the Norwegian, Roald Amundsen, and Captain Scott. With a fundamentally better understanding of snow and ice, Amundsen beat Scott to the South Pole by one month. Scott recognised his defeat – he saw Amundsen’s tracks in the snow. Worse still, he and his three companions died on their return journey, a story remembered today through the diaries kept by the men and later found and returned to the families.

Shackleton, fully aware of the challenges and risk men faced in Antarctica, had plans to regain his nation’s honour. In August of 1914, he and 27 men set out from London aboard the *Endurance* with the intention of becoming the first to cross the frozen continent from one shore to the other. The herculean ambition of this goal is difficult to translate into modern terms: the terrain is, in fact, so extreme that it is only in the South Polar summer of 1957-1958 (43 years later) that a second attempt was made at this same crossing. Dr. Vivian E. Fuchs and his team laboured for nearly four strenuous and tortuous months, during which he was strongly urged to give up. He ignored the advice and did, finally, succeed.

Shackleton and his crew did not have the benefit of Fuchs’ heated, tracked vehicles, radios, reconnaissance planes and trained dog teams, nor modern outdoor clothing, protective gear and supplies. This tale of unimaginable hardships and suffering, of determination and survival, is the source of Shackleton’s reputation as one of the greatest leaders ever recorded.