

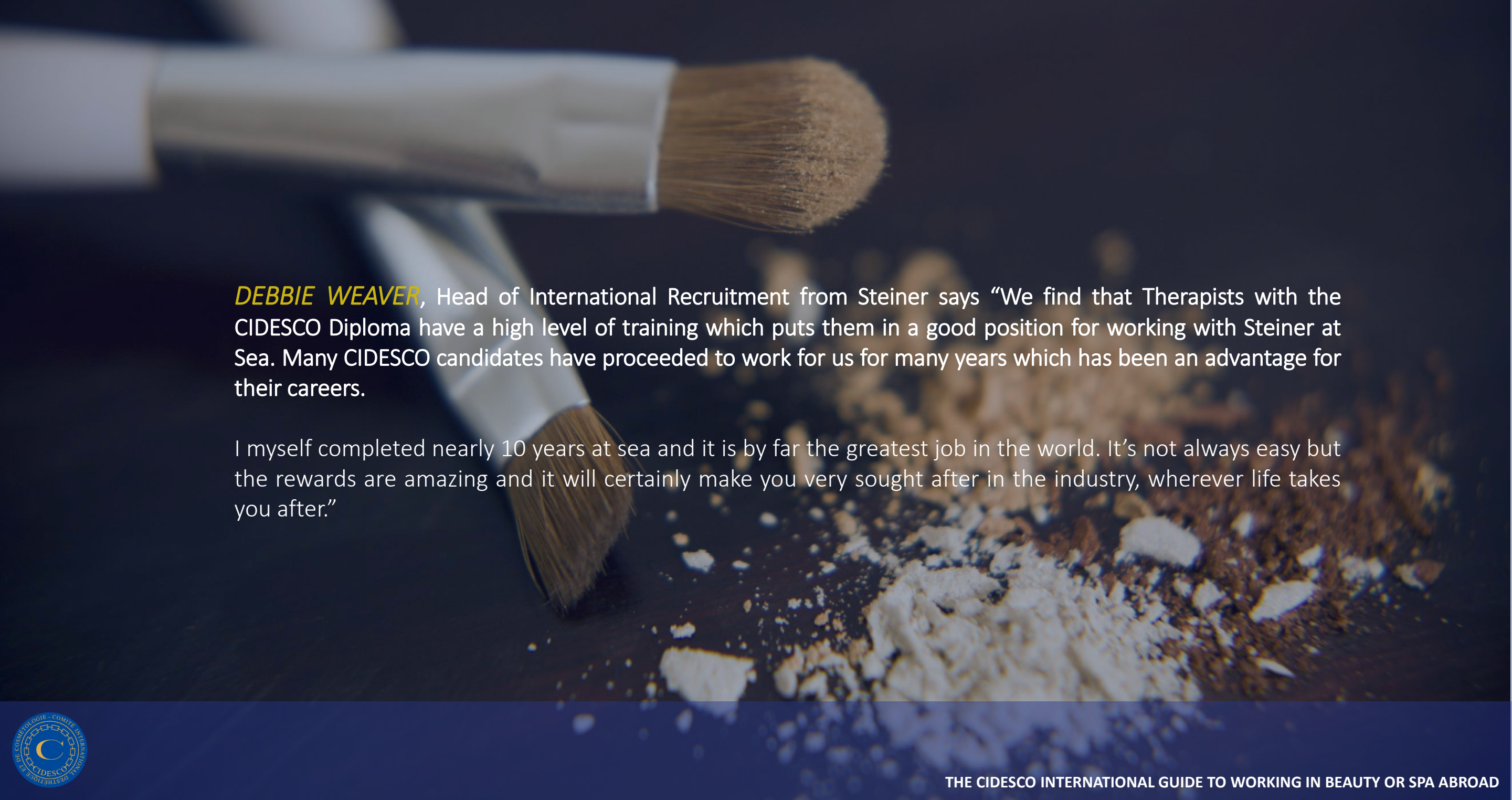


EST. 1946

CIDESCO
THE WORLD
STANDARD
FOR BEAUTY
& SPA THERAPY

THE CIDESCO INTERNATIONAL
GUIDE TO WORKING IN BEAUTY OR SPA

ABROAD.



DEBBIE WEAVER, Head of International Recruitment from Steiner says “We find that Therapists with the CIDESCO Diploma have a high level of training which puts them in a good position for working with Steiner at Sea. Many CIDESCO candidates have proceeded to work for us for many years which has been an advantage for their careers.

I myself completed nearly 10 years at sea and it is by far the greatest job in the world. It’s not always easy but the rewards are amazing and it will certainly make you very sought after in the industry, wherever life takes you after.”

DO YOUR RESEARCH

MANY OF US already have a country in mind when we think about moving abroad, but for the Beauty Industry, the country you first thought of may not be the best choice for your career or finances. It's important to weigh up your options and choose carefully.

Consider taxes, healthcare provisions and the cost of general living before committing to a move. Ideally visit your chosen destination first and see what you are getting yourself into. For example, taxes in countries such as Dubai are non-existent, and similarly taxes in Singapore start at 3.5% of your annual income, going even higher in other countries. Will you still be able to enjoy your standard of living given your new tax figure? In the same manner, location affects salary. The USA pay is lower compared to that of the UK as salon and spa businesses often rely heavily on gratuity. Knowing the financial state of your current and potential situation will ensure a smooth transition to your chosen country. In addition, healthcare is often something that is overlooked. Remember that the quality of care in your home country may be different to that in another's. You may need private health care and if so, what is the cost and is this offered by your potential employer? Also ask yourself whether your qualifications are acceptable in the country you are travelling to.



FIND OPPORTUNITIES TO WORK ABROAD

CIDESCO, represented in over 40 countries, is known for its ability to open doors to a career worldwide thanks to its International Diploma and global membership. Most recently a CIDESCO student from Ireland accepted an exchange programme with a spa in Canada where she now has the opportunity to learn and benefit from different cultures and skills. Students looking to study or work abroad should contact CIDESCO's global list of Accredited Schools and Beauty Salons and Spas on the CIDESCO website www.cidesco.com and ask for advice.

In addition to exchange programmes, the Spa and Beauty Industry also provides fantastic opportunities to work aboard cruise ships. Keep an eye on leading websites such as Steiner's TheonboardSpa.com, where the latest opportunities are given. As professionals in their field, Steiner provide a real account of what it's like to work at sea, ensuring there are no unrealistic expectations.



PREPARE FOR CULTURE SHOCK

WHEN MOVING to any country, culture shock is inevitable and will occur in numerous stages. It is not a step-by-step process. Anxiety, elation, frustration, stress and finally acceptance are all emotions experienced and part of the moving abroad process.

Prepare yourself for these emotions and know that when you experience them, they are perfectly normal. Research cultural differences and try to visit your destination to gain a real sense and understanding of what lies ahead. Speak with people who can provide guidance and above all stay busy during your first few weeks. Ronelle Iten has been a CIDESCO examiner since 1991 and has travelled across the globe. She is an ex-South African living in Switzerland and so has first-hand experience in working abroad. Ronelle advises:

‘When you work abroad you need to make compromises otherwise your situation can become very stressful. Adjust yourself mentally and be as flexible as possible. Giving yourself time to adjust is also very important – this won’t happen overnight!’



MAKE FRIENDS

If you are moving abroad alone, you may feel homesick, as your friends and family are not there to support you. To help you meet other people and integrate in to your new country, find common interests, join a team activity, become involved and interact with others. For example, dragon boat racing is a widely loved sport in Hong Kong, so joining a local team would be hugely beneficial, just as playing handball or volleyball in Russia would also lead to new friendships. For the first three months, say 'yes' to most opportunities that come your way. The first rule of expat living!



KNOW YOUR RIGHTS

IT IS important to have a sound knowledge of your rights when working in another country. This includes visa sponsorship, employee contracts and permits. Countries such as Australia have over seven different types of visa's, the most common being the working holiday visa which permits a 12-month full-time employment pass.

If you are heading abroad without a job secured, know how long you can reside in that country without a visa. Unlike Australia, many countries including Europe only allow for a three month period, unless you are an EU citizen. After this initial three months, you will then need to be sponsored by an employer to continue living there.



KNOW YOUR PATH FOR PROGRESSION

THE anatomy of the global beauty market is broken into five main segments: skincare, haircare, make-up, fragrances and toiletries and these sectors peak and trough in varying countries. The need for high-end brands and make-up is in much more demand in countries such as the USA and China compared to those generally in the southern hemisphere where there tends to be less disposable income. Be sure that the field in which you work compliments the country to which you move. If you are not moving abroad with work, research job opportunities and speak with local businesses that can advise and guide you.




LEARN THE LOCAL LANGUAGE

LEARNING the local language is often a necessity. Whilst English is spoken throughout the world, the extent to which it's used and understood varies from country to country and you could find that an inability to speak the local dialect will create obstacles in your day-to-day life.

Take classes and practice speaking with the locals, whether when ordering food in a restaurant or paying at the supermarket check-out. Highly recommended language schools are available on a global scale, including the famous Don Quijote schools in Spain, the Hong Kong Institute of Languages in Asia and the Middle School International in France.

Being able to speak the local language will not only give you more confidence in yourself, but you will have a much better chance of integrating into your local community and feeling more at home once you are able to hold a conversation. This will further help you understand the local culture and customs, whilst giving you the ability to take the next career move within that country. One South-African CIDESCO member who has worked abroad in Australia, London and Qatar recently reflected on her international experience.





“Working abroad has made me a more competent, confident and well-rounded therapist, having learnt how to approach different nationalities and how to be adaptable to all situations. Thanks to my CIDESCO qualification, I have always been welcomed into the global Beauty Industry and have stood out as being a Therapist of a high standard.”

- Taryn Houlsby, CIDESCO member.



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