



Empowering Accompanying Partners

Vivian Chiona, Expat Nest 2023

Resources:

1. Expat Nest: <https://www.expatsnest.com> (feel free to sign up for our newsletter)
2. [‘Third Culture Kids: Growing Up Among Worlds’](#) book by David C. Pollock & Ruth E. van Reken
3. [10 things you might not have known about Third Culture Kids](#)
4. [In Transit’ \(formerly Expat Happy Hour\) podcast](#) with Sundae Bean
5. [The Tandem Nomad Podcast](#) by Amel Derragui
6. [Holding the Fort Abroad](#) book by Rhoda Bangerter
7. [The Emotionally Resilient Expat](#) book by Linda Janssen
8. [What’s your love language?](#)
9. [Managing a health condition abroad...16 strategies to support you](#)
10. [Long-distance expat relationships](#): Tips for making it work [Podcast]

Get your free 15-minute intro call at www.expatsnest.com