

YOUR FRESH START ABROAD

A simple checklist to feel at home faster

You don't have to figure everything out today.

3-6 MONTHS BEFORE MOVING

- Research cost of living & neighborhoods
- Get your visa sorted early
- Learn a few key phrases
- Explore expat tips & insider advice

2-3 MONTHS BEFORE MOVING

- Set up an international bank account
- Get your health insurance sorted
- Book temporary accommodation
- Simplify your belongings & pack smart

1 MONTH BEFORE MOVING

- Declutter: keep only what matters
- Pack your essentials & key documents
- Prepare your carry-on with must-haves
- Take care of contracts & subscriptions

1 WEEK BEFORE MOVING

- Double-check your travel details
- Save digital copies of documents
- Pack and organize your luggage
- Plan your first day & key contacts



DAY OF THE MOVE

- Have all travel documents ready
- Keep essentials in your carry-on
- Get to the airport early
- Make sure your luggage meets limits

FIRST WEEK ABROAD

- Register locally if needed
- Set up your local banking
- Book temporary accommodation
- Get familiar with transport

