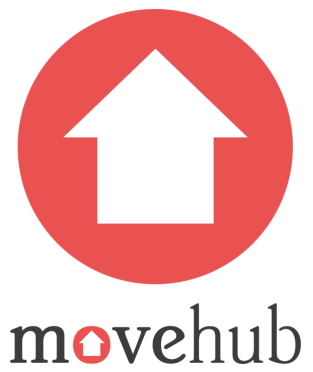


Moving Abroad With Children Checklist



General

- Notify your local tax authorities
- Notify your postal service
- Collect your families medical records
- Investigate expat medical insurance
- Plan your international shipping with MoveHub
- Register with the local authorities overseas
- Passports, are they up-to-date?
- Vaccinations (Talk to your family Doctor)
- Visas, apply for these in good time
- Flight tickets

Advice for children

- Tell your children in good time before moving
- Make a plan, include your kids in the process
- Have a few “going away” parties
- Prior to moving experiment with new things like new foods or going to new places
- International schools may help 10-15 year olds avoid Expat Child Syndrome (ECS)
- Make the new home “familiar” by moving furniture there before your children arrive
- Teach your kids about the new country
- Teach your kids the new language (Even if it’s just the difference between UK and US English)