

# CHECKLIST

## Before Departure

### Travel Documents & Preparation

- Passport (valid for at least 6 months)
- Visa and necessary permits
- Acceptance letter from the host institution
- Flight tickets and itinerary
- Accommodation confirmation
- International travel insurance
- Emergency contact list
- Emergency medical information

### Financial Planning & Essentials

- Notify bank of travel dates
- Set up online banking and mobile apps
- Local currency and some US dollars
- Debit/credit cards (inform bank of travel dates)
- Budget plan for daily expenses
- Arrange for student discounts (if applicable)
- Consider international money transfer options

### Health & Safety Preparation

- Comprehensive health insurance coverage
- Necessary vaccinations and medical records
- Prescription medications (with doctor's note)
- First aid kit (including any personal medications)
- Copies of important medical documents
- Familiarize yourself with local healthcare options
- Research emergency numbers and medical facilities

### Packing Essentials

- Clothing for all seasons
- Formal attire (interviews, presentations)
- Appropriate footwear for walking and events
- Toiletries (travel-sized)
- Personal hygiene products
- Electronics (laptop, chargers, adapters)
- Power bank and travel adapters
- Study materials (notebooks, stationery)
- Personal identification (driver's license, ID)

### Communication & Connectivity

- Unlocked phone (compatible with local SIM)
- Obtain local SIM card or international plan
- Set up messaging apps (WhatsApp, WeChat)
- Download essential travel apps (maps, translation)
- Create a contact list for emergencies

## Upon Arrival

### Academic Adjustment & Engagement

- Attend orientation sessions at the institution
- Meet with academic advisors
- Obtain course syllabi and materials
- Set up your study schedule
- Explore campus facilities and resources
- Participate in club or group activities

### Safety & Emergency Preparedness

- Save emergency numbers on your phone
- Know the location of the nearest embassy/consulate
- Share your location with a trusted contact
- Keep a photocopy of all travel documents
- Register with the local embassy (if required)

### Stay Connected & Document Your Journey

- Regularly communicate with family and friends
- Document your experiences through photos and journaling
- Start a blog or social media account to share your journey
- Stay engaged with loved ones while balancing academics

### Coping & Self-Care

- Manage homesickness through social activities
- Practice self-care and stress management
- Connect with local and international students
- Seek support if you experience challenges