



INTERNATIONAL
CITIZENS
INSURANCE

A Step-by-Step Guide to Moving Abroad

Plan, prepare, and relocate abroad with confidence.

Your complete checklist for planning healthcare, finances, documents, and life abroad before departure and after arrival.



Welcome to Your International Move

Moving abroad is an exciting opportunity, but it also requires thoughtful preparation. From visas and healthcare to finances and logistics, planning ahead helps reduce stress and supports a smoother transition.

This guide walks you through each stage of the relocation process so you can stay organized and move abroad with confidence.



What You Will Learn

- ✓ How to organize your move before departure
- ✓ What to research about healthcare abroad
- ✓ How to prepare finances and banking access
- ✓ Which travel and logistics tasks to prioritize
- ✓ What to do during your first days abroad

Who This Guide Is For

Expats and Global Professionals

For individuals relocating for work, long-term opportunities, or international assignments.

Remote Workers and Digital Nomads

For people planning flexible living arrangements across borders.

Students Studying Abroad

For those preparing to live overseas during an academic program or exchange.

Retirees Moving Overseas

For retirees planning a healthier, more affordable, or more adventurous lifestyle abroad.

How to Use This Guide



Use this guide as a working document throughout your relocation journey. Each step follows a logical sequence designed to help you prepare before departure and settle successfully after arrival.

Use It As You Plan

- Follow the steps in order to stay organized.
- Check off completed tasks as you move through the planning process.
- Add notes and local requirements specific to your destination.
- Revisit relevant sections once you arrive abroad.

Suggested Planning Timeline

- **3 to 6 Months Before Departure:** Research, documents, insurance, financial planning
- **1-2 Months Before Departure:** logistics, travel bookings, account updates
- **1-2 Weeks Before Departure:** final confirmations, copies, packing, arrival prep
- **First 30 Days Abroad:** local registration, services, healthcare access, community setup



Reminder

Actual timing may vary depending on your destination, visa pathway, and whether you are moving alone or with family.



STEP 1

Prepare Before You Move

Early planning sets the foundation for a successful international move. Taking time to organize documents, research requirements, and create a relocation timeline helps prevent delays and reduces stress before departure.

Documents

Collect official records, copies, and backups before you need them.

Timeline

Create a schedule that keeps visa, housing, and healthcare steps on track.

Organize Important Documents

International moves require extensive documentation. Preparing copies early helps prevent delays during travel, visa applications, and residency registration once you arrive.

Helpful Tip

Start gathering documents several months before departure to avoid last-minute complications.



Document Preparation Checklist

- Passport valid at least six months
- Entry visa or residency permit
- Birth and marriage certificates
- Academic records and diplomas
- Medical and vaccination records
- Driver's license and international permit
- Certified document copies
- Secure digital backups



STEP 2

Plan Your Healthcare Abroad

Healthcare systems vary widely from country to country. Understanding how care is accessed, where hospitals are located, and what insurance coverage may be required will help ensure you can receive medical care when you need it.

Research Care

Learn how your destination handles doctors, prescriptions, and urgent care.

Secure Coverage

Review international health insurance before departure for broader options.

Understand Healthcare in Your Destination



Before moving abroad, research how the healthcare system works in your destination. Understanding the quality of care, available providers, and access to treatment will help you prepare for your transition.



What to Research

- ✓ Public versus private care options
- ✓ Hospital quality and specialist access
- ✓ Prescription availability and refill rules
- ✓ Emergency response and urgent care



Healthcare Planning Checklist

- Research the local healthcare system
- Identify hospitals and clinics nearby
- Understand insurance requirements
- Check prescription medication availability
- Review emergency services

Why International Health Insurance Matters



Medical treatment abroad can be expensive and access to care may depend on having proper insurance coverage. International health insurance helps ensure you can receive care at private hospitals and access medical services wherever you live or travel.

Key Benefits

- ✓ Access to private hospitals worldwide
- ✓ Global portability and broader provider choice
- ✓ Emergency evacuation and continuity of care support
- ✓ Coverage that can extend beyond a single country

Healthcare Planning Checklist

- Compare international insurance plans
- Review coverage limits and benefits
- Understand exclusions and waiting periods
- Confirm emergency evacuation coverage
- Apply before leaving your home country

Helpful Tip

Apply before leaving your home country whenever possible. This often gives you the widest range of options and eligibility.

Need Help Choosing Coverage?

Planning healthcare abroad can be complex. Our international insurance experts help you compare plans, understand benefits, and find coverage that fits your destination and lifestyle.

Compare Trusted Plans

Review international health insurance options from leading global providers.

Get Expert Guidance

Understand coverage structures, exclusions, and important differences before you apply.

Plan Before Departure

Secure protection before you move so you can start your new chapter with confidence.

Get Free International Health Insurance Quotes

Scan the QR code to receive personalized quotes you can review and compare before your move abroad.



STEP 3

Prepare Your Finances

Preparing your finances before relocating helps ensure you can manage daily expenses, access banking services, and adapt to financial systems in your new country.

Banking Access

Make sure you can access funds and manage accounts after you arrive.

Cost Planning

Prepare for taxes, exchange rates, and essential startup expenses.

STEP 4

Plan Logistics and Travel

Coordinating travel and relocation logistics helps ensure your move goes smoothly. Preparing these details ahead of time allows you to focus on settling into your new destination.

Travel

Book flights, transportation, and arrival arrangements with fewer surprises.

Move Coordination

Plan what to ship, store, carry, or cancel before departure day.

Coordinate Your Move



Planning the logistics of your move helps support a smooth departure and arrival. From travel bookings and shipping to housing and transportation, planning ahead can make your move much smoother.

Travel and Departure Priorities

- Confirm arrival timing and ground transportation
- Decide what to bring now versus ship later
- Keep essential documents and medication with you



Moving Logistics Checklist

- Book international flights
- Arrange shipping or storage
- Cancel utilities and leases
- Set up mail forwarding
- Plan luggage strategy
- Arrange airport transportation

Helpful Tip

Relocating with your pet? Check import rules early, including vaccines, microchipping, paperwork, and airline requirements.

STEP 5

Settle Into Your New Home

Once you arrive, several important steps will help you establish daily life in your new country and begin feeling at home.

Set Up Essentials

Register locally, open accounts, and organize transportation and communication.

Build Stability

Find healthcare providers, local resources, and community support.

Helpful Resources for Life Abroad

Keep a shortlist of trusted tools and organizations you may need before departure and after arrival. A strong resource list can save time and reduce uncertainty as you adjust to daily life abroad.

Embassy & Consular Services

Use official channels for travel advisories, registration, and emergency contact information.

Healthcare Resources

Save nearby hospitals, clinics, specialist directories, and emergency numbers.

Banking & Currency Tools

Track exchange rates, transfer funds, and compare international banking options.

Language & Translation Apps

Keep essential phrases and local communication support close at hand.

Expat and Community Networks

Look for reputable local groups, forums, and professional communities.

Insurance and Documentation Support

Store copies of policy information, claim contacts, and important account details.



Start Your International Journey With Confidence

Moving abroad is a major life transition. With the right planning and support, you can begin your new chapter with greater clarity, protection, and peace of mind.



Compare Trusted Global Insurers

Review leading options for international health coverage before you move.



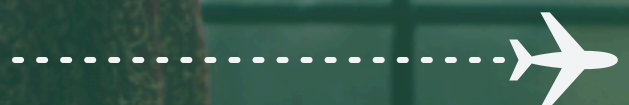
Work With an Insurance Expert

Get guidance on benefits, destination fit, and plan structure. **Read:** *Why Work With an International Insurance Broker?*



Secure Coverage Before Departure

Prepare early so you can focus on your move instead of last-minute decisions. Get free quotes now!





INTERNATIONAL
CITIZENS
INSURANCE



Support for Life Abroad Starts Before You Leave

Use this guide as your planning companion and connect with our team when you are ready to purchase an international health insurance plan.

CONTACT US



internationalinsurance.com



info@internationalinsurance.com



US / Intl: +1 617 500 6738 | UK: +44 20 35450909

Get Free International Health Insurance Quotes

Scan the QR code to receive personalized quotes you can review and compare before your move abroad.

