HER FREEDOM ABROAD

The Move Abroad Checklist

Every step from the decision to the day you land

I built the F.R.E.E. Method out of the moves I've actually walked women through, and these four phases are the same ones I take my own clients through inside Season Abroad, so what you have here is the whole arc, from the first honest look at your money all the way to the day you sign a lease on the other side.

Work them in order.

F

PHASE ONE

Foundation

You work out what you actually want, what your money can do, where that works, and how you'll legally stay.

R

PHASE TWO

Release

You unhook from everything holding you in place, and give each one an end date.

E

PHASE THREE

Exit and departure planning

It becomes real. The ticket, the roof for your first few weeks, your documents, your visa, and your first thirty days.

E

PHASE FOUR

Establish

You land, get yourself set up, and find the home you actually chose.

The fourteen milestones

The whole map on one page. Work them in order.

F Foundation

1. Build your North Star
2. Establish your safety net
3. Set your departure date
4. Build your visa strategy

R Release

5. Downsize the house
6. Downsize your liabilities
7. Downsize your bills
8. Release relationships

E Exit and departure planning

9. Departure secured
10. Documents digitized
11. Visa submitted
12. Plan your first 30 days on the ground

E Establish

13. Arrival
14. Long-term housing secured

PHASE ONE

F · Foundation

What you want, what you have, where it works, how you stay.

1 Build your North Star

- [ ] Sit down and visualize a day in your life abroad, from the moment you wake up to the moment you go back to bed. What do you want to feel, experience and live? Be as specific as possible, because this sets the standard for everything you build from here
- [ ] What do you want to experience that you are not experiencing right now? Instead of focusing on what you are leaving, name what you are moving towards and what you hope to add into your life
- [ ] Who and what is coming with you that you need to strategize for? (spouse, children, pets)
- [ ] What are your non-negotiables, the things you need in your life that you are not willing to compromise on?

2 Establish your safety net

Use the Move Abroad Calculator to map your current finances, your projected finances and your startup costs for this move.

> → **Make your own copy of the Move Abroad Calculator**

- [ ] Calculate your current total income (tab 1, Income)
- [ ] Calculate your current total expenses and get clear on exactly where your money is leaving you (tab 2, Current COL)
- [ ] Build a projected cost of living for the country or countries you are considering (tab 3, Abroad COL)
- [ ] Work out what you have right now that can support this move (tab 4, Surplus)
- [ ] Map your startup costs, beginning with what a one-way flight to that country actually costs (tab 5, Startup Costs)
- [ ] Look at real apartment listings in that area so your rental numbers are real rather than guessed (tab 5, Startup Costs)
- [ ] Decide how many months of overhead you need to feel secure in this move, and I suggest three to six (tab 6, Safety Net)
- [ ] Map your backup plan. If you had to come back home, where would you stay and who with, and how much money would you need to support yourself for the first one to two months? (having credit card access can help)

Before you go further. You need money that works before you move. That looks like income that follows you, benefits, assets you're selling, savings already saved, or a willingness to work once you get there, whether that's a local job or teaching English.

If you want to build income that follows you, **watch the free masterclass**. If you're going the teaching route, **Bridge TEFL runs a 120 hour online certification**. The local job route isn't something I cover, so that research is yours.

3 Set your departure date

Now that your financial foundation is clear, you can make an informed decision instead of a hopeful one.

- [ ] Lock in your departure month
- [ ] Confirm your passport has at least two years of validity left after your planned departure date
- [ ] Get clear on anything that may interfere with that date, like a lease, school terms, a notice period or a court date, and decide what you are going to do about each one

4 Build your visa strategy

> → **Don't know your country yet? Make your own copy of the Season Abroad Country Index**, 50+ countries by visa, cost of living and safety

- [ ] Shortlist two or three countries you are considering
- [ ] For each one, identify the long-term visas you can or will qualify for
- [ ] Confirm which of those routes allow you to bring dependents, if that applies to you
- [ ] List the minimum requirements for each visa: financial requirements, age, income, insurance, and the documents needed for submission. This is where a visa agent is worth working with so you are not figuring it out on your own
- [ ] Find out whether the long-term visa can be applied for in country or not, because this informs whether you can stack a short-term and a long-term visa in your strategy
- [ ] Pick your route
- [ ] Calculate the full cost of that route: submission costs, program payments, minimum financial requirements, extension costs, and a visa agent if you use one

PHASE COMPLETE WHEN

You have your North Star, your safety net has a number and a backup plan, there's a month on the calendar, and you have a visa strategy for the short term and the long term.

PHASE TWO

R · Release

Unhook from where you are.

5 Downsize the house

Everything that cannot come with you needs a named way it leaves.

- [ ] Walk every room and photograph what is in it
- [ ] Sort everything into four piles: sell, donate, store, bin
- [ ] Put a by when date on each pile
- [ ] Decide now what happens if that date arrives and it has not gone, and hold yourself to it
- [ ] Start with the big items, because they take the longest to move
- [ ] Storage: if you are planning on getting a unit, calculate the value of what you would store against the cost of that unit over the next two years (is it worth it?)
- [ ] Decide what happens to the home itself, whether you sell, rent out, hand back or end the lease, and talk to a realtor, to investors willing to buy, and to property managers so you can map the real cost and steps of each option
- [ ] If you are renting it out, choose your property manager and sign the paperwork before you leave

6 Downsize your liabilities

These are the things that keep taking from you after you are gone.

- [ ] List everything you owe on: car, loans, credit cards, financed furniture, medical
- [ ] For each one, decide whether it gets paid off, kept paying from abroad, or ended
- [ ] Decide what happens to the car: sell it, hand it back, or leave it with someone
- [ ] Check which of these need a home country address or bank account to keep paying
- [ ] Set up autopay on anything continuing, so a missed payment does not follow you overseas
- [ ] Name who has access to handle it if something goes wrong while you are away

7 Downsize your bills

- [ ] Pull three months of bank and card statements and list every recurring charge
- [ ] Cancel every subscription you will not use abroad
- [ ] Work out which bills end once you move, and which ones need a phone call to close
- [ ] Move your phone to a plan that works abroad
- [ ] Change your address to either a permanent family or friend's address, or a virtual address
- [ ] Any extraneous spending that does not add to the life you are building gets redirected into a move abroad savings account

8 Release relationships

These are your tethers, the ties your nervous system will use to tell you that you are not ready.

- [ ] Decide who you tell about your move and when (not everybody will be supportive)
- [ ] Anything you have been depended on to do, either make a plan for it or communicate now that things need to shift
- [ ] Get clear on the expectations of you, and start releasing the need to always show up and always be there
- [ ] Release the people who do not support your movement or who speak negativity into your plans, and where you cannot release them, create distance and set boundaries
- [ ] Decide what you are to the people who stay, how often you call and what you still show up for
- [ ] Name the two or three relationships you will actively protect across the distance
- [ ] Accept that some of them will get quieter, and let that be allowed

TELL NOBODY ABOUT YOUR MOVE UNTIL YOUR TICKET IS BOOKED.

PHASE COMPLETE WHEN

Everything you own has a plan with a date beside it, your liabilities and bills are handled, and you've stopped asking people who were never going to say yes.

PHASE THREE

E · Exit and departure planning

Make it real.

9 Departure secured

- [ ] Book your one-way flight
- [ ] Book landing accommodation for at least your first two weeks
- [ ] Choose somewhere central and easy to move around from, because this is not your home yet, it is your landing pad
- [ ] Sort pet travel early if a pet is coming, because your pet needs a microchip, current vaccinations, blood testing on some routes, and a health certificate from an accredited vet that has to be endorsed before you fly, and the airline slots book up months ahead

10 Documents digitized

Scan each one, save it to secure cloud storage, and leave a copy with someone you trust.

- [ ] Passport photo page, yours and everyone travelling with you
- [ ] Birth certificates
- [ ] Marriage certificate or divorce decree
- [ ] Custody paperwork and travel consent, if you are moving with a child
- [ ] Driver's licence, plus an international driving permit if you will drive
- [ ] Your background check (if needed)
- [ ] Degrees and transcripts, apostilled if your route requires it
- [ ] Vaccination records (if needed)
- [ ] Medical records and current prescriptions (if needed)
- [ ] Bank statements for proof of funds
- [ ] Your insurance policy
- [ ] The last two years of tax records
- [ ] Pet vaccination and import paperwork
- [ ] Your lease, title or property paperwork back home

11 Visa submitted

- [ ] Confirm whether your visa route needs to be submitted before you fly, or can be submitted after you arrive
- [ ] Gather every document on your route's list
- [ ] Get translations and apostilles done at least two months before departure
- [ ] Confirm the minimum financial requirements have matured in your account long enough to qualify for the route (if needed)
- [ ] Submit your visa application

12 Plan your first 30 days on the ground

- [ ] Buy an eSIM before you fly so you land connected without hunting for wifi
- [ ] Find out what a local phone plan asks a foreigner for
- [ ] Put travel notifications on your cards and your bank account so you do not trigger fraud alerts
- [ ] Identify the nearest ATM to your landing accommodation, and do not use the ATMs at the airport
- [ ] Have your first week of money reachable without a local bank account
- [ ] Open **Charles Schwab checking** for fee-free ATM withdrawals worldwide
- [ ] Open **Wise** for multi-currency spending
- [ ] Understand what arrival paperwork your country needs, such as an electronic arrival form
- [ ] Secure your ground transportation from the airport to your accommodation, booked before you fly
- [ ] Download the offline Google Map for the area you are staying in
- [ ] Save your accommodation address in that map, along with the nearest hospital, ATM, grocery and restaurants
- [ ] Know how your health insurance works in that country (**SafetyWing** if you need a nomad-friendly option)
- [ ] Save the local emergency number
- [ ] Download the apps that country actually runs on, for rides, food and messaging

PHASE COMPLETE WHEN

Your flight is booked, your first two weeks have a roof, your documents are digitized, your visa is in if your route needed it, and your first thirty days are planned.

PHASE FOUR

E · Establish

Land properly, then build a life.

13 Arrival

- [ ] Get your local SIM or phone plan active
- [ ] Get internet working where you are staying
- [ ] Test your cards and withdraw local cash
- [ ] Open a local bank account if your visa allows it
- [ ] Find your nearest grocery, pharmacy and clinic

14 Long-term housing secured

You choose this from inside the country, with your own eyes on it.

- [ ] Learn what a normal lease looks like there: length, deposit, what is included, who pays the utilities
- [ ] Line up two or three agents rather than relying on one
- [ ] Learn the neighbourhoods by name and what each actually costs, from people who live there
- [ ] Set your maximum monthly rent before you start viewing
- [ ] See at least five places in person before you sign anything
- [ ] Check what photos hide: water pressure, mould, noise at night, the real walk to transport, phone signal inside
- [ ] Ask what happens if you break the lease early, and get that answer in writing
- [ ] Work out how you pay, and whether you need a local bank account first
- [ ] Get the lease in a language you read before you sign it
- [ ] Photograph every room and every existing mark on move-in day, because that is how your deposit comes back

PHASE COMPLETE WHEN

You're set up, and you've chosen your home with your own eyes on it.

You don't have to do this by yourself.

Inside the Season Abroad Mentorship you get me one to one, plus the people I've already vetted on the ground, from the first honest look at your money all the way to the day you sign a lease on the other side. How long we work together depends on where you're starting and how fast you're moving, and that's what we figure out on the call.

Book your call →

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