



SHOULD I MOVE ABROAD?



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A Lazy Girl Travel Checklist for What to Consider + Research

BIG PICTURE QUESTIONS

- Why do I want to move abroad?
- Am I running from something, or moving toward something?
- What kind of lifestyle do I want daily (slow, urban, beach, mountains)?
- Do I want this to be temporary, long-term, or permanent?
- Am I willing to be uncomfortable while adjusting to a new place?

COUNTRY COMPARISON RESEARCH

Pick 2–3 countries and check these for each one:

- Visa options for my nationality
- Cost of living vs. my current income
- Healthcare access and quality
- Pet import rules (if I'm bringing a dog)
- Weather and climate (can I live with it year-round?)
- Language spoken — and how comfortable I am with it
- Safety (personal, political, and digital)
- Local culture: Do women live freely here?
- Internet reliability and tech accessibility
- LGBTQ+/solo female traveler friendliness (if applicable)



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MONEY + WORK

- How will I make money while abroad?
- Can I legally work or earn income there?
- What does relocation cost me up front (flights, deposits, documents)?
- Can I afford 3–6 months of expenses as a buffer?
- Have I tracked my current spending to see what's realistic?
- Are there tax implications (in my home country or abroad)?

LIFESTYLE + DAILY LIVING

- Housing: Can I rent short-term before committing long-term?
- Do I need a car, or is public transit good enough?
- Grocery options: Do they have what I need? Any dietary limitations?
- Dog-friendly parks, rentals, cafes (if applicable)
- How easy is it to make friends or meet people?
- Is there a local or expat community I could join?

LOGISTICS + LEGAL

- Passport up to date (with at least 6 months validity)
- Travel health insurance or expat insurance research
- Paperwork needed for visa, banking, housing, healthcare
- Do I need to open a local bank account or keep using my home one?
- Will I keep a mailing address in my home country?
- What happens with my phone plan, SIM cards, or number?



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EMOTIONAL CHECK-IN

- Am I romanticizing this, or grounded in reality?
- Who do I fear disappointing if I leave?
- Am I more afraid of failing, or of never trying?
- Can I give myself permission to try, even if it's not forever?



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What Countries Do I Want To Consider + Research?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____