

Daily Living Checklist

The assignees will see this checklist in their training manual and will refer to this during your daily living session

Clothing and household articles to take with you. (pre-departure only)

- Clothing
- Appliances
- Household Goods
- Linen, China and Crystal
- Furniture
- Toolbox
- Religious Festival Items and Decorations
- Photos and mementos
- Other

What might be unavailable in the host country and should be taken? (pre-departure only)

- Foods and spices
- Medicines
- Books and toys
- Medical records and x-rays
- Medical prescriptions
- Children's play and sports equipment
- Other

Medical Issues and Medical Care

- Quality of care
- Availability of medications and personal care products
- Immunizations
- Area related problems (e.g. diseases and carriers, insects)
- Water
- Emergency numbers
- Hygiene precautions with food and water
- Medical evacuation
- Other

Shopping

- How to bargain (strategies & procedures)
- Store and market hours and holidays (what might you need to take with you? (shopping bags, coins for shopping carts etc.)
- Shopping in open markets as opposed to supermarkets
- Other

Household Help

- How to find and interview, check references and health screening
- What are the responsibilities as a household helper?
- How should you interact with them? (formal vs. informal)
- What are your obligations and duties towards the household helper?
- What promotes and reinforces good performance and trust? (delegation of tasks; monitoring)
- Live-in vs. outside help, advantages and disadvantages
- Medical records and x-rays
- Medical prescriptions
- Children's play and sports equipment
- Other

Socialization

- Expatriate organizations, what they provide
- Organizations that support involvement of expatriate women
- Language study programs
- Religious organizations, services conducted in a language you are in good command of
- Business groups, associations or networks
- Business and social entertaining. Typical venues, time of day or week, frequency;

Personal and Family Safety and Security

- General safety at home and in public (men, women, children)
- How and where to play -- children alone in the streets, freedom, mobility, maids accompany children
- Less safe areas or activities; times of day; special precautions
- 911 equivalents
- Terrorism
- Extra locks / Window bars
- Night watchmen
- Other

Banking and Mail

- Banks and how to open accounts for local and home country currency
- Can the non-working spouse have his or her own bank account? If not, how will the family arrange and independent money source for her/him?
- How to conduct various banking functions in host country; i.e., check cashing, bank card
- Procedures and how to receive mail: office, P.O. box, or at home
- Other

Transportation

- Reliability and safety of public transportation methods, i.e., trains, buses, cabs
- Renting cars
- Driving with unfamiliar roads, signs, and rules, etc.