

# Mentor Checklist

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## HOUSING

Notes:

Popular residential neighborhoods

Best ways of finding accommodation - Realtors, notice boards, word of mouth networks?

Utility providers, typical costs, common problems, essential backup equipment (generators, surge protectors etc?)

Methods of communication - PO Box, mail protocols, Internet connection, cell phone carriers, reception areas

What equipment to ship - voltage issues, running costs, maintenance and parts availability,

Where to buy household goods.

Contracting insurance, security and household staff.

## SCHOOLS & KIDS

Available schools, and reputations.

Expected level and type of parental involvement

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Equipment to bring, and where to buy the rest

Daily life - appropriate dress code for school, school events and social activities, teacher gifts, lunches,

Extra curricular activities: availability and requirements.

PTA activities

Birthday party venues, appropriate gift values etc

Toy & book and school equipment stores

Play centers, days out, activities.

## MEDICAL SERVICES

Healthcare: family doctor, pediatrician, ob/gyn, Dermatologist, chiropractor, ER / A&E department, local hospitals, medical evacuation services

Dental care: dentist, orthodontist.

Other: Physical therapist, speech therapist, psychiatrist, plastic surgeon, dietician, homeopath, massage therapist.

Common health issues, prevention and treatment

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## PERSONAL CARE

Aesthetician, hairdresser, gyms, coaching services,

Tailoring / alteration service, dry cleaning service.

Clothing Stores

## DAILY LIVING

Grocery stores, butcher, deli, vegetable markets

Transport: Buying a car (practical and legal considerations) gas stations, public transport, taxi firms, car hire, driving lessons, driving license requirements

Coffee shops, restaurants, bars.

Public holidays

Security issues, police stations, personal safety, areas to avoid.

Leisure centers, parks, libraries, and local amenities

Other .....