



UNIVERSIDADE CATÓLICA TIMORENSE
SÃO JOÃO PAULO II DILI, TIMOR-LESTE

MBBS Abroad Pre-Departure Checklist for Parents and Students 2025

Print and tick each item before departure. Keep one copy with the student and one with the family.

How to use this checklist

- Print two copies and complete together as a family.
- Tick each item and add notes or reference numbers where relevant.
- Store one copy in carry-on luggage and one at home for emergencies.

Student and Trip Details

Student name: _____

Passport number: _____

Destination country and city: _____

University name: _____

Program start date: // _____ End date: // _____

Emergency contact in India: _____

Embassy/Consulate phone in destination: _____

Financial Documentation

- NEET qualification verification printout (year, roll no., score)
- University admission letter and fee payment receipts
- Academic transcripts and notarized copies (Class 10/12)
- English proficiency certificate (if required)

Notes: _____

Legal and Documentation

- Passport valid for minimum 2 years from departure date
- Student visa approval and visa copy (keep duplicates)
- Police clearance certificate PCC
- Medical insurance coverage letter including overseas treatment
- Copies of all documents in cloud drive and with family

Notes: _____

Personal and Cultural Preparation

- Local currency arranged and international banking set up.
- Essential medicines with prescriptions and generic names.
- Health records and vaccination history (carry originals)
- Comfort items from home (snacks, photos) within baggage limits
- Emergency contact list including embassy/consulate numbers

Notes: _____

Communication Setup

- International roaming plan or local SIM arranged for arrival
- Video calling apps installed and tested with family
- Family emergency protocol (who to call first, time windows)
- University international office and hostel warden contacts saved

Notes: _____

Health and Safety Readiness

- Travel health consultation completed 4-6 weeks before travel
- Required/recommended vaccinations completed and documented
- Spare glasses/contacts and copies of prescriptions packed
- Medication legality checked for destination country

Notes: _____

Travel Essentials

- Flight tickets and itinerary saved offline and printed
- Accommodation confirmation and airport pickup details
- Copies of passport, visa, insurance in carry-on
- Luggage tags, locks, and packing list checked

Notes: _____

Academic and Campus Setup

- University enrollment/registration steps reviewed
- Orientation schedule received and calendar-blocked
- Campus map and safety contacts bookmarked
- Library, IT account, and student ID process understood

Notes: _____

Safety and Emergency Protocols

- Local emergency number saved (e.g., 112/911 equivalent)
- University emergency hotline saved
- Insurance claim process and policy number noted
- Family check-in schedule set (day/time/time zone)

Notes: _____

Parent Copy – Quick Reference

- Student overseas number/WhatsApp: _____
- Warden/Hostel emergency: _____
- University international office: _____
- Insurance 24/7 assistance: _____
- Local hospital/clinic (English-speaking if possible): _____

This checklist is a general guide. Requirements vary by country and university; verify with official university communications and consular guidance before travel