

To consider before leaving Sweden

If you are thinking about re-immigrating to your country of origin or have already decided to, you're sure to have a lot of questions. The Migration Board wants to support you make a sound decision by bringing up things you should consider. There are certainly other things that can be added to the list, so we've included blanks for you to fill in.

Things to consider...

... health

- Find out about the healthcare system in the country you're moving to.
- Check about obtaining any medication there that you need.
- Investigate as to whether you can get the medical aids you need there.
- What immunization do you need before you leave?
- Gather all the medical records you need to take with you (get them translated if necessary).
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... work

- You can apply at the employment office for a trainee position with a Swedish company in order to develop your skills in the kind of work you will be doing in the country that you are moving to.
- There are repatriation projects in Sweden that can help you get a better job in the country that you are moving to.

- Make sure you have all the certificates and letters of reference (translated if necessary) that could make it easier to get the kind of job you want in the country that you are moving to.
- Make a list of all the phone numbers and addresses in Sweden that you might need after you leave.
- Get a certificate of employment from the company that is hiring you in the country that you are moving to.
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... school

- Get in touch with the authorities in the country that you are moving to for information about their educational system.
- Make sure you have all the school transcripts you need in order to study in the country that you are moving to.
- Make sure that all the training you have received in Sweden has been certified.
- Get your transcripts and grades from Swedish schools and courses translated.
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... safety and security

- What are the laws in the country to which you are moving that affect you? If necessary, call the country's nearest consulate or embassy.
- What are your rights and obligations in the country that you are moving to?

Find out about hazards (mines, grenades, etc.) in previous war zones.

Learn about ethnic conflicts that have not been resolved.

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... your housing in Sweden

Notify your landlord within the required period of time that you are leaving.

Order the form "flyttning till utlandet" (moving to another country) from your local tax office and fill it out.

Submit a change of address form to the post office.

Cancel your phone, newspaper subscription, etc.

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... housing in the country that you are moving to

What is the housing market like there?

Make sure you have written confirmation that you can move into your new housing. Get any legal assistance you may need.

Have necessary repairs done in the apartment or house to which you are moving.

Let your friends and acquaintances know what your new address will be.

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... your finances in Sweden

Find out about the regulations of the social insurance office concerning pension savings, disability pension, child allowance etc. when you return to your native country and what happens to them if you aren't a Swedish citizen.

Get in touch with Centrala Studiestödsnämnden (CSN, the Central Student Grants Committee) if you have outstanding loans for study aids or courses.

Pay off the loan or reach agreement about installment payments before you leave Sweden.

Apply for financial assistance from your municipality.

Apply for a travel allowance from the Migration Board, phone 0771-235 235.

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... your finances in the country that you are moving to

How does the country's social insurance system work, including agreements, pension, benefits, etc?

How does the educational system work – is it free of charge, can you get student aid or stipends?

Can you get subsidies to help pay your rent or to start your own business or cooperative?

Are there volunteer organizations in the country that can assist you?

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... travel

Plan your trip and shipping of furniture well ahead of your departure.

Get any travel and shipping insurance that you need.

Make sure you have all the papers you need, including passport, civic registration certificate, ID, driver's license, résumé (CV), your most recent tax returns, and customs documents.

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Encourage your family members to talk honestly about their plans and expectations. Make sure that your children understand what is happening. Especially if your children have grown up in Sweden, you may have to explain things carefully to them.

You should also inform family and friends in the country that you are moving to. Getting in touch with them will help you with your planning. Don't forget to talk about what will happen if you can't return or if everything doesn't work out as you had hoped.

The Migration Board has put together this checklist with the help of Svenska Röda Korset (Red Cross), Sociala Missionen, Caritas Sverige, Stockholms Stads återvändningskontor (City of Stockholm Repatriation Office) and Svenska Kommunförbundet (the Swedish Association of Local Authorities).