
Resettlement checklist

This checklist is designed to guide you through preparation to return to your country. The questions at the top are things that you might like to think about and the boxes are for whatever thoughts you have on the subject or notes you want to make.

1. Family and friends in your country

What family and friends do you have in your home country?
Where do they live and what kind of work do they do?
What contact details do you have for them?
If you do not have contact details where might you get them from?

2. Contact with Embassy/High Commission

Has your Embassy/High Commission been informed of your sentence?
Has anyone been in touch with you? Do you want to contact them?

3. Travel documents

Do you have a valid travel document? Do you have an old travel document?
What steps are Immigration taking to get you a travel document?
Are there things which you can do to assist in the process?

4. What documents will you need when you get home (e.g. social security number, national identity card)? Do you have those documents? If not, can any family members/friends get hold of them?

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5. Health

Do you have any medical conditions that you are receiving treatment for? Are you taking any medication? Have you talked to healthcare about managing your condition if you are deported? Is your country in a high malarial risk area? What medical treatment will be available to you when you return home?

6. Employment

What kind of work would you like to do when you return home? What resources are there in the prison which can help you to prepare? Who can help you to find work when you return home? Do you have any qualifications which might help you to find employment? Do you have the certificates to evidence your qualifications?

7. Travelling home

How will you get home from the airport? Is there a family member or friend who can meet you? If not, is there any organisation who might be able to send someone to meet you? How much money will you need to get home? What time will it be at home when you have landed and come through all airport checks? If you can't get home immediately where can you stay?

8. Accommodation

Where will you stay when you get to your country? Do you have family members or friends that you can stay with? Can you access cheap accommodation such as a hostel? Are there any voluntary or similar organisations that can help you?

9. Family/friends in the UK

How will you stay in contact with family and friends who remain in the UK?