

The UK Return Checklist for British Teachers Abroad

MENA Edition 



Introduction



- **A step-by-step guide for teachers returning from the Middle East.**

Returning to the UK is a major life and career move. This interactive checklist gives you everything you need to transition smoothly, from documents and DBS checks to housing, banking, curriculum, wellbeing and job search preparation.

As a returning British-trained teacher, you're in high demand. **TeachBack** connects you directly with UK schools seeking high-quality talent returning from overseas.

Register for our **Dubai Recruitment Event**, at **Media One Hotel, Media City** on the **27th February** to the **1st of March 2026**.

Six Months Out

Foundations & Future Planning



✓ Update your CV & experience

Your international experience is your advantage. Update:

- British curriculum expertise
- Whole-school contributions
- Leadership responsibilities
- Pastoral experience
- International CPD

Useful resources:

[UK Teaching CV template](#)

[UK safeguarding statement examples](#)

✓ Gather essential documents

Collect originals early, replacing them later is slow.

You will need:

- Degree & QTS certificate
- Overseas police clearance
- Passport & residency cancellation documents
- Proof of address (UK or MENA)
- Safeguarding certificates
- Recent payslips (for referencing)

UK DBS overview

✓ Register & make yourself visible to UK schools

Your next role begins here.

- Create your TeachBack Candidate Profile
- Update DfE Teaching Vacancies profiles
- Follow UK schools you may be interested in
- Set up job alerts

Create your TeachBack profile

Dubai event (27 Feb – 1 March 2026)

✓ Start a UK return budget

Plan for:

- Housing deposits
- Shipping
- Flights
- New school uniforms (if children)
- Temporary accommodation
- Initial transport

Quick UK cost-of-living checker (Numbeo)

Five Months Out

Research & Relocation Planning



✓ Research UK housing areas

Use these tools to understand areas, rents and local amenities:

Housing Platforms:

[Rightmove](#)

[Zoopla](#)

[SpareRoom](#) (short-term):

School finder:

[School admissions checker](#)

Tip: Look for areas with:

Good transport links

Strong local schools

Lower council tax bands

Affordable rental markets



✓ Refresh your understanding of the UK curriculum

Whether EYFS, Primary or Secondary, rules evolve.

Key UK teaching frameworks:

[DfE National Curriculum](#)

[Ofsted Inspection Framework](#)

[Teacher Standards refresher](#)

✓ Get your UK banking & money plan in place

Most teachers returning from M open accounts with:

Banking Options:

[Monzo \(fast online UK account\):](#)

[Starling Bank](#)

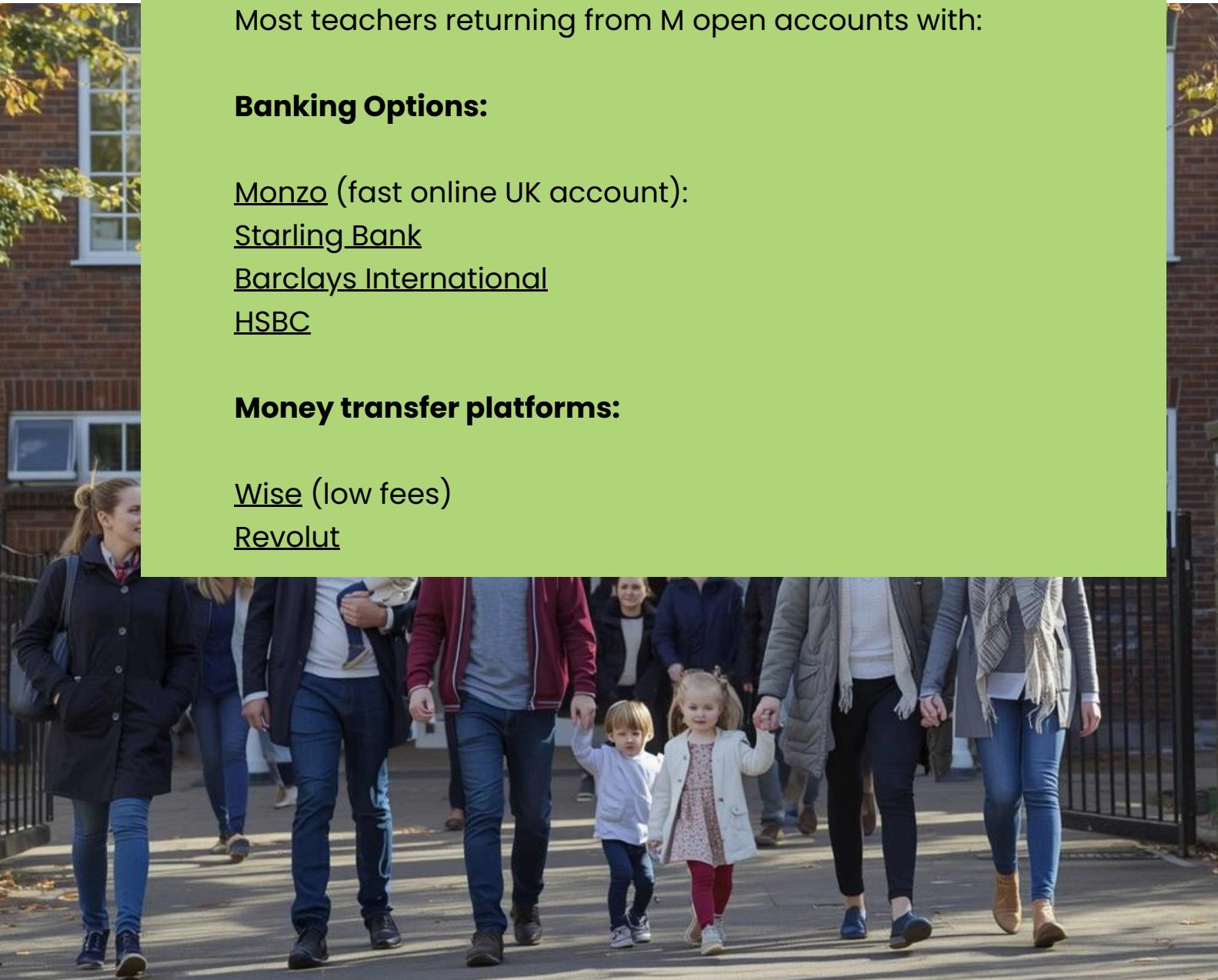
[Barclays International](#)

[HSBC](#)

Money transfer platforms:

[Wise \(low fees\)](#)

[Revolut](#)



Four Months Out

Job Offers, Interviews & Logistics



✓ Start interviewing

TeachBack introduces you to UK headteachers looking to hire. Interview formats include:

- Online interviews
- Pre-arranged Dubai in-person interviews
- Panel interviews with UK schools

TeachBack Tip:

Many teachers secure offers **before** they fly back – especially those attending Dubai event.

Register for the [Dubai Recruitment Event](#)

✓ Compare relocation companies

Popular MENA-to-UK movers:

Pickfords
Crown Relocations
Allied Pickfords
GAC International Moving

Compare quotes using [MovingHub](#).

✓ Map out your departure timeline

Key MENA exit steps:

- Request final salary schedule
- Request gratuity settlement calculation
- Clear accommodation contracts
- Close local bank accounts (Tip: keep one open until arrival)



Three Months Out

Official Paperwork & Notices



✓ Resign from your school (only after securing UK offer)

Confirm with HR:

- Notice period
- Final payment
- End-of-service benefits
- Reference contact details

✓ Obtain Police Clearance (Good Conduct Certificate)

You will need this for your UK school's DBS.

✓ Begin shipping arrangements

Book shipping dates, label boxes, list items for customs and ensure delivery timeline aligns with your arrival.

Tip: Most teachers ship 3–4 weeks before returning.

✓ Begin building your UK support network

Join these groups for insights & community:

- UK Teachers Returning from Abroad (Facebook)
- TeachBack Teacher Community (launching soon)



Two Months Out

Practical Life Admin



✓ Secure accommodation (temporary or long-term)

If unsure where to live long-term:

- Book 4–8 weeks temporary accommodation
- Use Airbnb monthly stays or serviced apartments

✓ Register dependents for education & childcare

Useful links:

[Find a UK school](#)

[Ofsted reports](#)

✓ Register for NHS healthcare

- [Find a GP](#)
- Transfer medical records (if relevant)



✓ Final document check

Ensure you have:

- Passport
- Certificates
- Police clearances
- Contract for your UK role
- Proof of address (temporary accommodation is acceptable)



One Month Out

Final Prep & Financial Setup



✓ Reconfirm shipping & flights

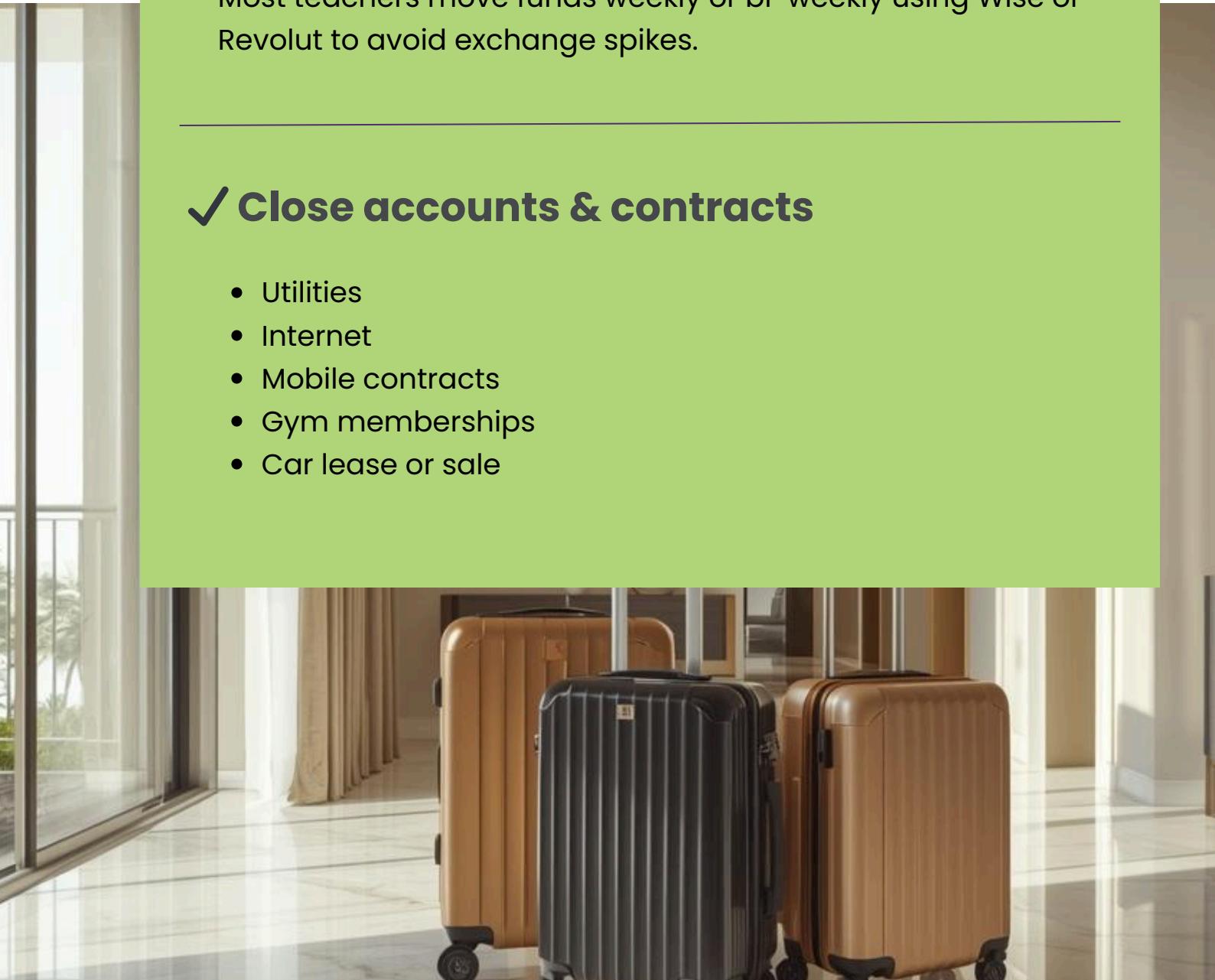
- Check dates, delivery and UK contact details.
-

✓ Move funds to the UK

Most teachers move funds weekly or bi-weekly using Wise or Revolut to avoid exchange spikes.

✓ Close accounts & contracts

- Utilities
- Internet
- Mobile contracts
- Gym memberships
- Car lease or sale



Arrival in the UK

Welcome Back



✓ Settle into your accommodation

Connect:

- Internet
- Gas / electricity
- Water
- Council tax

✓ Support family settling in

Explore:

- Parks
- Playgroups
- Local libraries
- Sport clubs (football, gymnastics, swimming, cricket)

✓ Prepare for your first day at school

Bring:

- Passport, certificates, DBS
- Pre-employment checks
- Safeguarding certificates
- Lesson plans for your first week

Tip: Build strong relationships with admin staff – they're the centre of school life.



Your Most Important Next Step

→ UK headteachers attend the **TeachBack** Dubai Recruitment Event, **Media One Hotel, Media City** on **February 27th to March 1st 2026** specifically to hire returning British-trained teachers.

Most teachers secure an offer faster by attending in person or online.

[Register now \(free for teachers\):](#)
[Create your TeachBack Candidate Profile](#)