Cost of Living Abroad Budget Worksheet

By Amelia And JP

This budget worksheet will help you plan and prepare for the costs associated with your monthly living expenses in another country.

You can print this worksheet and fill in the numbers by hand or you can use it as a guide to create your own spreadsheet in Excel or Google Sheets.

Budget Guidance

Your cost of living will largely depend on the country you choose for your new home abroad.

If you choose a low cost of living country like Vietnam, you can budget far less compared to a higher cost of living country like Ireland. This is especially true for housing costs, which is almost always your biggest monthly expense.

We'll provide some ranges for each line item that you can use as a guide. The low estimates apply mostly to countries in Southeast Asia where the cost of living is the lowest while the high estimates apply to fully developed countries like France and Ireland where the costs are higher.

Your monthly costs will also depend on whether you're a single, couple or family. Some things, like rent and internet fees, will be the same regardless of the number of people. However, other things, like health insurance and food, will increase by the number of people. The range examples indicate if the item is per person so you'll want to multiply your estimate by the number of people moving with you.

Let's get started!

Disclaimer: This report is for informational purposes only and does not constitute residency visa, tax or financial advice. Please consult immigration attorneys, tax professionals and financial advisors for current information.

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Your Monthly Live Abroad Budget

Fill in each line item to the best of your knowledge:

Non-Discretionary Expenses

Item	**Amount**	**Range**
Rent		$500 to $1500/month
Groceries		$200 to $400/month/person
Health Insurance		$50 to $500/month/person
Healthcare & Medication		Varies
Mobile Phone Plan		$10 to $20/month
Local Health Insurance		$50 to $500/month/person
Transportation		Varies
Total Non-Discretionary Expenses		

Notes:

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Housing Extras

These may not be covered by your landlord/rental agreement:

Item	Amount	Range
Internet		$20 to $50/month
Electricity		$20 to $100/month
Water		$5 to $20/month
Gas/Propane		$10 to $20/month
Total Housing Extras		

Notes:

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Discretionary Expenses

Item	Amount	Range
Restaurants		$50 to $200/month/person
Entertainment (Tickets, Tours, etc.		$20 to $100/month/person
Subscriptions (Netflix, etc.)		$15 to $100/month
Clothing & Shoes		$50 to $100/month/person
Personal Care		$10 to $50/month/person
Gym Membership		$20 to $50/month/person
Language Classes		Varies
Misc Shopping		Varies
Travel Back Home		Varies
Total Discretionary Expenses		

Notes:

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Child Expenses

Item	Amount	Range
School Tuition Fees		Varies
School Supplies		Varies
School Activities		Varies
Medication		Varies
Daycare		Varies
Total Child Expenses		

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Pet Expenses

Item	Amount	Range
Food		Varies
Grooming		Varies
Veterinarian		Varies
Medication		Varies
Daycare		Varies
Total Pet Expenses		

Notes:

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Total Cost of Moving Abroad

Enter the total expenses from the tables above and sum them up.

Item	**Amount**
Non-Discretionary	
Housing Extras	
Discretionary	
Children	
Pets	
Total Monthly Cost of Living	

Notes:

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