

Monthly Budget Overview

Income Sources

I have multiple sources of income but for the purpose of this “Social Experiment”. I will be depositing \$2500 a month on the 1st of month.

Fixed Costs - \$1120 Per Month

Accommodations \$1000 Per Month

Travel/Health Insurances \$120 Per Month

Variable Expenses – Food \$450 Per Month

Dining Out – Restaurants, Night Market, Kiosks, Food Stall

Dining In – Delivery, Self Cook-Groceries

Discretionary Spending - \$625 Per Month

Experiences - \$400 Per Month

Misc - \$225 Per Month

Travel - \$300 Per Month

Local Travel - Rideshare, Songthaew, Rental Bike, Walk. - \$125 Per Month

Regional Travel (savings) for location moves - \$175 Per Month





Notes

Fixed Costs:

Every dollar saved on Accommodations can be applied to Variable and /or Discretionary spending such as eating better, do more experiences or to Travel expense – Local Day Trips/Overnights

Medical and Travel Insurance - US Army Benefit = TRICARE and Medjet Assist Expat and Chase Reserve Travel Insurance (your insurance costs may vary)

Variable Expenses:

Managing the food will be interesting. I'm planning on two meals per day. Many meals will be under \$5; Some accommodations offer free breakfast which will lower my need to one purchased meal per day.

Discretionary Spending:

With \$100 a week I will be able to do 1-3 pay experiences per week such as cooking classes, trips to cultural sites or nature hikes, walks. I will take some adventures – snorkeling, biking, river rafting, etc via “GetYourGuide, Viator, and local sources. I will publish my list for each month in advance in the Destination Blog. Misc will be for personal care and clothing replacement. Also includes Phone and Streaming Video

Travel:

Local Travel in most locations will be very cheap. Some rides on Municipal Buses will be under \$2, Rental Bike \$1, Ride Share \$5-10, Walking – Free

Regional Travel I have planned my route for very short regional flights on discount airlines, Each month I will save for the next move or moves. I also have to account for baggage charges which will be high as I will be traveling with over 60 kg/132 lbs of luggage and equipment.

Budget Context & Scope

The \$2,500/month figure reflects travel living expenses only — lodging, food, transport, and daily costs.

Intent: Provide a realistic snapshot of what retirees might spend traveling full-time, without inflating numbers with content-creation overhead.

Performance: Will I always be under or over budget? We will see. I may have left over budget that I can carry over to future months that may be more costly just like you would if you were managing your cash flow. You will see it all explained in detail. P.S. You won't find me on the street begging for a bowl of noodles.

Equipment and technical costs (cameras, laptops, software to support the website and social channels) are not included in this travel budget.

Transparency is key — Provide a clear line between lifestyle costs and the tools I use to share the journey.

Bottom Line: I could spend roughly double the \$2500/Month figure and enjoy this global vacation and live better, but this social experiment has purpose.

