

## Living Costs

### BANGKOK, THAILAND





#### FOOD



- 🕍 Rent Your Cozy Thai Nest
- Condo (city center): \$12,000– \$25,000/month
- Condo (outside center): \$6,000-\$15,000/month
- Many teachers share apartments to save and yes, pools and gyms are common!
- Pro tip: Look near BTS/MRT stations for easy commutes

A Street Food Paradise

- Street food meal: \$\\$40-\$70 (hello, pad thai!)
- Nice restaurant meal: \$150–\$300
- Groceries (monthly): \$3,000– \$6,000
- Bonus: 7-Eleven is a lifesaver open 24/7 and packed with cheap snacks

#### **TRANSPORT**

- BTS/MRT ride: \$15-\$60 per trip
- Taxis (They are usually Green, Yelow, Pink, Blue, Red or White. The meter starts at \$35 and will increase with time/distance
- Motorbike taxi (short trip): \$20-\$50
- Motorbike rental: \$2,500–\$4,000 p/m
- Monthly BTS pass: ~\\$1,400\\_\$2,000
- Grab (ride-share)/Bolt is popular too just avoid peak hours if you can! □



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#### **HEALTH CARE**

- Healthcare Affordable & High Quality
- Clinic visit: \$500-\$1,000
- Private hospital checkup: \$1,500–\$3,000
- Many schools provide health insurance yay!

#### **INTERNET & MOBILE**

- Internet & Mobile Stay

  Connected!
- Home Wi-Fi: \$500-\$800/month
- Mobile plan (4G/5G): \$300– \$600/month
- Fast, reliable, and everywhere (even in coffee shops!)



#### **EXTRAS**

- Extras & Fun Treat Yourself!
- Cinema ticket: \$150-\$250
- Coffee: \$30-\$130
- Massage (1 hour): \$250-\$400 **29**
- Gym membership: \$1,000-\$2,500/month
- Weekend trip away: \$1,500-\$3,000+ (Thailand is GORGEOUS \*\*)

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### FOR TEACHERS

Budget

\$20,000-\$30,000

Comfortable

\$30,000-\$45,000

Splurge (treat yo' self!)

\$50,000+





#### **FINAL THOUGHTS**

Bangkok offers an amazing lifestyle with low living costs and big city perks. Teaching here lets you save, explore, and grow, all while enjoying delicious food, sunny weekends, and a warm community of locals and expats alike.