

The Four-Layer Slow Nomad Budget

Price the complete temporary life, not only the monthly rent.

DESTINATION / DATES	LENGTH OF STAY	CURRENCY
01 LIVING ABROAD Housing, groceries, restaurants, local transportation, exercise, entertainment, household purchases, and the ordinary costs of being there. ESTIMATE		
02 TRAVEL + MOBILITY Flights, trains, rental cars, airport transfers, baggage, fuel, tolls, parking, repositioning, and the cost of changing bases. ESTIMATE		
03 ONGOING COSTS AT HOME Mortgage or rent, property tax, insurance, utilities, vehicle, storage, mail, maintenance, and other obligations. ESTIMATE		
04 CONTINGENCY + BUFFER Overlap nights, convenience transport, replacement purchases, backup connectivity, and small fixes that keep disruptions from becoming crises. ESTIMATE		
TRUE LIFESTYLE COST Living Abroad + Travel + Mobility + Ongoing Costs at Home + Contingency + Buffer		TOTAL

COMPARE WITH THE REALISTIC ALTERNATIVE

What changes if housing, fares, transport, or your buffer run higher than expected?