

The Destination Scorecard

Score the everyday life you want, not just a place’s travel appeal.

BEFORE YOU SCORE: Eliminate true deal-breakers first.

Rate 1 (poor fit) to 5 (excellent fit). For each row: rating ÷ 5 × weight = points earned.

EXAMPLE: Housing fit: 4 ÷ 5 × 15 = 12 points. Add all rows for a total / 100.

Destination: _____ Dates: _____

CATEGORY	WEIGHT	YOUR RATING 1-5	POINTS
Housing fit	15		_____
Neighborhood options	10		_____
Functional walkability and daily errands	10		_____
Transportation	8		_____
Climate for exact dates	10		_____
Nature	8		_____
Food and daily-life infrastructure	8		_____
Healthcare	7		_____
Cost beyond housing	7		_____
Regional connectivity	5		_____
Social and cultural fit	5		_____
Fit for intended stay length	7		_____
TOTAL SCORE			_____ / 100

Suggested weights, not research findings. Adjust to your priorities; keep the total at 100.

Free reusable copies: SlowNomadGuides.com/scorecard

Your First 72 Hours Abroad

A practical arrival checklist for a comfortable temporary home.

The goal is not to explore everything. It is to make ordinary life work. Use these checks as a menu, adjusting for your destination, mobility, health needs, and actual booking.

FIRST 3 HOURS **Get inside. Connect. Eat. Sleep.**

- ☐ Enter the correct unit, confirm door locks and access instructions, and identify the host or manager contact method.
- ☐ Test essentials: water and hot water, power, heating or cooling when relevant, bed, and connectivity.
- ☐ Photograph and report significant existing damage or material problems using the booking provider current process.
- ☐ Connect your phone, charge what you need, drink water, and arrange an easy meal or breakfast supplies.
- ☐ Keep the first evening simple. A tired arrival is not a fair test of the whole stay.

FIRST 24 HOURS **Establish dependable basics.**

- ☐ Find the grocery store you will actually use; notice hills, crossings, heat, stairs, and the return trip with bags.
- ☐ Locate a pharmacy and identify where you would begin for ordinary medical care and urgent help.
- ☐ Learn one practical transit or driving route for a real errand, not only for sightseeing.
- ☐ Verify your usable payment methods and the backup you can access if your phone or wallet is lost.
- ☐ Check whether any unresolved accommodation problem requires follow-up.

FIRST 72 HOURS **Solve the repeating systems.**

- ☐ Test laundry, kitchen basics, food storage, waste disposal, and the household items you will use repeatedly.
- ☐ Practice the trips you expect to repeat: grocery run, exercise, cafe or restaurant, transit, and essential services.
- ☐ Confirm phone service, navigation, and necessary account access work independently enough to survive a routine failure.
- ☐ Find a workable activity or exercise option. Choose good-enough defaults; favorites can emerge later.
- ☐ Do one ordinary-life rehearsal: shop, cook if planned, move around the neighborhood, and spend an uneventful evening at home.

END OF WEEK ONE **Let setup fade.**

- ☐ What worked better than expected? _____
- ☐ What caused repeated friction? _____
- ☐ One small change that would make next week easier: _____

General information only - not individualized legal, immigration, medical, or insurance advice. Verify current requirements and provider terms for your circumstances. For the full system, see The Slow Nomad Handbook. Planner status: SlowNomadGuides.com/90days.

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?

The Neighborhood Livability Test

Test the routes you will actually repeat, not just distances on a map.

NEIGHBORHOOD / THE ORDINARY WEEK

Place / neighborhood: _____

Dates / season: _____

01 DAILY LIFE / ~15 MINUTES

Groceries, pharmacy, café, ordinary meals, walking, basic transit.

My actual route / obstacle: _____

02 WEEKLY LIFE / ~30 MINUTES

Larger supermarket, exercise, healthcare, parks, useful transit.

My actual route / obstacle: _____

03 OCCASIONAL LIFE / ~60 MINUTES

Airport/rail, specialist care, nature, major destinations.

My actual route / obstacle: _____

THE TUESDAY TEST

Six weeks in: could you shop, exercise, get around and spend a rainy evening here?

THE GROCERY TEST / TWO BAGS HOME

Hills, stairs, heat, traffic, crossings, darkness, sidewalks, mobility:

Decision / non-negotiable to verify: _____