



Monthly Thailand Expat Budget Sheet

by *ThriveInThailand.com*

Expense Category	Ultra-Cheap	Budget (Low)	Budget (Mid-Range)	Budget (High)
Rent – Accommodation	฿4,000 (Shared room, outskirts)	฿7,000 (Chiang Mai condo)	฿20,000 (Bangkok condo)	฿50,000+ (Luxury villa in Phuket)
Utilities	฿1,000 (Fan only, shared bill)	฿2,000 (Minimal AC use)	฿4,000 (Moderate AC, house utilities)	฿10,000+ (Large house with pool)
Internet – Phone – TV	฿400 (Free Wi-Fi, prepaid SIM)	฿600 (Basic fiber, prepaid SIM)	฿1,500 (Fast internet, postpaid plan)	฿3,500+ (Premium IPTV, 5G plan)
Food – Groceries – Eating Out	฿5,000 (Street food, instant noodles)	฿7,000 (Markets, street food)	฿15,000 (Mix of home cooking & dining out)	฿30,000+ (Imported groceries, fine dining)
Transport	฿500 (Bike, walking)	฿1,500 (Public transport, scooter rental)	฿5,000 (Grab/taxis, personal scooter)	฿15,000+ (Car ownership, frequent flights)
Clothing	฿500 (Thrift stores, second-hand)	฿1,000 (Markets, budget shops)	฿3,000 (Shopping malls, mid-range brands)	฿10,000+ (Tailor-made, luxury brands)
Entertainment	฿1,000 (Free events, YouTube)	฿3,000 (Bars, cinema, local outings)	฿7,000 (Concerts, nightlife, live sports)	฿20,000+ (VIP clubs, high-end experiences)
Sport	Free (Running, calisthenics)	฿1,500 (Running, cycling, local gym)	฿5,000 (Muay Thai, mid-range gym)	฿15,000+ (Golf, premium fitness clubs)
Healthcare	฿500 (Public hospital, cash visits)	฿1,000 (Basic insurance, clinic visits)	฿5,000 (Mid-tier insurance, private hospital visits)	฿15,000+ (Comprehensive international insurance)
Nanny – Maid	Not applicable	฿4,000 (Part-time cleaner)	฿10,000 (Full-time maid)	฿20,000+ (Live-in English-speaking nanny)

School Fees	Not applicable	฿3,000 (Local Thai school)	฿15,000 (Bilingual school)	฿80,000+ (Elite international school)
Small Holidays	฿1,000 (Local day trips, buses)	฿3,000 (Weekend trip by bus)	฿10,000 (Domestic flights & mid-range hotels)	฿30,000+ (Luxury resorts, Koh Samui flights)
Miscellaneous	฿1,000 (Thrift items, emergencies)	฿2,000 (Unexpected expenses)	฿5,000 (Shopping, extra activities)	฿10,000+ (High-end shopping, memberships)
Total Estimated Monthly Budget	฿20,000–25,000	฿40,000	฿100,000	฿300,000+

Plan Your Own Budget – Monthly Estimates

Fill in your expected costs for each category to personalize your Thailand budget.

Expense Category	Your Estimated Budget
Rent – Accommodation	
Utilities	
Internet – Phone – TV	
Food – Groceries – Eating Out	
Transport	
Clothing	
Entertainment	
Sport	
Healthcare	
Nanny – Maid	
School Fees	
Small Holidays	
Miscellaneous	
Total Estimated Monthly Budget	