Start with the life you want

What would you enjoy doing in an ordinary week?

> **EXAMPLE**
>
> A day I would enjoy: a morning walk, lunch at home and an afternoon with friends.
> Something I need: shops I can reach without driving.
> A nice extra: a swimming pool.

Companion to Retire to Thailand. Work through one page at a time.
Short answers are fine. Fill in the PDF and save a copy, or print and write.

What would an enjoyable day look like for you?

What are three things you really need?

For example: a quiet home, reliable transport or access to the care you need.

1.

2.

3.

What would be nice, but is not essential?

If planning together: do you want different things?

Leave blank if you are planning on your own.

Compare two places to start

You can compare towns or two neighborhoods in the same town.

EXAMPLE

Two made-up areas: Central and Outside Town.
Getting around: "I could walk to shops" versus "I would need rides."
If you do not know yet, write "Need to check" instead of guessing.

Place 1: town + neighborhood

Place 2: town + neighborhood

What matters to me	Place 1: my notes	Place 2: my notes
Getting around		
Finding a suitable home		
Friends and activities		
Healthcare I need		
My other must-have		

Which place would you like to explore first, and why?

What is the main thing you still need to find out?

What might a month cost?

Use Thai baht (THB). Fill in your own estimates, then add them up.

EXAMPLE

Invented numbers, not price guidance:
Housing 20,000 + food 12,000 + all other rows together 18,000
= 50,000 THB per month. Your own total may be very different.

Who is included in this budget?

Date

Cost	THB per month
Rent / housing	
Power, water, internet and phone	
Food and meals out	
Transport	
Hobbies, social life and personal spending	
Healthcare and insurance	
Yearly bills: monthly amount from page 4	
Payments I still make back home	
Other regular costs	
Total per month	

Add the first nine rows to find your total. Include each cost only once.
The boxes do not add automatically. Use page 4 for yearly bills and moving costs.

Costs that do not come monthly

Keep yearly bills, moving costs and money for unexpected costs separate.

EXAMPLE

A made-up yearly bill of 12,000 THB divided by 12 = 1,000 THB per month. Put 1,000 in your monthly budget, not 12,000. Do not also count the bill in another row on page 3.

1. Bills you expect to pay during the year

For example: planned flights home or a bill paid once a year.

Bill / expense	THB per year	Divide by 12

Add the last column. Copy this amount to page 3.

This is how much to allow each month for these yearly bills.

2. Money needed to move and get set up

One-off cost	THB
Travel and temporary accommodation	
Housing deposit / advance rent	
Moving, setup and other costs	
Total needed to get started	

3. Money I will keep available for unexpected costs (THB)

Try the life before deciding

Choose three things you want to find out during a visit.

EXAMPLE

Question: Could I manage without a car?
What I would do: walk to the supermarket and carry groceries home.
When: a morning when I would normally do my shopping.

Where will you stay?

Dates / length of visit

My question	What I will do	When

Leave time for ordinary life

- [ ] Repeat a journey you would make regularly.
- [ ] Try an activity you would enjoy as a resident.
- [ ] Write down costs to help with your budget.

Before booking, check the entry / stay permissions and healthcare arrangements you need for your visit. This page is a personal plan, not an official travel checklist.

What did you learn?

Use your experience to choose one next step. You do not need to decide everything.

EXAMPLE

What I tried: the walk to the supermarket.
What I learned: the distance was fine, but a busy crossing felt uncomfortable.
My next step: try a quieter route before ruling out the area.

What I tried	What I learned

What do you still need to find out?

For example: a different season, longer-term rent or a service you could not check.

What would you like to do next?

- [ ] Keep planning this move
- [ ] Try another area
- [ ] Make another visit
- [ ] Wait or change my plans

One thing I will do next

By when?

Save your answers and return to them as your plans change.
Planning aid only; not financial, medical, legal or immigration advice.