

REPORT · REFERENCE

The Cost of Living *Atlas*

80 cities and 73 countries on one scale, so the question "can I afford to live there on this salary" gets a number instead of a guess.

WHAT'S INSIDE

- Monthly cost ranges for 80 cities
- The 20 cheapest cities that are still good
- Rent, coworking and a meal, city by city
- Value picks: cheap, safe, fast internet
- Country-level tiers for 73 countries
- Best months, and a budget worksheet

Edition 2026

enroutejobs.com/publications

How to read the numbers

Every figure is in US dollars, for one person, per month. Three tiers appear throughout:

- **Budget:** a room or small flat outside the centre, cooking most meals, local transport, no coworking.
- **Nomad:** a one-bedroom in a decent area, eating out several times a week, a coworking desk, some travel. The tier most remote workers actually live at.
- **Comfortable:** a central flat, restaurants without looking at the menu, gym, regular trips. Where a salary in the top quarter lands.

City figures come from EnRoute's city guides and include a breakdown (rent, coworking, a cheap meal, transit) so you can rebuild the number for your own habits. Country figures are national averages: the capital always costs more.

SOURCE

EnRoute Jobs city guides (public.cities). USD per month; rent is a one-bedroom in the centre; coworking is a day pass.

EnRoute Jobs country guides (public.countries). Monthly figures are USD, for one person, at budget / typical nomad / comfortable tiers.

Snapshot 2026-09-12. Exchange rates move; treat anything within 10% as equal.

\$1.1k

CHEAPEST NOMAD
MONTH
Batumi

\$5.2k

MOST EXPENSIVE
San Francisco

\$2.8k

MEDIAN-ISH NOMAD
MONTH
across all 80 cities

11

VALUE PICKS
under \$2k, safe, fast
internet

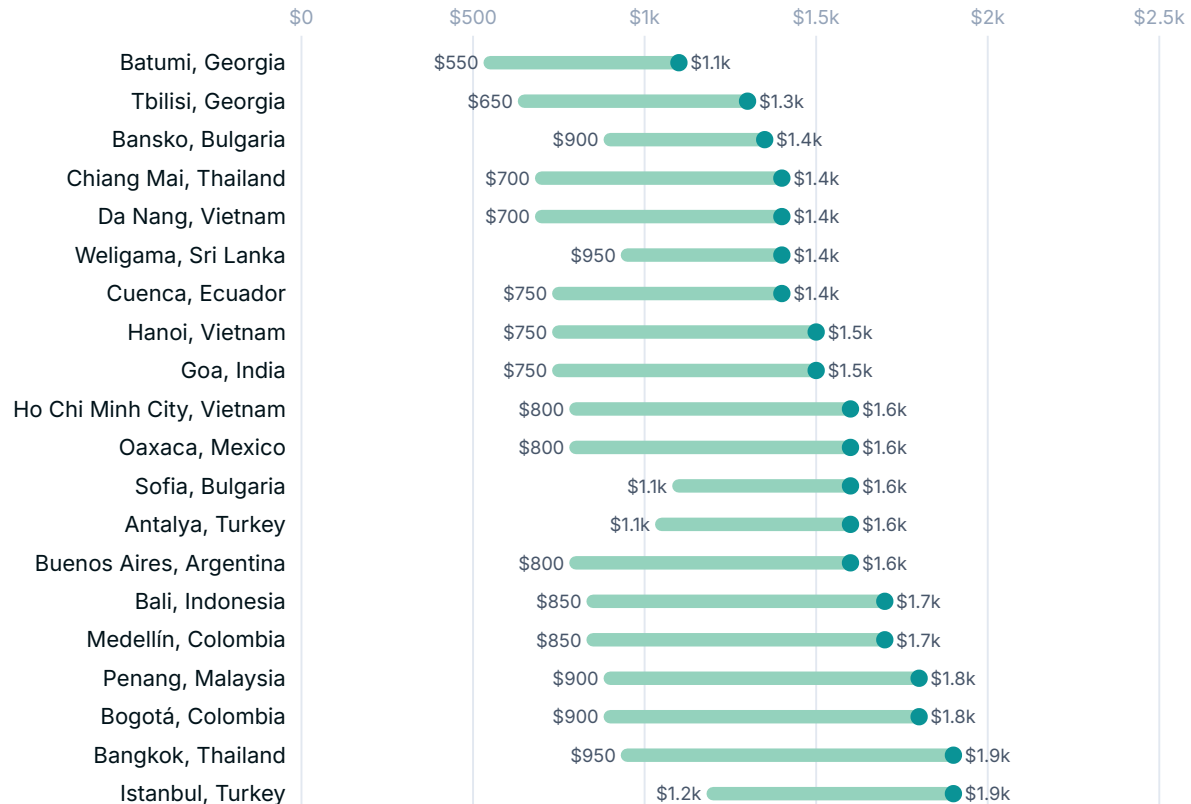
01

The 20 cheapest cities that are still good

Sorted by the nomad tier. Every one has a city guide on EnRoute.

Monthly cost, budget to nomad tier, USD

Bar runs from budget to nomad tier. Dot is the nomad figure.



EnRoute Jobs city guides, 2026-09-12

Below about \$1,500 a month at the nomad tier you are looking at Southeast Asia, the Caucasus, the Balkans, the Andes and the cheaper corners of Mexico. What separates them is not price but the second-order things: internet reliability, safety, timezone against your clients, and how many months of the year the weather is workable. Section 4 puts those side by side.

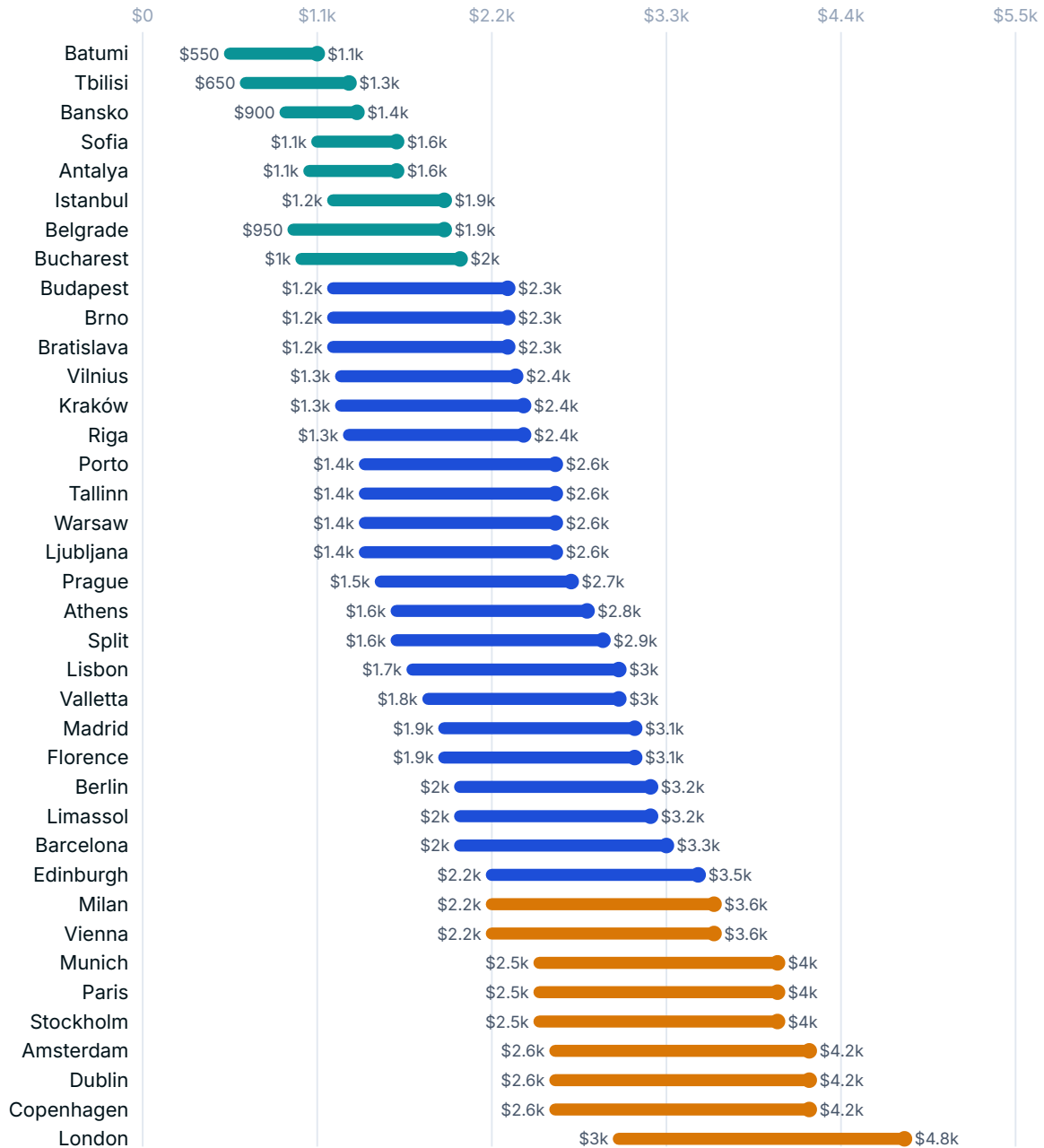
02

The full range, by region

Where every city sits, budget to nomad, grouped by continent.

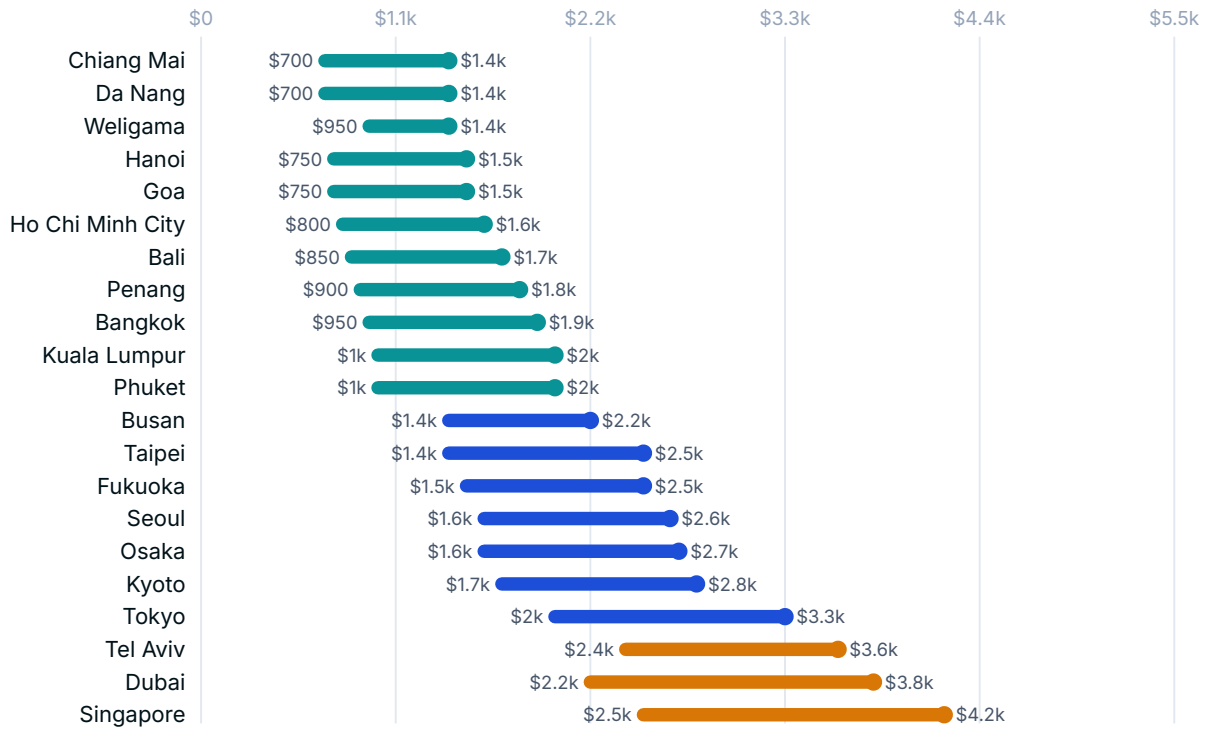
Europe

38 cities · budget to nomad tier



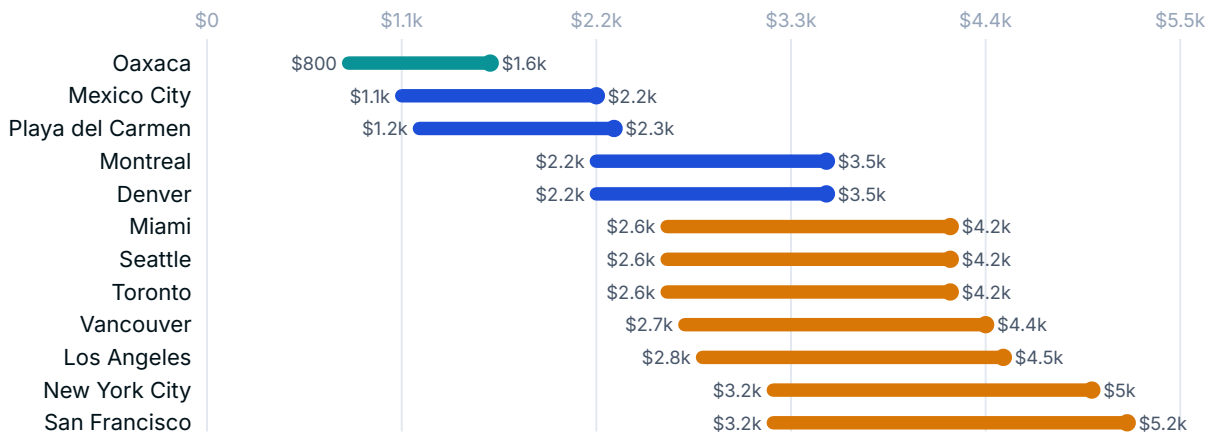
Asia

21 cities · budget to nomad tier



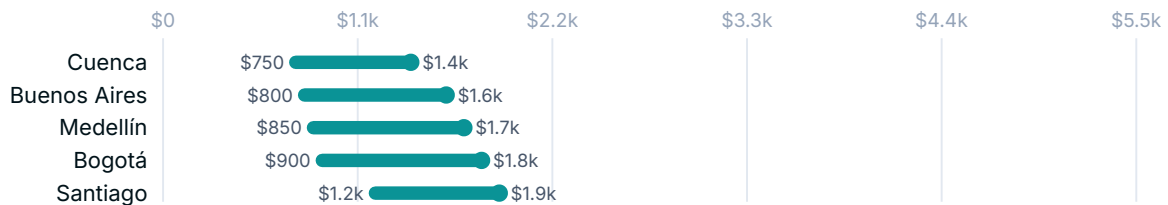
North America

12 cities · budget to nomad tier



South America

5 cities · budget to nomad tier



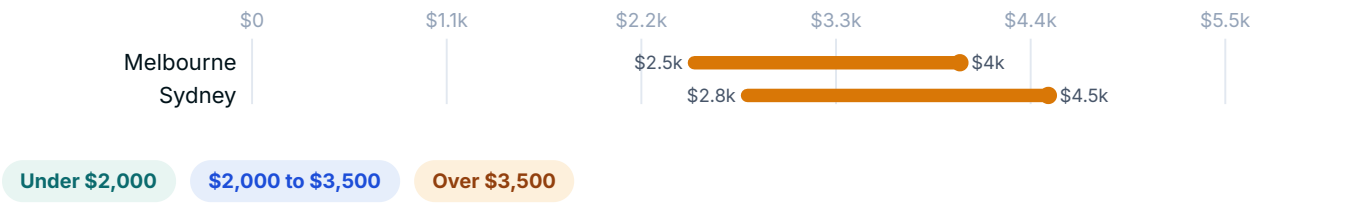
Africa

2 cities · budget to nomad tier



Oceania

2 cities · budget to nomad tier



03

Rent, a desk, a meal

The three line items that explain most of the difference between cities.

Rent is the number that moves. A coworking day pass and a cheap meal vary by three or four times between the cheapest and dearest cities; a central one-bedroom varies by ten. Where rent is a small share of the monthly figure, the city is cheap to live in even if it is not cheap to eat out in.

CITY	1BR CENTRE	1BR OUTSIDE	COWORK / DAY	CHEAP MEAL	TRANSIT / MO	NOMAD TIER	RENT SHARE
Goa India	\$350	\$250	\$8	\$3	—	\$1,500	23%
Chiang Mai Thailand	\$350	\$250	\$8	\$1.5	\$15	\$1,400	25%
Da Nang Vietnam	\$350	\$250	\$7	\$1.5	—	\$1,400	25%
Oaxaca Mexico	\$400	\$280	\$8	\$3	\$10	\$1,600	25%
Phuket Thailand	\$500	\$350	\$10	\$3	—	\$2,000	25%
Buenos Aires Argentina	\$400	\$280	\$10	\$4	\$15	\$1,600	25%
Grand Baie Mauritius	\$500	\$380	\$15	\$5	\$15	\$1,900	26%
Hanoi Vietnam	\$400	\$280	\$7	\$1.5	\$8	\$1,500	27%
Mexico City Mexico	\$600	\$400	\$12	\$4	\$20	\$2,200	27%
Vilnius Lithuania	\$650	\$480	\$15	\$8	\$22	\$2,350	28%
Penang Malaysia	\$500	\$350	\$10	\$2.5	\$20	\$1,800	28%
Bogotá Colombia	\$500	\$350	\$10	\$4	\$30	\$1,800	28%
Cuenca Ecuador	\$400	\$280	\$8	\$3.5	\$15	\$1,400	29%
Athens Greece	\$800	\$600	\$18	\$9	\$30	\$2,800	29%
Riga Latvia	\$700	\$500	\$15	\$8	\$22	\$2,400	29%
Medellín Colombia	\$500	\$350	\$10	\$4	\$25	\$1,700	29%
Bansko Bulgaria	\$400	\$300	\$12	\$6	\$10	\$1,350	30%
Valletta Malta	\$900	\$700	\$18	\$10	\$26	\$3,000	30%
Bucharest Romania	\$600	\$430	\$12	\$6	\$18	\$2,000	30%
Playa del Carmen Mexico	\$700	\$500	\$12	\$5	\$15	\$2,300	30%
Brno Czech Republic	\$700	\$500	\$15	\$7	\$22	\$2,300	30%
Split Croatia	\$900	\$650	\$18	\$10	\$25	\$2,900	31%
Ho Chi Minh City Vietnam	\$500	\$350	\$8	\$2	\$10	\$1,600	31%
Kraków Poland	\$750	\$520	\$15	\$8	\$22	\$2,400	31%
Antalya Turkey	\$500	\$350	\$12	\$5	\$25	\$1,600	31%
Limassol Cyprus	\$1,000	\$750	\$20	\$11	\$35	\$3,200	31%
Bangkok Thailand	\$600	\$400	\$10	\$2.5	\$25	\$1,900	32%
Belgrade Serbia	\$600	\$450	\$12	\$6	\$22	\$1,900	32%
Busan South Korea	\$700	\$480	\$15	\$7	\$42	\$2,200	32%

CITY	1BR CENTRE	1BR OUTSIDE	COWORK / DAY	CHEAP MEAL	TRANSIT / MO	NOMAD TIER	RENT SHARE
Cape Town South Africa	\$700	\$500	\$12	\$6	\$30	\$2,200	32%
Fukuoka Japan	\$800	\$600	\$20	\$7	\$75	\$2,500	32%
Kyoto Japan	\$900	\$700	\$20	\$7	\$75	\$2,800	32%
Budapest Hungary	\$750	\$550	\$15	\$7	\$25	\$2,300	33%
Tallinn Estonia	\$850	\$650	\$18	\$9	\$28	\$2,600	33%
Warsaw Poland	\$850	\$650	\$18	\$8	\$28	\$2,600	33%
Prague Czech Republic	\$900	\$700	\$18	\$8	\$28	\$2,700	33%
Osaka Japan	\$900	\$700	\$20	\$7	\$75	\$2,700	33%
Santiago Chile	\$650	\$480	\$15	\$7	\$40	\$1,900	34%
Sofia Bulgaria	\$550	\$420	\$15	\$7	\$25	\$1,600	34%
Kuala Lumpur Malaysia	\$700	\$500	\$12	\$3	\$30	\$2,000	35%
Bali Indonesia	\$600	\$450	\$12	\$3	—	\$1,700	35%
Florence Italy	\$1,100	\$800	\$20	\$12	\$35	\$3,100	35%
Weligama Sri Lanka	\$500	\$350	\$10	\$3	\$10	\$1,400	36%
Taipei Taiwan	\$900	\$650	\$15	\$4	\$40	\$2,500	36%
Ljubljana Slovenia	\$950	\$700	\$18	\$10	\$28	\$2,600	37%
Tbilisi Georgia	\$500	\$350	\$10	\$5	\$15	\$1,300	38%
Vienna Austria	\$1,400	\$1,000	\$25	\$13	\$55	\$3,600	39%
Bratislava Slovakia	\$900	\$700	\$18	\$10	\$28	\$2,300	39%
Seoul South Korea	\$1,050	\$700	\$20	\$8	\$47	\$2,650	40%
Stockholm Sweden	\$1,600	\$1,200	\$30	\$16	\$95	\$4,000	40%
Berlin Germany	\$1,300	\$950	\$25	\$12	\$86	\$3,200	41%
Tokyo Japan	\$1,400	\$1,000	\$25	\$8	\$90	\$3,300	42%
Amsterdam Netherlands	\$1,800	\$1,400	\$30	\$15	\$100	\$4,200	43%
Edinburgh United Kingdom	\$1,500	\$1,100	\$28	\$14	\$65	\$3,500	43%
Copenhagen Denmark	\$1,800	\$1,400	\$35	\$18	\$60	\$4,200	43%
Montreal Canada	\$1,500	\$1,100	\$25	\$14	\$94	\$3,500	43%
Milan Italy	\$1,600	\$1,200	\$25	\$13	\$45	\$3,600	44%
Istanbul Turkey	\$850	\$550	\$15	\$6	\$30	\$1,900	45%
Paris France	\$1,800	\$1,300	\$30	\$15	\$90	\$4,000	45%
Madrid Spain	\$1,400	\$1,000	\$22	\$12	\$55	\$3,100	45%
Batumi Georgia	\$500	\$350	—	\$5	—	\$1,100	45%
Porto Portugal	\$1,200	\$900	\$18	\$9	\$40	\$2,600	46%
Munich Germany	\$1,900	\$1,400	\$30	\$15	\$57	\$4,000	48%
Toronto Canada	\$2,000	\$1,500	\$30	\$15	\$143	\$4,200	48%
Barcelona Spain	\$1,600	\$1,200	\$25	\$13	\$45	\$3,300	48%

CITY	1BR CENTRE	1BR OUTSIDE	COWORK / DAY	CHEAP MEAL	TRANSIT / MO	NOMAD TIER	RENT SHARE
Lisbon Portugal	\$1,500	\$1,100	\$20	\$10	\$42	\$3,000	50%
Vancouver Canada	\$2,200	\$1,700	\$30	\$16	\$100	\$4,400	50%
Tel Aviv Israel	\$1,850	\$1,300	\$30	\$12	\$60	\$3,600	51%
Dublin Ireland	\$2,200	\$1,700	\$30	\$17	\$120	\$4,200	52%
Seattle United States	\$2,200	\$1,700	\$35	\$17	\$99	\$4,200	52%
London United Kingdom	\$2,600	\$1,900	\$35	\$16	\$180	\$4,800	54%
Melbourne Australia	\$2,200	\$1,600	\$30	\$17	\$100	\$4,000	55%
Sydney Australia	\$2,500	\$1,800	\$35	\$18	\$125	\$4,500	56%
Denver United States	\$2,000	\$1,500	\$30	\$16	\$114	\$3,500	57%
Dubai UAE	\$2,200	\$1,600	\$35	\$10	\$90	\$3,800	58%
Miami United States	\$2,500	\$1,800	\$35	\$18	\$112	\$4,200	60%
Los Angeles United States	\$2,800	\$2,000	\$35	\$18	\$100	\$4,500	62%
Singapore Singapore	\$2,800	\$2,000	\$30	\$5	\$85	\$4,200	67%
San Francisco United States	\$3,500	\$2,700	\$40	\$20	\$100	\$5,200	67%
New York City United States	\$3,500	\$2,500	\$40	\$20	\$132	\$5,000	70%

Rent share = central one-bedroom rent as a share of the nomad monthly figure. Sorted low to high.

04

Value picks

Under \$2,000 a month, safety score of 70 or better, internet rated good or excellent.

Price alone is a poor guide. The cities below clear three bars at once, which is rarer than it sounds: many of the cheapest cities score low on safety or have patchy connections, and many of the safest, best-connected cities are expensive. These are the overlap.

CITY	COUNTRY	NOMAD / MO	SAFETY	INTERNET	ENGLISH	UTC	BEST MONTHS
Chiang Mai	Thailand	\$1,400	72	excellent	low	+7	Nov–Feb
Tbilisi	Georgia	\$1,300	72	excellent	low	+4	Apr–May, Sep–Oct
Bansko	Bulgaria	\$1,350	80	good	medium	+2	Dec–Feb, Jun
Da Nang	Vietnam	\$1,400	78	good	low	+7	Feb–Mar, Jul–Aug
Istanbul	Turkey	\$1,900	70	good	medium	+3	Apr–May, Sep–Oct
Sofia	Bulgaria	\$1,600	78	excellent	medium	+2	May–Jun, Sep–Oct
Hanoi	Vietnam	\$1,500	72	good	low	+7	Oct–Nov, Mar–Apr
Antalya	Turkey	\$1,600	80	good	medium	+3	Apr–May, Oct–Nov
Santiago	Chile	\$1,900	70	excellent	low	-4	Oct–Nov, Mar–Apr
Grand Baie	Mauritius	\$1,900	82	good	high	+4	Apr–May, Oct–Nov
Batumi	Georgia	\$1,100	72	good	low	+4	May–Jun, Sep–Oct

TIMEZONE IS A COST TOO

A \$1,400 city nine hours ahead of your clients can cost more than a \$2,400 city on their clock, once you price in the meetings you take at midnight and the work you cannot get. The Timezone Overlap Planner in this library scores that side of the trade.

Safest and best connected, regardless of price

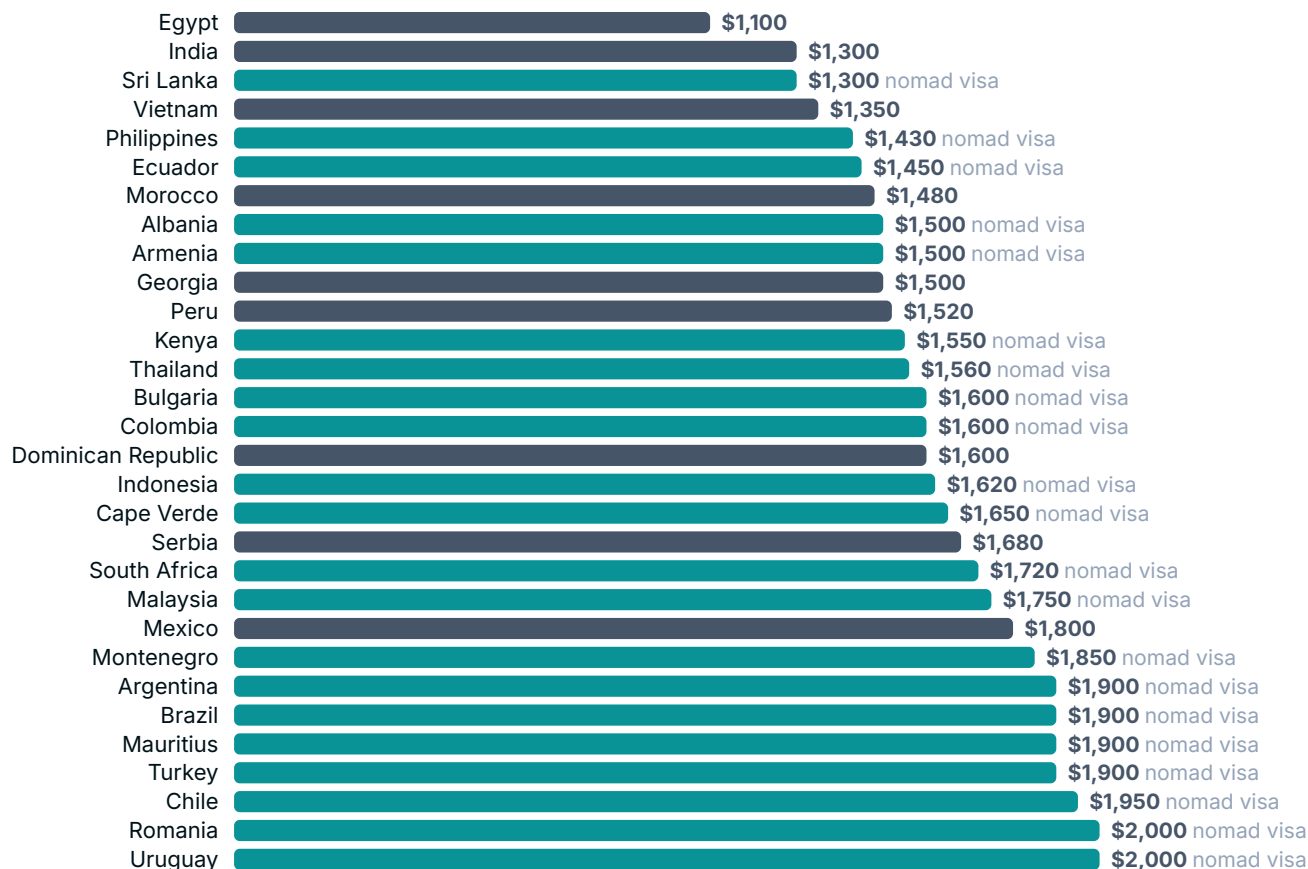
CITY	COUNTRY	SAFETY	INTERNET	NOMAD / MO
Fukuoka	Japan	90	excellent	\$2,500
Singapore	Singapore	90	excellent	\$4,200
Kyoto	Japan	90	excellent	\$2,800
Seoul	South Korea	88	excellent	\$2,650
Busan	South Korea	88	excellent	\$2,200
Osaka	Japan	88	excellent	\$2,700
Taipei	Taiwan	85	excellent	\$2,500
Tokyo	Japan	85	excellent	\$3,300
Dubai	UAE	85	excellent	\$3,800
Vienna	Austria	85	excellent	\$3,600
Ljubljana	Slovenia	84	excellent	\$2,600
Copenhagen	Denmark	82	excellent	\$4,200

05

Country tiers

National averages for 73 countries, with the visa facts that decide whether you can stay.

Nomad-tier monthly cost by country, cheapest 30



EnRoute Jobs country guides, 2026-09-12

Has a digital nomad visa

No dedicated programme

COUNTRY	BUDGET	NOMAD	COMFORTABLE	VISA-FREE DAYS	NOMAD VISA	SCHENGEN	ENGLISH	UTC
Albania	\$800	\$1,500	\$3,200	90	✓	—	medium	+1
Andorra	\$1,900	\$3,200	\$6,500	90	✓	—	low	+1
Argentina	\$1,100	\$1,900	\$4,200	90	✓	—	low	-3
Armenia	\$1,000	\$1,500	\$3,000	180	✓	—	low	+4
Australia	\$2,400	\$3,900	\$7,800	90	—	—	high	+10
Austria	\$2,100	\$3,400	\$6,800	90	—	✓	medium	+1
Barbados	\$2,000	\$3,000	\$5,500	90	✓	—	high	-4
Belgium	\$2,000	\$3,300	\$6,600	90	—	✓	medium	+1
Brazil	\$1,000	\$1,900	\$4,200	90	✓	—	low	-3
Bulgaria	\$1,050	\$1,600	\$3,300	90	✓	✓	medium	+2
Canada	\$2,200	\$3,600	\$7,200	180	—	—	high	-5
Cape Verde	\$850	\$1,650	\$3,300	30	✓	—	low	-1
Chile	\$1,200	\$1,950	\$4,300	90	✓	—	low	-4

COUNTRY	BUDGET	NOMAD	COMFORTABLE	VISA-FREE DAYS	NOMAD VISA	SCHENGEN	ENGLISH	UTC
Colombia	\$850	\$1,600	\$3,600	90	✓	—	low	-5
Costa Rica	\$1,300	\$2,300	\$4,800	90	✓	—	medium	-6
Croatia	\$1,300	\$2,400	\$4,600	90	✓	✓	medium	+1
Cyprus	\$1,500	\$2,600	\$5,200	90	✓	—	high	+2
Czech Republic	\$1,400	\$2,400	\$4,900	90	✓	✓	medium	+1
Denmark	\$2,600	\$4,100	\$8,200	90	—	✓	high	+1
Dominican Republic	\$1,100	\$1,600	\$3,500	30	—	—	medium	-4
Ecuador	\$800	\$1,450	\$3,300	90	✓	—	low	-5
Egypt	\$750	\$1,100	\$2,400	0	—	—	medium	+2
Estonia	\$1,500	\$2,500	\$5,000	90	✓	✓	medium	+2
Finland	\$2,300	\$3,700	\$7,300	90	—	✓	high	+2
France	\$2,200	\$3,650	\$7,200	90	—	✓	low	+1
Georgia	\$900	\$1,500	\$3,200	365	—	—	low	+4
Germany	\$2,000	\$3,200	\$6,500	90	✓	✓	medium	+1
Greece	\$1,300	\$2,250	\$4,700	90	✓	✓	medium	+2
Hungary	\$1,100	\$2,100	\$4,300	90	✓	✓	low	+1
Iceland	\$2,700	\$4,300	\$8,500	90	✓	✓	high	+0
India	\$600	\$1,300	\$3,000	30	—	—	high	+5.5
Indonesia	\$800	\$1,620	\$3,600	30	✓	—	low	+7
Ireland	\$2,400	\$3,950	\$7,800	90	—	—	high	+0
Israel	\$2,100	\$3,400	\$6,800	90	—	—	high	+2
Italy	\$1,800	\$3,000	\$6,200	90	✓	✓	low	+1
Japan	\$1,700	\$2,500	\$6,000	90	✓	—	low	+9
Kenya	\$800	\$1,550	\$3,300	90	✓	—	high	+3
Latvia	\$1,300	\$2,280	\$4,600	90	✓	✓	medium	+2
Lithuania	\$1,250	\$2,250	\$4,550	90	—	✓	medium	+2
Luxembourg	\$2,600	\$4,150	\$8,200	90	—	✓	high	+1
Malaysia	\$900	\$1,750	\$3,800	90	✓	—	high	+8
Malta	\$1,600	\$2,700	\$5,400	90	✓	✓	high	+1
Mauritius	\$1,300	\$1,900	\$4,000	90	✓	—	high	+4
Mexico	\$950	\$1,800	\$4,000	180	—	—	low	-6
Montenegro	\$1,000	\$1,850	\$4,000	90	✓	—	low	+1
Morocco	\$800	\$1,480	\$3,300	90	—	—	low	+1
Netherlands	\$2,300	\$3,750	\$7,400	90	—	✓	high	+1
New Zealand	\$2,200	\$3,550	\$7,200	90	—	—	high	+12
Norway	\$2,700	\$4,350	\$8,500	90	—	✓	high	+1
Panama	\$1,200	\$2,250	\$4,600	180	✓	—	low	-5

COUNTRY	BUDGET	NOMAD	COMFORTABLE	VISA-FREE DAYS	NOMAD VISA	SCHENGEN	ENGLISH	UTC
Peru	\$800	\$1,520	\$3,400	90	—	—	low	-5
Philippines	\$800	\$1,430	\$3,400	30	✓	—	high	+8
Poland	\$1,300	\$2,320	\$4,700	90	—	✓	medium	+1
Portugal	\$1,500	\$2,650	\$5,200	90	✓	✓	medium	+0
Romania	\$1,100	\$2,000	\$4,200	90	✓	✓	medium	+2
Serbia	\$900	\$1,680	\$3,600	90	—	—	low	+1
Singapore	\$2,500	\$4,000	\$8,500	90	—	—	high	+8
Slovakia	\$1,300	\$2,350	\$4,750	90	—	✓	medium	+1
Slovenia	\$1,500	\$2,550	\$5,200	90	✓	✓	medium	+1
South Africa	\$900	\$1,720	\$3,800	90	✓	—	high	+2
South Korea	\$1,600	\$2,650	\$5,500	90	✓	—	medium	+9
Spain	\$1,600	\$2,800	\$5,600	90	✓	✓	low	+1
Sri Lanka	\$850	\$1,300	\$2,800	30	✓	—	medium	+5.5
Sweden	\$2,300	\$3,650	\$7,350	90	—	✓	high	+1
Switzerland	\$3,200	\$5,000	\$10,000	90	—	✓	high	+1
Taiwan	\$1,200	\$2,150	\$4,600	90	✓	—	medium	+8
Thailand	\$800	\$1,560	\$3,600	60	✓	—	low	+7
Turkey	\$1,200	\$1,900	\$4,200	90	✓	—	low	+3
UAE	\$2,200	\$3,850	\$8,000	90	✓	—	high	+4
United Kingdom	\$2,400	\$3,870	\$7,800	180	—	—	high	+0
United States	\$2,450	\$3,950	\$8,050	90	—	—	high	-5
Uruguay	\$1,400	\$2,000	\$4,200	90	✓	—	low	-3
Vietnam	\$700	\$1,350	\$3,200	45	—	—	low	+7

Visa-free days are for visa-exempt nationalities and may not apply to your passport. Schengen countries share one 90-in-180-day tourist allowance.

06 When to be there

The best months in each value-pick city, for chaining a year across climates.

Many of the cheapest cities have a wet season, a brutal summer or a grey winter that makes half the year hard work. Reading best-months side by side shows which cities pair naturally: Chiang Mai from November to February, then Tbilisi or the Balkans from April, then the Baltics in summer.

CITY	BEST MONTHS	NOMAD / MO	PAIRS WITH
Chiang Mai, Bangkok	Nov–Feb	\$1,400	Tbilisi or Sofia from April
Da Nang, Ho Chi Minh City	Feb–Mar, Dec–Mar	\$1,500	Kuala Lumpur in the shoulder months
Tbilisi, Batumi	Apr–Jun, Sep–Oct	\$1,300	Bansko for ski in winter
Bansko	Dec–Feb (ski), Jun	\$1,350	Sofia or Belgrade in spring
Budapest, Kraków, Prague	May, Sep–Oct	\$2,400	Tallinn, Riga, Vilnius in high summer
Lisbon, Porto	Apr–Jun, Sep–Oct	\$2,800	Athens or Split in late autumn
Mexico City, Oaxaca	Nov–Feb, Mar	\$1,900	Medellín year-round, Buenos Aires Sep–Nov
Cape Town	Oct–Dec, Mar–Apr	\$2,200	Grand Baie Apr–May

07

My monthly budget in a new city

Rebuild the number for your own habits before you commit to a lease.

City _____ Currency and rate to USD on _____

LINE	ATLAS FIGURE	MY ESTIMATE	NOTES
Rent (one-bedroom, area I actually want)			
Utilities and internet			
Coworking (days per week × day pass, or a monthly)			
Groceries			
Eating out (meals per week × price)			
Local transport			
Health insurance			
Phone / SIM			
Gym, activities			
Visa costs, amortised per month			
Flights home or onward, amortised			
Savings and tax set-aside			
Total			
Net monthly income (in the same currency)			
Margin			

THE FIRST MONTH COSTS DOUBLE

Deposits, a first-and-last on the flat, a SIM, a bike, the things you did not pack. Budget the first month at twice the running figure, and keep it separate from the emergency fund.

EnRoute Jobs

The work is out there. So is the world.

Remote roles, visa-sponsored positions, seasonal contracts and work exchange, every listing read by a person before it goes live. Free for job seekers.

BROWSE JOBS

enroutejobs.com/jobs

AI CAREER TOOLS

enroutejobs.com/tools

FOR EMPLOYERS

enroutejobs.com/employers

MORE FROM THE LIBRARY

- The Digital Nomad Visa Comparison Chart
- The Timezone Overlap Planner
- The Relocation Budget and Timeline
- The Income Stacking Worksheet
- The Schengen Zone Budget Planner

All at enroutejobs.com/publications

Published by EnRoute Jobs, LLC. This document is general information, not legal, tax or immigration advice. Visa rules, income thresholds, fees and costs change; the figures here were current when this edition was prepared and should be confirmed with the relevant authority before you act on them.

You may print and share this document freely for personal or internal company use, unchanged and with attribution. It may not be resold.