



GUIDELINES SEA-TVET STUDENT EXCHANGE PROGRAMME - Cost of Living

All estimations are based on per purchase

	Indonesia	Thailand	Malaysia	Philippines	Vietnam
Food					
Meal, Inexpensive Restaurant	1.76 - 3.53 \$ (25,000 - 50,000 Rp)	0.97 - 1.62 \$ (30 - 50 ฿)	2.41 \$ (10 RM)	1.17 - 1.75 \$ (60 - 90 ₱)	1.29 - 2.57 \$ (30,000 - 60,000 đ)
McDonalds / French Fries	2.47 - 3.88 \$ (35,000 - 55,000 Rp)	1.95 - 5.52 \$ (60 - 170 ฿)	2.41 \$ (10 RM)	2.92 \$ (150 ₱)	1.50 - 2.15 \$ (35,000 - 50,000 đ)
Coffee	1.76 \$ (25,000 Rp)	0.97 - 1.95 \$ (30 - 60 ฿)	1.93 \$ (8 RM)	1.95 \$ (100 ₱)	1.72 - 2.15 \$ (40,000 - 50,000 đ)
Coke/Pepsi (1.5 liter bottle)	1.02 \$ (14,500 Rp)	0.81 \$ (25 ฿)	0.96 \$ (4 RM)	0.97 \$ (50 ₱)	0.64 \$ (15,000 đ)
Drinking Water	1,500 ml x 1 bottle = 0.71 \$ (10,000 Rp)	600 ml x 1 bottle = 0.32 \$ (10 ฿) 1,500 ml x 6 bottles = 1.95 \$ (60 ฿)	1,500 ml x 1 bottle = 0.72 \$ (3 RM)	1,500 ml x 1 bottle = 1.17 \$ (60 ₱)	1,500 ml x 1 bottle = 0.43 \$ (10,000 đ)
Milk (regular), (1 liter)	1.41 \$ (20,000 Rp)	1.46 \$ (45 ฿)	1.93 \$ (8 RM)	1.36 \$ (70 ₱)	2.15 - 2.57 \$ (50,000 - 60,000 đ)
Loaf of Fresh White Bread (500g)	1.41 \$ (20,000 Rp)	1.30 \$ (40 ฿)	0.96 \$ (4 RM)	0.78 \$ (40 ₱)	1.50 - 1.72 \$ (35,000 - 40,000 đ)
Rice (white)	1 Portion Steam Rice 0.42 \$ (6,000 Rp) Rice 5 kg 4.24 \$ (60,000 Rp)	Rice 2 kg 3.83 \$ (118 ฿) Rice 5 kg 6.17 \$ (190 ฿)	1 Portion Steam Rice 0.96 \$ (4 RM)	1 Portion Steam Rice 0.78 \$ (40 ₱)	1 Portion Steam Rice 0.47 - 0.86 \$ (11,000 - 20,000 đ)
Instant Noodle	0.18 \$ (2,500 Rp) Instant Noodle Cup x 1 pc = 0.35 \$ (5,000 Rp)	0.23 \$ (7 ฿) 60 g x 10 pcs = 1.79 \$ (55 ฿) Instant Noodle Cup 60g x 3 pcs = 1.14 \$ (35 ฿)	0.48 \$ (2 RM)	0.78 - 1.56 \$ (40 - 80 ₱)	0.86 - 1.50 \$ (20,000 - 35,000 đ)

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Sources	Note: Hypermart & Carrefour (For cheaper price)	Note : Big C or Tesco Lotus (For cheaper price)	Note : Giant, 7 eleven, family mart (For cheaper price)	Note : SM Supermarket (For cheaper price)	Note : Vinmart (For cheaper price)
Transportation					
One-way Ticket (Local Transportation)	0.28 - 1.06 \$ (4,000 - 15,000 Rp) Note : you can use <i>angkot</i> , public bus or online transportation (Go-Jek or Grab)	0.26 - 1.62 \$ (8 - 50 ฿)	2.41 \$ (10 RM) (Touch 'n Go Card)	0.19 \$ (10 ₱)	0.30 \$ (7,000 đ)
Monthly Pass (Regular Price)	12.71 \$ (180,000 Rp)	BTS Sky train= (Student Card) 40 times/month = 25.98 \$ (800 ฿) 25 times/month = 17.86 \$ (550 ฿) 15 times/month = 11.69 \$ (360 ฿) *Only in Bangkok* MRT Subway= Depends on which station. Starting price at 0.52 \$ (16 ฿) *Only in Bangkok*	37.83 \$ (157 RM)	9.75 \$ (500 ₱)	3.86 \$ (90,000 đ)
Taxi Start	0.56 \$ (8,000 Rp)	1.14 \$ (35 ฿)	0.72 \$ (3 RM)	0.78 \$ (40 ₱)	0.43 \$ (10,000 đ)
Utilities (Monthly)					
Prepaid Mobile Tariff Local for 1 month (No Discounts or Plans)	3.53 - 7.06 \$ (50,000 - 100,000 Rp) This is regular usage for text and call.	6.46 \$ (199 ฿)	9.64 \$ (40 RM) A month	6.82 \$ (350 ₱/month for text or call or 2 GB net) 1.95 \$ (100 ₱/week 1.5 GB net) Note: For SMART Prepaid Mobile Tariff Local	0.73 \$ (1,7000 đ)
Internet Data Package	Telkomsel 4G - 25 GB 12.00 \$ (170,000 Rp) XL	Truemove 4G - 2.5 GB + Unlimited Internet 9.74 \$ (300 ฿/month)	Digi Smart 5 GB + Unlimited Internet 9.16 \$ (38 RM/month)	29.25 \$ (1,500 ₱) Note: The Internet price for 1 month/ No phone	8.58 \$ (200,000 đ)

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	4G - 20 GB + 20 GB Youtube 12.71\$ 180,000 IM3 Ooredoo 4G - 20GB 7.77\$ 110,000 Note: This is for 30 days data package. if you are placed outside of Java, we recommend using Telkomsel	4G - 4 GB + Unlimited Internet 12.99 \$ (400 ฿/month) AIS 4G - 1 GB + Unlimited Internet 32.48 \$ (1000 ฿/month) 4G - 3 GB + Unlimited Internet 12.99 \$ (400 ฿/month)	8 GB + Unlimited Internet 13.98 \$ (58 RM/month)		
Others					
Hair cut	2.12 - 5.65 \$ (30,000 - 80,000 Rp)	2.60 - 6.50 \$ (80 - 200 ฿)	9.64 \$ (40 RM)	2.92 \$ (150 ₱)	0.86 - 4.29 \$ (20,000 - 100,000 đ)
Laundry	1 kg 0.56 - 0.78 \$ (8,000 - 11,000 Rp)	1 kg 0.65 - 1.62 \$ (20 - 50 ฿)	1 kg 1.69 \$ (7 RM)	1 kg 0.78 \$ (40 ₱)	1 kg 0.86 \$ (20,000 đ)
Toothpaste	100 g 1.06 \$ (15,000 Rp)	200 g 1.62 \$ (50 ฿)	200 g 2.41 \$ (10 RM)	200 g 5.85 - 7.80 \$ (300 - 400 ₱)	180 g 2.10 \$ (49,000 đ)
Shampoo	200 ml 2.12 \$ (30,000 Rp)	150 ml 6.50 \$ (55 ฿)	330 ml 2.41 \$ (10 RM)	180 ml 1.85 (95 ₱)	330 ml 2.57 \$ (60,000 đ)
Washing Powder	1.2 kg 2.47 \$ (35,000 Rp)	3 kg 4.87 \$ (150 ฿)	2.3 - 3.6 kg 2.41 - 4.82 \$ (10 - 20 RM)	2.2 kg 4.87 - 5.85 \$ (250 - 300 ₱)	2 kg 2.36 \$ (55,000 đ)

Additional Information:

<https://seatvet.seameo.org/>

<https://seatvet.seameo.org/news/32> (5th Batch)

<https://seatvet.seameo.org/news/28> (4th Batch)

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