

Average cost of living (examples)

Income	6,000
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Fixed costs	
Rent	1,600
Taxes	960
Basic health insurance (KVG/HIA)	380
Household contents/personal liability insurance	40
Landline, internet, TV, mobile, TV licence	120
Electricity	50
Public transport	130
Total fixed costs	3,280
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Household	
Food & drink	500
Running costs (home)	100
Total household	600
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Personal spending	
Clothes, shoes	150
Extras (hairdresser, leisure, etc.)	350
Total personal spending	500
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Reserve	
Deductible (minimum), copayment (share)	40
Dentist, optician	30
Gifts	90
Unforeseen costs (reserve)	180
Total reserve	340
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Amount available monthly	1,280

This example is based on average Swiss figures.
Source (only in German): budgetberatung.ch