

Living on \$1 a Day Budget

Country Assigned:

Names of students in group:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Instructions

1. This is a monthly worksheet. In the Need column, compute and enter the numbers for the cost (in local currency) for one person to survive with the basics in your assigned country.
2. After you have filled in the Need category, write the monthly amount that you have to spend in the Afford column and at the bottom of the page.
3. Now using only the money available (the number at the bottom of the page), fill in the cost of the items that you can afford. Write these amounts in the Can Afford column. You may not exceed your income.
4. Enter the cost of the items that you need but cannot afford in the Can't Have column.
5. Add each column and enter the total at the bottom.
6. Now, remember that the chart below is for one person. What would be your total in the Can't Afford column if there were
 - three people in your household? _____
 - five people? _____
 - seven people? _____
7. Think about how you would care for your family on your income.

Basics	Need	Can Afford	Can't Have
Rent			
Water			
Electricity			
Cooking fuel			
30 teabags			
7½ pounds of rice			
4 pounds of tomatoes			
5 pounds of zucchini			
20 Coca-Colas			
1 pound of sugar			
7 pounds of onions			
2 small chickens			
Soap (1 bar)			
Toothpaste (½ tube)			
Anti-malaria drugs			
Total			

Total available to spend each month
 (get this figure from the cost-of-living sheet for your country): _____

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Resource sheet

Country Cost of Living: Sri Lanka

Exchange Rate:

US \$1 = 111 Sri Lankan Rupees (LKR)

Living on \$1 per day = Living on 3,330 rupees per month

1. Housing:

Monthly rent: 5,000 LKR

Cooking gas/Kerosene: 5,000 LKR

Electricity: 1,200 LKR

Water: 300 LKR

2. Transportation:

Cost for one one-way bus ticket from Moratuwa to Negombo: 35 LKR

3. Meal planning:

Cost for pound of rice: 20 LKR

Cost for pound of sugar: 25 LKR

Cost for 10 teabags: 100 LKR

Cost for pound of grain: 25 LKR

Cost for pound of tomatoes: 40 LKR

Cost for pound of zucchini: 30 LKR

Cost for pound of onions: 35 LKR

Cost for bottle of Coca-Cola: 23 LKR

Cost for small goat: 9,000 LKR

Cost for small chicken: 300 LKR

Cost for bulb of garlic: 50 LKR

4. Clothing:

Cost of work shirt: 500 LKR

Cost of work trousers: 600 LKR

Cost of shoes: 1,200 LKR

5. Cost of personal items:

Soap: 120 LKR for pack of six bars

Shampoo: 150 LKR

Toothpaste: 60 LKR

Toothbrush: 25 LKR

Toilet paper: 300 LKR for six rolls

6. Medicine:

Asthma inhaler: 600 LKR

Anti-malaria drugs: 900 LKR per month

7. Other assorted items:

TV: 20,000 LKR

Source: Data provided by Samitha Saronga de Silva, July 26, 2007.

Resource sheet

Country Cost of Living: Eritrea

Exchange Rate:

US \$1 = 15 nakfa

Living on \$1 per day = Living on 450 nakfa per month

1. Housing:

Monthly rent: 3,500 nakfa

Cooking gas/Kerosene: 20 nakfa

Electricity: 50 nakfa

Water: 50 nakfa

2. Transportation:

Cost for one one-way bus ticket from Chick-
en Hill to Radio Marinara: 1 nakfa

3. Meal planning:

Cost for pound of rice: 10 nakfa

Cost for pound of sugar: 20 nakfa

Cost for 10 teabags: 5 nakfa

Cost for pound of grain: 30 nakfa

Cost for pound of tomatoes: 12 nakfa

Cost for pound of zucchini: 10 nakfa

Cost for pound of onions: 10 nakfa

Cost for bottle of Coca-Cola: 3 nakfa

Cost for small goat: 600 nakfa

Cost for small chicken: 150 nakfa

Cost for bulb of garlic: 2 nakfa

4. Clothing:

Cost of work shirt: 150 nakfa

Cost of work trousers: 200 nakfa

Cost of shoes: 200 nakfa

5. Cost of personal items:

Soap: 25 nakfa for pack of six bars

Shampoo: 50 nakfa

Toothpaste: 15 nakfa

Toothbrush: 15 nakfa

Toilet paper: 10 nakfa for six rolls

6. Medicine:

Asthma inhaler: 75 nakfa

Anti-malaria drugs: 50 nakfa

7. Other assorted items:

TV: 2,000 nakfa

Source: Data provided by Nancy Claxton, May 22, 2006.

Resource sheet

Country Cost of Living: Liberia

Exchange Rate:

US \$1 = 49 Liberian dollars (LD)

Living on \$1 per day = Living on 1,200 Liberian dollars per month

1. Housing:

Monthly rent: 12,250 LD

Cooking gas/Kerosene/Coal: 300 LD

Electricity: 14,700 LD

Water: 7,350 LD

2. Transportation:

Cost for one one-way bus ticket from Mamba Point to Paynesville: 25 LD

3. Meal planning:

Cost for pound of rice: 245 LD

Cost for pound of sugar: 73.50 LD

Cost for 10 teabags: 98 LD

Cost for pound of grain: 65 LD

Cost for pound of tomatoes: 98 LD

Cost for pound of zucchini: 49 LD

Cost for pound of onions: 49 LD

Cost for bottle of Coca-Cola: 85 LD

Cost for small goat: 500 LD

Cost for small chicken: 250 LD

Cost for bulb of garlic: 40 cents LD

4. Clothing:

Cost of work shirt: 245 LD

Cost of work trousers: 245 LD

Cost of shoes: 98 LD

5. Cost of personal items:

Soap: 1.50 LD for pack of six bars

Shampoo: 1.5 LD

Toothpaste: 147 LD

Toothbrush: 49 LD

Toilet paper: 250 LD for six rolls

6. Medicine:

Asthma inhaler: 343 LD

Anti-malaria drugs: 343 LD

7. Other assorted items:

TV: 14,700 LD

Source: Data provided by Chipó Nymabuyo, May 30, 2006.

Resource sheet

Country Cost of Living: Nigeria

Exchange Rate:

US \$1 = 128 naira

Living on \$1 per day = Living on 3,840 naira per month

1. Housing:

Annual rent: 250,000 naira

Cooking gas/Kerosene: 3,500 naira

Electricity: 45,000 naira

Water: 100 naira

2. Transportation:

Cost for one one-way bus ticket from Antony to Bagada: 15 naira

3. Meal planning:

Cost for pound of rice: 50 naira

Cost for pound of sugar: 5,000 naira

Cost for 10 teabags: 250 naira

Cost for pound of grain: 400 naira

Cost for pound of tomatoes: 10 naira

Cost for pound of zucchini: 25 naira

Cost for pound of onions: 10 naira

Cost for bottle of Coca-Cola: 80 naira

Cost for small goat: 25,000 naira

Cost for small chicken: 300 naira

Cost for bulb of garlic: 10 naira

4. Clothing:

Cost of work shirt: 800 naira

Cost of work trousers: 700 naira

Cost of shoes: 2,000 naira

5. Cost of personal items:

Soap: 250 naira for pack of six bars

Shampoo: 250 naira

Toothpaste: 100 naira

Toothbrush: 20 naira

Toilet paper: 150 naira for six rolls

6. Medicine:

Asthma inhaler: 1,000 naira

Anti-malaria drugs: 100 naira

7. Other assorted items:

TV: 32,000 naira

Source: Data provided by Stella Chinonyelum Okoro, June 9, 2006.

Resource sheet

Country Cost of Living: China

Exchange Rate:

US \$1 = 8 ren min bi (rmb)

Living on \$1 per day = Living on 240 rmb per month

1. Housing:

Monthly rent: 800 rmb

Cooking gas/Kerosene: 10 rmb

Electricity: 100 rmb

Water: 5 rmb

2. Transportation:

Cost for one one-way bus ticket from Beisihuan Zhongui to Loazhou: 1 rmb

3. Meal planning:

Cost for pound of rice: 5 rmb

Cost for pound of sugar: 5 rmb

Cost for 10 teabags: 2 rmb

Cost for pound of grain: 5 rmb

Cost for pound of tomatoes: 3 rmb

Cost for pound of zucchini: 3 rmb

Cost for pound of onions: 2 rmb

Cost for bottle of Coca-Cola: 3 rmb

Cost for small goat: 50 rmb

Cost for small chicken: 15 rmb

Cost for bulb of garlic: 0.5 rmb

4. Clothing:

Cost of work shirt: 20 rmb

Cost of work trousers: 25 rmb

Cost of shoes: 50 rmb

5. Cost of personal items:

Soap: 10 rmb for pack of six bars

Shampoo: 8 rmb

Toothpaste: 5 rmb

Toothbrush: 2 rmb

Toilet paper: 5 rmb for six rolls

6. Medicine:

Asthma inhaler: 20 rmb

Anti-malaria drugs: 20 rmb

7. Other assorted items:

TV: 100 rmb and up

Source: Data provided by Scott Chrastka, June 12, 2006.