

AUGUST 2011 FINANCIAL JOURNAL

Monday August 1st 2011

- 46 Baht @ 7-11: bread and milk
- 110 Baht @ print + copy shop: materials for Noonoy School (Thida and Super English photocopy for free)
- 30 Baht for lunch: pad ka preaw chicken at "rice lady"
- 15 Baht for soda
- 125 Baht for yoga class
- 25 Baht for fruit shake

Total Food/Drink: 116 Baht Total Personal: 235 Baht Total Transportation: 0 Baht

TOTAL: 351 Baht

Tuesday August 2nd 2011

- 60 Baht @ 7-11: yogurt, banana cake, water, iced tea
- 20 Baht @ Noonoy School: snacks and drink
- 105 Baht @ fruit stand: dragon fruit and a kilo of oranges
- 125 Baht for yoga class
- 58 Baht @ 7-11: tea, water, yogurt, and banana cake

Total Food/Drink: 243 Baht Total Personal: 125 Baht Total Transportation: 0 Baht

TOTAL: 368 Baht

Wednesday August 3rd 2011

- 475 Baht @ the hospital for physical check up
- 70 Baht for lunch for me and Wen—fried rice
- 28 Baht @ Post Office—mailing a letter to USA.
- 20 Baht for guava from fruit stand
- 150 Baht @ Coffee Zone for coffees/teas for Janet, Brittany, and I
- 125 Baht for yoga class
- 70 Baht @ 7-11: water, tea, soda, yogurt, banana cake
- 30 Baht for dinner—pad see iew with vegetables

Total Food/Drink: 340 Baht Total Personal: 628 Baht Total Transportation: 0 Baht

TOTAL: 968 Baht

Thursday August 4th 2011

- 40 Baht for lunch—curry
- 125 Baht for yoga class

Total Food/Drink: 40 Baht Total Personal: 125 Baht Total Transportation: 0 Baht

TOTAL: 165 Baht

Friday August 5th 2011

- 20 Baht @ Noonoy School for snacks and drink
- 45 Baht @ Coffee Zone—iced tea (plus tip)

Total Food/Drink: 65 Baht Total Personal: 0 baht Total Transportation: 0 Baht

TOTAL: 65 Baht

Saturday August 6th 2011

- 95 Baht for gas for my motorbike
- 20 Baht for a piece of pottery to paint by the river
- 30 Baht for dinner—chicken nuggets from the night market
- 10 Baht for a soda from the night market

Total Food/Drink: 40 Baht Total Personal: 20 Baht Total Transportation: 95 Baht

TOTAL: 155 Baht

Sunday August 7th 2011

- 100 Baht @ My Cup coffee shop—iced tea and a waffle for breakfast
- 320 Baht for a Thai massage—260 Baht for massage + 60 Baht tip

- 70 Baht @ 7-11: water, yogurt, cereal, iced tea, soda
- 45 Baht for dinner at Corner Guy

Total Food/Drink: 231 Baht Total Personal: 0 baht Total Transportation: 0 Baht

TOTAL: 231 Baht

Tuesday August 16th 2011

- 34 Baht @ Noonoy for snacks and iced tea
- 180 Baht for dinner at Good Health
- 189 Baht @ Tops Daily: cereal, water, milk, juice, apples, yogurt

Total Food/Drink: 403 Baht Total Personal: 0 Baht Total Transportation: 0 Baht

TOTAL: 403 Baht

Wednesday August 17th 2011

- 80 Baht for gas to fill motorbike
- 75 Baht @ Coffee Zone for iced tea and pastry

Total Food/Drink: 75 Baht Total Personal: 0 Baht Total Transportation: 80 Baht

TOTAL: 155 Baht

Thursday August 18th 2011

- 420 Baht for laundry
- 300 Baht for cell phone credit
- 140 Baht @ Kampon for dinner with SE teachers
- 112 Baht @ 7-11: soda, waters, iced teas, yogurt, bread, Milo

Total Food/Drink: 252 Baht Total Personal: 720 Baht Total Transportation: 0 Baht

TOTAL: 972 Baht

Friday August 19th 2011

- 44 Baht @ Noonoy – snacks and iced teas

Total Food/Drink: 44 Baht Total Personal: 0 Baht Total Transportation: 0 Baht

TOTAL: 44 Baht

Saturday August 20th 2011

- 280 Baht for a dress for the SE Jersey Shore Party
- 195 Baht for fake eyelashes and nails for the SE Jersey Shore Party
- 69 Baht for earrings for the SE Jersey Shore Party
- 15 Baht for watermelon from a fruit cart
- 133 Baht @ 7-11: cashews, soda, water, gum, orange juice, popcorn, banana bread

Total Food/Drink: 148 Baht Total Personal: 544 Baht Total Transportation: 0 Baht

TOTAL: 692 Baht

Sunday August 21st 2011

- 100 Baht for lunch at Good Health
- 73 Baht @ 7-11: tea, water, soda, snacks
- 105 Baht @ Sunday Night Market: mango and sticky rice, ice cream, iced tea, chicken

Total Food/Drink: 278 Baht Total Personal: 0 Baht Total Transportation: 0 Baht

TOTAL: 278 Baht

TOTALS FOR THE WEEK

Food/Drink Total: 1,431 Baht Personal Total: 1,264 Baht

Transportation Total: 80 Baht TOTAL: 2,775 Baht

Monday August 22nd 2011

- 54 Baht @ 7-11: water, yogurt, orange juice, cereal
- 181 Baht at print and copy shops for worksheets for Noonoy School
- 140 Baht @ Ciao Italia for lunch—salad and water.
- 101 Baht @ Tops: two large waters, milk, yogurts, cereal, apple

- 125 for yoga class

Total Food/Drink: 295 Baht Total Personal: 306 Baht Total
Transportation: 0 Baht
TOTAL: 601 Baht

Tuesday August 23rd 2011

- 44 Baht @ Noonoy School for snacks and tea
- 35 Baht @ 7-11: water and cashews
- 125 Baht for yoga class

Total Food/Drink: 79 Baht Total Personal: 125 Baht Total Transportation: 0 Baht
TOTAL: 204 Baht

Wednesday August 24th 2011

- 130 Baht @ Good Health for lunch
- 100 Baht for gas to fill my motorbike
- 200 Baht to split a bottle of wine with Janet
- 300 Baht for dinner at Ciao Italia with Janet

Total Food/Drink: 430 Baht Total Personal: 200 Baht Total
Transportation: 100 Baht
TOTAL: 730 Baht

Thursday August 25th 2011

- 268 Baht @ Tops Daily: face wash (155), apples, water, cereal
- 135 Baht for lunch at Good Health
- 125 Baht for yoga class

Total Food/Drink: 248 Baht Total Personal: 280 Baht Total Transportation: 0 Baht
TOTAL: 528 Baht

Friday August 26th 2011

- 54 Baht @ Noonoy School for snacks and teas
- 300 Baht for cell phone credit
- 47 Baht @ 7-11: water, cough drops, toilet paper (24)
- 200 Baht @ Good Health for dinner

Total Food/Drink: 277 Baht Total Personal: 324 Baht Total
Transportation: 0 Baht
TOTAL: 601 Baht

Saturday August 27th 2011

- 160 Baht for lunch at Ciao Italia
- 61 Baht @ 7-11: mouthwash (35), water, and yogurt.

Total Food/Drink: 186 Baht Total Personal: 35 Baht Total Transportation: 0 Baht
TOTAL: 221 Baht

Sunday August 28th 2011

- 40 Baht for lunch at Rice Lady
- 15 Baht for a can of soda at corner store
- 150 Baht for Ciao Italia dinner with roommates

Total Food/Drink: 205 Baht Total Personal: 0 Baht Total Transportation: 0 Baht
TOTAL: 205 Baht

TOTALS FOR THE WEEK

Food/Drink Total: 1,720 Baht Personal Total: 1,270 Baht
Transportation Total: 100 Baht TOTAL: 3,090 Baht

Monday August 29th 2011

- 201 Baht @ print and copy shops for worksheets for Noonoy
- 37 Baht @ Post Office to mail a letter to the US
- 38 Baht @ 7-11: water and cashews
- 125 Baht for yoga class
- 125 Baht for dinner at Good Health

Total Food/Drink: 163 Baht Total Personal: 363 Baht Total Transportation: 0 Baht

TOTAL: 526 Baht

Tuesday August 30th 2011

- 44 Baht @ Noonoy for snacks and tea
- 13 Baht @ 7-11 for water
- 125 Baht for yoga class
- 164 Baht @ Tops: cereal, apples, water, milk

Total Food/Drink: 221 Baht Total Personal: 125 Baht Total Transportation: 0 Baht

TOTAL: 346 Baht

Wednesday August 31st 2011

- 120 Baht for lunch at Ban Bang Mai
- 125 Baht for yoga class
- 60 Baht @ 7-11: water, juice, sanitizing wipes (29 Baht)
- 60 Baht for dinner at Corner Guy

Total Food/Drink: 271 Baht Total Personal: 154 Baht Total Transportation: 0 Baht

TOTAL: 425 Baht

TOTALS FOR THE WEEK

Food/Drink Total: 655 Baht

Personal Total: 642 Baht

Transportation Total: 0 Baht

TOTAL: 1,297 Baht

TOTALS FOR THE MONTH

Food/Drink Total: 5,457 Baht

Personal

Total: 9,721 Baht

Transportation Total: 275 Baht

TOTAL: 15,458 Baht

Reflections:

At the end of August I had saved over 10,000 Baht from my July salary—the lesson here again being that even if you spend an unusual amount of money on phone credit, trips to islands, the most expensive laundry lady in town, food at fancy restaurants, and yoga classes, you can save your money. I also spent less than half of what I made in the month of August. In addition, I spent almost 3,000 Baht less this month than I had been averaging before, so I am very happy about that. In conclusion, yet again, working in Thailand (and specifically at Super English) means that you can both afford to live very well and save money.