



Estimated monthly cost of living guide for the central region of Israel, focusing on cities like Tel Aviv, Herzliya, Ramat Gan, and Ramat HaSharon:

Housing	High Standard Family	Basic Standard Family	Single Person
Rent Average	11,000 – 13,000 ₪	7,000 – 10,000 ₪	3,500 – 4,500 ₪
Arnona (municipal rates)	1,000 – 1,400 ₪	700 – 1,000 ₪	350 - 600 ₪
Insurance	150 – 300 ₪	150 – 200 ₪	50 – 100 ₪
Va'ad Bayit (levies)	500 – 1,000 ₪	300 - 600 ₪	200 – 400 ₪
Total Housing	12,650 – 15,700 ₪	8,150 – 11,800 ₪	4,100 – 5,600 ₪

Travel	High Standard Family	Basic Standard Family	Single Person
Monthly Bus Pass	600 ₪	300 ₪	250 ₪
Car License Fees	600 ₪	400 ₪	250 ₪
Petrol	1,000 ₪	600 ₪	500 ₪
Insurance	700 ₪	550 ₪	550 ₪
Total Travel	2,900 ₪	1,850 ₪	1,550 ₪

Bills	High Standard Family	Basic Standard Family	Single Person
Electricity	700 – 1,000 ₪	500 – 700 ₪	250 – 400 ₪
Gas	100 ₪	75 ₪	50 ₪
Water	250 ₪	150 ₪	70 ₪
Cell Phone	250 ₪	200 ₪	130 ₪
Cable TV	300 ₪	200 ₪	100 ₪
Internet	150 ₪	150 ₪	100 ₪
Total Bills	1,750 – 2,050 ₪	1,275 – 1,575 ₪	650 – 800 ₪

Other	High Standard Family	Basic Standard Family	Single Person
Food/Supermarket	6,000 ₪	4,500 ₪	2,000 ₪
Private Nursery < age 3yrs	3,500 ₪	2,800 ₪	
After School Care > age 3yrs	2,000 ₪	2,000 ₪	
School books, Activities	300 ₪	200 ₪	
Sports/After School Activity	400 ₪	300 ₪	
National Insurance (Bituach Leumi)	% of salary	% of salary	% of salary
Medical Aid/Kupat Cholim	200 – 400 ₪	150 -300 ₪	100 – 200 ₪
Total Other	12,400 – 12,600 ₪	9,950 – 10,100 ₪	2,100 – 2,200 ₪

Overall Total	29,700 – 33,250 ₪	21,275 – 25,325 ₪	8,400 – 10,150 ₪
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High Standard Family: 2 adults, 2 children, living in an upscale area, car.

Basic Standard Family: 2 adults, 2 children, car.

Single: Studio or sharing with 2 flatmates, car.