

# Monthly Living Costs by New Zealand City

Source: [Minimum Wage in New Zealand 2026 - 2027](#)

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Breakdown of essential monthly expenses including rent, groceries, transport, and utilities across major NZ cities.

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Expense Category	Auckland	Wellington	Queenstown	Smaller Towns
Shared room rent	NZD \$800-1,200	NZD \$700-1,000	NZD \$900-1,300	NZD \$400-700
Groceries (basic)	NZD \$400-500	NZD \$350-450	NZD \$400-500	NZD \$300-400
Transport	NZD \$150-250	NZD \$120-200	NZD \$100-150	NZD \$80-120
Phone/internet	NZD \$40-60	NZD \$40-60	NZD \$40-60	NZD \$40-60

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