Cost of Living: The cost of living in many cities is compared using a cost of living index. One city gets assigned 100, and all other cities’ cost of living is in reference to that one city. For instance, the central reference city is New York, NY, so NYC’s cost of living index is 100. The cost of living index in Oslo, Norway is 141, which means that the cost of living in Oslo is 41% higher than it is in NYC. The cost of living index is based on the cost of goods and services such as medical care, utilities, food, car expenses (including gas prices), and housing in that particular area.

The city with the highest cost of living index in the United States is New York, NY. The city with the lowest cost of living in the United States is Milwaukee, WI. But keep in mind that employers will usually consider cost of living when arranging your pay. So, you should have a higher pay for a job in New York than you will for one in Wisconsin.

For more information on Cost of Living across the United States visit Bestplaces.net, City-data.com, and Homefair.com.

Moving Expenses: When moving temporarily for a co-op or internship, it’s important to consider how much of your total pay will end up being spent on moving costs. It’s no surprise that moving across the country will cost more than moving across the state. You are most likely not going to bring all of your belongings with you, so make sure you consider the cost of storing your furniture and extra belongings in a unit for the time you will be away.

Traveling Costs: When considering moving for any job, remember what plans you have already made in the near future. For instance, if you have already committed to attending any events such as weddings or graduations that will take place after you move, you will have to take into account traveling costs and the cost of taking off work if need be.
Rent: Some internships and co-ops will provide housing, or provide a stipend to spend on housing. The stipend is usually a fixed amount that you can spend on whichever type of housing you choose. So, you may be free to choose a more expensive housing location. However, if your stipend doesn’t cover all of it, the rest of the cost will be coming out of your pocket. It is important to double check the housing situation with your employer.

Most co-ops and internships don’t pay for housing. It can be tricky finding an affordable place to live on your own for a limited amount of time. Contact any friends or family that live in the area you will be working in and consider living with them for a cheaper price. Also consider subleasing from someone else who might be leaving temporarily for their own co-op or internship.

Breaking your lease is also something to consider. A job that requires you to move doesn’t always allow you to wait until your current lease is up before you move. Make sure to look for someone to sublet to so you don’t have to pay two rents. Some landlords allow you to break your lease if you pay a fee.

Revised 11/21/17