



MALAYSIA

EXPLORATORY FIELDWORK PLANNER

4 locations. One evidence-based decision.

Nomad Mac Travels

www.nomadmactravels.com

BEGIN HERE

THIS PLANNER BELONGS TO

NAME

EMAIL OR PHONE

TRIP DATES

HOME BASE

IF FOUND

Please contact:

WHY I AM EXPLORING MALAYSIA

CONTENTS

01	Transfer from Nomad Mac	4-8
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Plan before you go. Record evidence while you travel.

Each location has a complete six-page field dossier.

Detailed website-transfer worksheets begin on page 69.

HOW TO USE THIS BOOK

1

PLAN ONLINE

Use Nomad Mac tools to shortlist cities, estimate costs, check visa pathways, and build a route.

2

TRANSFER

Write only the details you need offline: references, target budgets, routes, bookings, and questions.

3

VERIFY IN PERSON

Record real rents, travel times, connectivity, healthcare access, daily costs, and how ordinary life feels.

4

COMPARE

Score places with your own priorities. Separate confirmed facts from impressions and unresolved questions.

5

DECIDE

Choose a destination only after reviewing costs, trade-offs, dealbreakers, and confidence in the evidence.

FIELDWORK RULES

- ☐ Write observed prices, not remembered guesses
- ☐ Date every quote, visit, and official-source check
- ☐ Separate facts from first impressions
- ☐ Record what changed from the online plan
- ☐ Leave each location with one clear follow-up question

DATES: use 18 Sep 2026; note local time for travel and deadlines.

MONEY: MYR = Malaysian ringgit; USD = US dollars.

UNKNOWN: leave blank or write ?; use 0 only for a confirmed zero.

MY NOMAD MAC DASHBOARD

DESTINATION SHORTLIST

MALAYSIA SELECTED

CITIES TO RESEARCH

VISA PATH

PASSPORT USED

INITIAL STAY

MONTHLY BUDGET

TARGET USD

RESERVE

MOVE TARGET

DECISION DATE

TARGET MOVE MONTH

PRIORITY FIT

QUESTIONS TO VERIFY

LIKELY ROUTE

EXTENSION PLAN

ESTIMATED USD

COMFORT LEVEL

RETURN VISIT

DEPENDENCIES

Detailed worksheets: visa p. 11 / budget p. 13 / move deadlines pp. 70-71.

ROUTE AND BOOKINGS

FROM	TO	DATE	MODE

BOOKING REFERENCES

TYPE / PROVIDER	DATE	REFERENCE

Confirmations only; no passwords or card numbers. Details: pp. 15-16.

READINESS AND DOCUMENTS

CHECK WHEN VERIFIED	DATE / NOTE
☐ Passport validity checked	
☐ Entry and visa sources saved	
☐ Insurance selected	
☐ Prescription supply arranged	
☐ Document copies stored	
☐ Banking backup prepared	
☐ Arrival cash plan	
☐ Flight confirmed	
☐ First lodging confirmed	
☐ Phone / eSIM plan	

OTHER CHECKS BEFORE DEPARTURE

HEALTH AND EMERGENCY

INSURANCE

NAME / PROVIDER

PHONE / COUNTRY CODE

POLICY / ASSISTANCE DETAILS

MEDICATION

MEDICINE / DOSE

SCHEDULE

PRESCRIBER / INSTRUCTIONS

PREFERRED HOSPITAL

NAME / PROVIDER

PHONE / COUNTRY CODE

ADDRESS / ACCESS NOTES

EMERGENCY CONTACT

NAME / PROVIDER

PHONE / COUNTRY CODE

RELATIONSHIP / BACKUP CONTACT

IMPORTANT HEALTH NOTES

COUNTRY PLAN

Build Malaysia plan before you arrive. These pages mirror the site's country, visa, budget, route, health, and readiness tools.

THE LIFE I WANT TO TEST

MY LIMITS: BUDGET, TIME AND LEGAL STAY

CHECKS TO FINISH BEFORE BOOKING

MALAYSIA SNAPSHOT

COVERAGE	Four bases: George Town in Penang, Ipoh, KL, and Johor Bahru.
MONEY CHECK	Collect dated MYR quotes, including building charges.
CARE CHECK	Check provider access and written insurance terms.
WEATHER CHECK	Check heat, rain, flooding, and air quality for each visit.
CONNECTIONS	Confirm airport, rail, road, and any border connections.
DAILY-LIFE TEST	Compare a normal week in each chosen neighborhood.

WHAT I MUST VERIFY IN PERSON

MY REASON FOR TESTING MALAYSIA

VISA PATH WORKSHEET

PASSPORT NATIONALITY (NOT NUMBER)

PURPOSE OF STAY

ENTRY ALLOWANCE / PERMITTED STAY

EXTENSION OPTIONS

LONG-STAY ROUTE

AGE / INCOME / DEPOSIT RULES, IF APPLICABLE

OFFICIAL SOURCE / DATE CHECKED

NEXT VERIFICATION DATE

QUESTIONS FOR THE OFFICIAL SOURCE

Planning aid only. Confirm current requirements with official destination authorities before acting.

CITY SHORTLIST

PLACE	WHY IT FITS	CONCERN	PRIORITY	VISIT?
George Town				
Ipoh				
Kuala Lumpur				
Johor Bahru				

WHAT WOULD CHANGE MY SHORTLIST?

MONTHLY BUDGET TARGET

Monthly targets. Total includes reserve set aside, not only spending.

CATEGORY	TARGET USD	TARGET MYR	NOTES
Housing			
Electricity			
Water			
Internet			
Phone			
Groceries			
Dining			
Transport			
Healthcare			
Household			
Leisure			
Reserve			
TOTAL			

MYR PER USD

RATE CHECKED ON

BUDGET ASSUMPTIONS

HOUSING STANDARD

NEIGHBORHOOD TYPE

AIR-CONDITIONING USE

TRANSPORT PATTERN

DINING PATTERN

INSURANCE AND CARE

FLIGHTS / LEGAL-STAY COSTS

EMERGENCY RESERVE

EXPLORATORY ROUTE

Travel order; use day, month and year. Include transfer days in each stop.

CITY / AREA	ARRIVE	LEAVE
DAYS	PURPOSE	
DAYS	PURPOSE	
DAYS	PURPOSE	
DAYS	PURPOSE	
DAYS	PURPOSE	
DAYS	PURPOSE	
DAYS	PURPOSE	
DAYS	PURPOSE	
DAYS	PURPOSE	

WHY THIS ORDER / CONNECTIONS TO CHECK

IF A CONNECTION FAILS: MY BACKUP PLAN

KEEP REFERENCES TOGETHER

BOOKING ORGANIZER

Total USD quote; status P = pending, C = confirmed, X = cancelled.

[illegible]

DEADLINE TIME ZONES / PROBLEMS / CONFIRMATION STORAGE

PACKING FOR FIELDWORK

DOCUMENTS

- ☐ Passport
- ☐ Insurance
- ☐ Copies
- ☐ Bookings
- ☐ Emergency list

ADD YOUR OWN

HEALTH

- ☐ Medication
- ☐ Basic first aid
- ☐ Sun / rain
- ☐ Water bottle
- ☐ Masks if needed

ADD YOUR OWN

FIELD KIT

- ☐ Planner
- ☐ Pen / pencil
- ☐ Phone battery
- ☐ Tape measure
- ☐ Receipts pouch

ADD YOUR OWN

TECH

- ☐ Phone
- ☐ Charger
- ☐ Adapters
- ☐ eSIM setup
- ☐ Backup storage

ADD YOUR OWN

ARRIVAL PLAN

AIRPORT / PORT / ARRIVAL DATE AND LOCAL TIME

TRANSPORT TO LODGING / PICKUP POINT / BACKUP

LODGING ADDRESS / CHECK-IN / CONTACT

CASH AND CARD ACCESS / BACKUP METHOD

PHONE SETUP / OFFLINE MAPS

FOOD AND DRINKING WATER NEARBY

CLINIC / ADDRESS / CONTACT

FIRST NEIGHBORHOOD WALK / ESSENTIALS TO FIND

FIELD RESEARCH STANDARDS

CONFIRMED	A price, rule, route, or service verified directly or through a current authoritative source.
OBSERVED	Something personally seen or experienced during the exploratory visit.
REPORTED	A claim from a local resident, agent, traveler, or business that still needs checking.
ASSUMED	A working belief carried into the trip. Challenge it before deciding.
UNKNOWN	A question that remains unresolved. Do not quietly turn it into a fact.

MY EVIDENCE RULES

4 LOCATION DOSSIERS

Give every place the same fair inspection. Record what you planned, what you observed, what it actually cost, and what still needs verification.

THE SAME CHECKS I WILL MAKE IN EVERY PLACE

EVIDENCE THAT WOULD RULE A PLACE OUT

PEOPLE, PROPERTIES AND SERVICES TO VISIT

GEORGE TOWN

Use this dossier for your Penang base; compare neighborhoods, housing, traffic, and daily services.

DATES VISITED

NEIGHBORHOOD

MY BASE, LANDMARKS AND PLACES TO TEST

Sketch a route or note addresses. Mark your lodging and nearest essentials.

FIRST IMPRESSION / WHAT MIGHT CHANGE IT?

QUESTIONS BROUGHT FROM MY ONLINE PLAN

HOUSING AND ACCESS

MYR: rent and utilities per month; deposit is a one-time amount.

PROPERTY / AREA	RENT	DEPOSIT	UTILITIES

Circle 1 = poor to 5 = excellent; leave unknowns blank.

HOUSING VALUE

1 2 3 4 5

WALKABILITY

1 2 3 4 5

TRANSPORT

1 2 3 4 5

INTERNET

1 2 3 4 5

HEALTHCARE

1 2 3 4 5

GROCERIES

1 2 3 4 5

SAFETY - DAY

1 2 3 4 5

SAFETY - NIGHT

1 2 3 4 5

PROPERTY NAMES / QUOTE DATES / NOTES

MONTHLY COST EVIDENCE

Monthly MYR; include reserve. Date quotes. Sources: p. 66.

CATEGORY	PLANNED	FIELD	AS OF	SOURCE / NOTE
Housing				
Electricity				
Water				
Internet				
Phone				
Groceries				
Dining				
Transport				
Healthcare				
Household				
Leisure				
Reserve				
TOTAL MYR				

MYR PER USD / DATE CHECKED

MONTHLY TOTAL IN USD

CONFIDENCE / 10

Evidence confidence: 1 = little checked; 10 = well verified. Not a fit score.

DAILY-LIFE VERDICT

WHAT MADE ORDINARY LIFE EASIER?

WHAT WOULD WEAR ME DOWN OVER TIME?

WHAT SURPRISED ME OR CHALLENGED MY ASSUMPTIONS?

WHO DID I SPEAK WITH / WHEN / ABOUT WHAT?

WHAT STILL NEEDS VERIFICATION?

COULD I LIVE HERE BEYOND THE HOLIDAY? WHY?

OVERALL FIT	1	2	3	4	5
-------------	---	---	---	---	---

Fit: 1 poor / 2 weak / 3 workable / 4 good / 5 excellent. Unknown = blank.

PROPERTY VIEWINGS

Keep up to five quick quotes on the housing page; inspect two in detail here.

VIEWING 1 / PROPERTY, ADDRESS AND VISIT DATE

RENT MYR / MONTH

DEPOSIT MYR / ONCE

UTILITIES MYR / MONTH

SIZE M2 / FURNISHED?

NOISE, CONDITION, ACCESS AND FIT (1 POOR - 5 EXCELLENT)

LEASE TERMS / CONCERN / QUESTION FOR OWNER

VIEWING 2 / PROPERTY, ADDRESS AND VISIT DATE

RENT MYR / MONTH

DEPOSIT MYR / ONCE

UTILITIES MYR / MONTH

SIZE M2 / FURNISHED?

NOISE, CONDITION, ACCESS AND FIT (1 POOR - 5 EXCELLENT)

LEASE TERMS / CONCERN / QUESTION FOR OWNER

NEIGHBORHOOD FIELD WALK

ROUTE SKETCH

SERVICES SPOTTED

- ☐ Market
- ☐ Clinic
- ☐ Pharmacy
- ☐ Cafe / food
- ☐ Transit
- ☐ ATM / bank

Record observations, not scores; include weather and visit times.

OBSERVATION	MORNING	AFTERNOON	NIGHT	NOTES
Noise				
Traffic				
Lighting				
Comfort				
Walkability				

WOULD I ENJOY AN ORDINARY WEEK HERE?

IPOH

Test daily transport, housing, grocery access, local care, and the routines around your chosen base.

DATES VISITED	NEIGHBORHOOD

MY BASE, LANDMARKS AND PLACES TO TEST

Sketch a route or note addresses. Mark your lodging and nearest essentials.

FIRST IMPRESSION / WHAT MIGHT CHANGE IT?

QUESTIONS BROUGHT FROM MY ONLINE PLAN

HOUSING AND ACCESS

MYR: rent and utilities per month; deposit is a one-time amount.

PROPERTY / AREA	RENT	DEPOSIT	UTILITIES

Circle 1 = poor to 5 = excellent; leave unknowns blank.

HOUSING VALUE

1 2 3 4 5

TRANSPORT

1 2 3 4 5

HEALTHCARE

1 2 3 4 5

SAFETY - DAY

1 2 3 4 5

WALKABILITY

1 2 3 4 5

INTERNET

1 2 3 4 5

GROCERIES

1 2 3 4 5

SAFETY - NIGHT

1 2 3 4 5

PROPERTY NAMES / QUOTE DATES / NOTES

MONTHLY COST EVIDENCE

Monthly MYR; include reserve. Date quotes. Sources: p. 66.

CATEGORY	PLANNED	FIELD	AS OF	SOURCE / NOTE
Housing				
Electricity				
Water				
Internet				
Phone				
Groceries				
Dining				
Transport				
Healthcare				
Household				
Leisure				
Reserve				
TOTAL MYR				

MYR PER USD / DATE CHECKED

MONTHLY TOTAL IN USD

CONFIDENCE / 10

Evidence confidence: 1 = little checked; 10 = well verified. Not a fit score.

DAILY-LIFE VERDICT

WHAT MADE ORDINARY LIFE EASIER?

WHAT WOULD WEAR ME DOWN OVER TIME?

WHAT SURPRISED ME OR CHALLENGED MY ASSUMPTIONS?

WHO DID I SPEAK WITH / WHEN / ABOUT WHAT?

WHAT STILL NEEDS VERIFICATION?

COULD I LIVE HERE BEYOND THE HOLIDAY? WHY?

OVERALL FIT	1	2	3	4	5
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Fit: 1 poor / 2 weak / 3 workable / 4 good / 5 excellent. Unknown = blank.

PROPERTY VIEWINGS

Keep up to five quick quotes on the housing page; inspect two in detail here.

VIEWING 1 / PROPERTY, ADDRESS AND VISIT DATE

RENT MYR / MONTH

DEPOSIT MYR / ONCE

UTILITIES MYR / MONTH

SIZE M2 / FURNISHED?

NOISE, CONDITION, ACCESS AND FIT (1 POOR - 5 EXCELLENT)

LEASE TERMS / CONCERN / QUESTION FOR OWNER

VIEWING 2 / PROPERTY, ADDRESS AND VISIT DATE

RENT MYR / MONTH

DEPOSIT MYR / ONCE

UTILITIES MYR / MONTH

SIZE M2 / FURNISHED?

NOISE, CONDITION, ACCESS AND FIT (1 POOR - 5 EXCELLENT)

LEASE TERMS / CONCERN / QUESTION FOR OWNER

NEIGHBORHOOD FIELD WALK

ROUTE SKETCH

SERVICES SPOTTED

- ☐ Market
- ☐ Clinic
- ☐ Pharmacy
- ☐ Cafe / food
- ☐ Transit
- ☐ ATM / bank

Record observations, not scores; include weather and visit times.

OBSERVATION	MORNING	AFTERNOON	NIGHT	NOTES
Noise				
Traffic				
Lighting				
Comfort				
Walkability				

WOULD I ENJOY AN ORDINARY WEEK HERE?

KUALA LUMPUR

Compare housing near useful transit, commute time, building costs, and ordinary shopping.

DATES VISITED

NEIGHBORHOOD

MY BASE, LANDMARKS AND PLACES TO TEST

Sketch a route or note addresses. Mark your lodging and nearest essentials.

FIRST IMPRESSION / WHAT MIGHT CHANGE IT?

QUESTIONS BROUGHT FROM MY ONLINE PLAN

HOUSING AND ACCESS

MYR: rent and utilities per month; deposit is a one-time amount.

PROPERTY / AREA	RENT	DEPOSIT	UTILITIES

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1 2 3 4 5

WALKABILITY

1 2 3 4 5

TRANSPORT

1 2 3 4 5

INTERNET

1 2 3 4 5

HEALTHCARE

1 2 3 4 5

GROCERIES

1 2 3 4 5

SAFETY - DAY

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SAFETY - NIGHT

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MONTHLY COST EVIDENCE

Monthly MYR; include reserve. Date quotes. Sources: p. 66.

CATEGORY	PLANNED	FIELD	AS OF	SOURCE / NOTE
Housing				
Electricity				
Water				
Internet				
Phone				
Groceries				
Dining				
Transport				
Healthcare				
Household				
Leisure				
Reserve				
TOTAL MYR				

MYR PER USD / DATE CHECKED

MONTHLY TOTAL IN USD

CONFIDENCE / 10

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WHAT MADE ORDINARY LIFE EASIER?

WHAT WOULD WEAR ME DOWN OVER TIME?

WHAT SURPRISED ME OR CHALLENGED MY ASSUMPTIONS?

WHO DID I SPEAK WITH / WHEN / ABOUT WHAT?

WHAT STILL NEEDS VERIFICATION?

COULD I LIVE HERE BEYOND THE HOLIDAY? WHY?

OVERALL FIT	1	2	3	4	5
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Fit: 1 poor / 2 weak / 3 workable / 4 good / 5 excellent. Unknown = blank.

PROPERTY VIEWINGS

Keep up to five quick quotes on the housing page; inspect two in detail here.

VIEWING 1 / PROPERTY, ADDRESS AND VISIT DATE

RENT MYR / MONTH

DEPOSIT MYR / ONCE

UTILITIES MYR / MONTH

SIZE M2 / FURNISHED?

NOISE, CONDITION, ACCESS AND FIT (1 POOR - 5 EXCELLENT)

LEASE TERMS / CONCERN / QUESTION FOR OWNER

VIEWING 2 / PROPERTY, ADDRESS AND VISIT DATE

RENT MYR / MONTH

DEPOSIT MYR / ONCE

UTILITIES MYR / MONTH

SIZE M2 / FURNISHED?

NOISE, CONDITION, ACCESS AND FIT (1 POOR - 5 EXCELLENT)

LEASE TERMS / CONCERN / QUESTION FOR OWNER

NEIGHBORHOOD FIELD WALK

ROUTE SKETCH

SERVICES SPOTTED

- ☐ Market
- ☐ Clinic
- ☐ Pharmacy
- ☐ Cafe / food
- ☐ Transit
- ☐ ATM / bank

Record observations, not scores; include weather and visit times.

OBSERVATION	MORNING	AFTERNOON	NIGHT	NOTES
Noise				
Traffic				
Lighting				
Comfort				
Walkability				

WOULD I ENJOY AN ORDINARY WEEK HERE?

JOHOR BAHRU

Test local routines; if crossing the border, record the actual time, cost, and rules separately.

DATES VISITED

NEIGHBORHOOD

MY BASE, LANDMARKS AND PLACES TO TEST

Sketch a route or note addresses. Mark your lodging and nearest essentials.

FIRST IMPRESSION / WHAT MIGHT CHANGE IT?

QUESTIONS BROUGHT FROM MY ONLINE PLAN

HOUSING AND ACCESS

MYR: rent and utilities per month; deposit is a one-time amount.

PROPERTY / AREA	RENT	DEPOSIT	UTILITIES

Circle 1 = poor to 5 = excellent; leave unknowns blank.

HOUSING VALUE

1 2 3 4 5

TRANSPORT

1 2 3 4 5

HEALTHCARE

1 2 3 4 5

SAFETY - DAY

1 2 3 4 5

WALKABILITY

1 2 3 4 5

INTERNET

1 2 3 4 5

GROCERIES

1 2 3 4 5

SAFETY - NIGHT

1 2 3 4 5

PROPERTY NAMES / QUOTE DATES / NOTES

MONTHLY COST EVIDENCE

Monthly MYR; include reserve. Date quotes. Sources: p. 66.

CATEGORY	PLANNED	FIELD	AS OF	SOURCE / NOTE
Housing				
Electricity				
Water				
Internet				
Phone				
Groceries				
Dining				
Transport				
Healthcare				
Household				
Leisure				
Reserve				
TOTAL MYR				

MYR PER USD / DATE CHECKED

MONTHLY TOTAL IN USD

CONFIDENCE / 10

Evidence confidence: 1 = little checked; 10 = well verified. Not a fit score.

DAILY-LIFE VERDICT

WHAT MADE ORDINARY LIFE EASIER?

WHAT WOULD WEAR ME DOWN OVER TIME?

WHAT SURPRISED ME OR CHALLENGED MY ASSUMPTIONS?

WHO DID I SPEAK WITH / WHEN / ABOUT WHAT?

WHAT STILL NEEDS VERIFICATION?

COULD I LIVE HERE BEYOND THE HOLIDAY? WHY?

OVERALL FIT	1	2	3	4	5
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Fit: 1 poor / 2 weak / 3 workable / 4 good / 5 excellent. Unknown = blank.

PROPERTY VIEWINGS

Keep up to five quick quotes on the housing page; inspect two in detail here.

VIEWING 1 / PROPERTY, ADDRESS AND VISIT DATE

RENT MYR / MONTH

DEPOSIT MYR / ONCE

UTILITIES MYR / MONTH

SIZE M2 / FURNISHED?

NOISE, CONDITION, ACCESS AND FIT (1 POOR - 5 EXCELLENT)

LEASE TERMS / CONCERN / QUESTION FOR OWNER

VIEWING 2 / PROPERTY, ADDRESS AND VISIT DATE

RENT MYR / MONTH

DEPOSIT MYR / ONCE

UTILITIES MYR / MONTH

SIZE M2 / FURNISHED?

NOISE, CONDITION, ACCESS AND FIT (1 POOR - 5 EXCELLENT)

LEASE TERMS / CONCERN / QUESTION FOR OWNER

NEIGHBORHOOD FIELD WALK

ROUTE SKETCH

SERVICES SPOTTED

- ☐ Market
- ☐ Clinic
- ☐ Pharmacy
- ☐ Cafe / food
- ☐ Transit
- ☐ ATM / bank

Record observations, not scores; include weather and visit times.

OBSERVATION	MORNING	AFTERNOON	NIGHT	NOTES
Noise				
Traffic				
Lighting				
Comfort				
Walkability				

WOULD I ENJOY AN ORDINARY WEEK HERE?

DAILY FIELD LOGS

4 dated log-and-spend pairs for your test visits. Use them in any order. For additional days, continue in another notebook with the same headings. Record ordinary life, not just highlights.

ORDINARY ROUTINES I WANT TO TEST

COSTS AND OBSERVATIONS I WILL RECORD DAILY

QUESTIONS TO ASK BEFORE LEAVING EACH PLACE

DAILY FIELD LOG 1

DATE

CITY / NEIGHBORHOOD

TIME	PLACE / PURPOSE	OBSERVATION / TRAVEL MINUTES

PEOPLE / CONTACTS / WHAT I LEARNED

WHAT FELT EASY OR DIFFICULT?

WOULD ORDINARY LIFE WORK HERE? WHY?

DAILY SPEND 1

Avoid double counting: MYR total / MYR per USD = daily USD total.

DATE

CITY / AREA

MYR PER USD

TIME / REF	ITEM / FEES / TIP	MYR	PAYMENT

DAILY TOTAL MYR

DAILY TOTAL USD

SURPRISE COSTS / RECEIPT STORAGE

TEST PLACE / NETWORK

DOWN MBPS

UP MBPS

Payment: cash / card / wallet. Note original currency for converted costs.

DAILY FIELD LOG 2

DATE

CITY / NEIGHBORHOOD

TIME	PLACE / PURPOSE	OBSERVATION / TRAVEL MINUTES

PEOPLE / CONTACTS / WHAT I LEARNED

WHAT FELT EASY OR DIFFICULT?

WOULD ORDINARY LIFE WORK HERE? WHY?

DAILY SPEND 2

Avoid double counting: MYR total / MYR per USD = daily USD total.

DATE

CITY / AREA

MYR PER USD

TIME / REF	ITEM / FEES / TIP	MYR	PAYMENT

DAILY TOTAL MYR

DAILY TOTAL USD

SURPRISE COSTS / RECEIPT STORAGE

TEST PLACE / NETWORK

DOWN MBPS

UP MBPS

Payment: cash / card / wallet. Note original currency for converted costs.

DAILY FIELD LOG 3

DATE

CITY / NEIGHBORHOOD

TIME	PLACE / PURPOSE	OBSERVATION / TRAVEL MINUTES

PEOPLE / CONTACTS / WHAT I LEARNED

WHAT FELT EASY OR DIFFICULT?

WOULD ORDINARY LIFE WORK HERE? WHY?

DAILY SPEND 3

Avoid double counting: MYR total / MYR per USD = daily USD total.

DATE

CITY / AREA

MYR PER USD

TIME / REF	ITEM / FEES / TIP	MYR	PAYMENT

DAILY TOTAL MYR

DAILY TOTAL USD

SURPRISE COSTS / RECEIPT STORAGE

TEST PLACE / NETWORK

DOWN MBPS

UP MBPS

Payment: cash / card / wallet. Note original currency for converted costs.

DAILY FIELD LOG 4

DATE

CITY / NEIGHBORHOOD

TIME	PLACE / PURPOSE	OBSERVATION / TRAVEL MINUTES

PEOPLE / CONTACTS / WHAT I LEARNED

WHAT FELT EASY OR DIFFICULT?

WOULD ORDINARY LIFE WORK HERE? WHY?

DAILY SPEND 4

Avoid double counting: MYR total / MYR per USD = daily USD total.

DATE

CITY / AREA

MYR PER USD

TIME / REF	ITEM / FEES / TIP	MYR	PAYMENT

DAILY TOTAL MYR

DAILY TOTAL USD

SURPRISE COSTS / RECEIPT STORAGE

TEST PLACE / NETWORK

DOWN MBPS

UP MBPS

Payment: cash / card / wallet. Note original currency for converted costs.

ACTUAL COSTS

Turn daily receipts and field quotes into a monthly reality check. Keep planned numbers and observed numbers separate.

QUOTES AND RECEIPTS STILL MISSING

COSTS THAT RECUR VERSUS ONE-TIME COSTS

ASSUMPTIONS TO REVISE BEFORE COMPARING

TRIP EXPENSE SUMMARY

USD throughout. Change = actual minus planned; positive means over budget.

CATEGORY	PLANNED	ACTUAL	CHANGE
Flights			
Lodging			
Ground transport			
Food			
Activities			
Health			
Connectivity			
Fees			
Other			
TOTAL			

WHAT CHANGED THE TRIP BUDGET?

MONTHLY REALITY CHECK

Monthly USD; use one rate. All totals include reserve set aside.

CATEGORY	ONLINE PLAN	FIELD ESTIMATE	REVISED	EVIDENCE
Housing				
Electricity				
Water				
Internet				
Phone				
Groceries				
Dining				
Transport				
Healthcare				
Household				
Leisure				
Reserve				
TOTAL				

MYR PER USD / DATE

CITY / AREA

HOUSING COMPARISON

MYR: rent / utilities monthly; deposit once. Walk: 1 poor to 5 excellent.

PLACE / PROPERTY	RENT	DEPOSIT	UTILITIES	WALK / 5
Furnished: Y / N / ?	NOTES			
Furnished: Y / N / ?	NOTES			
Furnished: Y / N / ?	NOTES			
Furnished: Y / N / ?	NOTES			
Furnished: Y / N / ?	NOTES			
Furnished: Y / N / ?	NOTES			
Furnished: Y / N / ?	NOTES			
Furnished: Y / N / ?	NOTES			
Furnished: Y / N / ?	NOTES			

HOUSING ASSUMPTIONS I CHANGED

TRANSPORT AND ACCESS

Cost in MYR per trip. Reliability: 1 = poor, 5 = excellent.

CITY / AREA	TYPICAL TRIP	MINUTES	MYR / TRIP
Reliability: 1 2 3 4 5	NOTES		
Reliability: 1 2 3 4 5	NOTES		
Reliability: 1 2 3 4 5	NOTES		
Reliability: 1 2 3 4 5	NOTES		
Reliability: 1 2 3 4 5	NOTES		
Reliability: 1 2 3 4 5	NOTES		
Reliability: 1 2 3 4 5	NOTES		
Reliability: 1 2 3 4 5	NOTES		
Reliability: 1 2 3 4 5	NOTES		

ACCESS TRADE-OFFS / FOLLOW-UP

COMPARE AND DECIDE

Bring all 4 location dossiers together. Weight what matters, expose dealbreakers, and choose with evidence and honest uncertainty.

MY NON-NEGOTIABLES

TRADE-OFFS I COULD ACCEPT

EVIDENCE I STILL NEED BEFORE DECIDING

SET YOUR PRIORITIES

CRITERION	WEIGHT %	MUST-HAVE?	WHY IT MATTERS
Visa fit			
Monthly cost			
Housing value			
Healthcare			
Transport			
Internet			
Safety			
Community			
Climate			
Walkability			
Language			
Daily ease			
TOTAL	100%		

Weights must total 100%; use 0% if irrelevant. Mark must-haves Y or N. Use the same weights for every place. An unmet must-have can rule a place out regardless of its score.

COMPARE YOUR LOCATIONS

Rate fit: 1 poor / 2 weak / 3 workable / 4 good / 5 excellent. Use weights from p. 60. Total = sum of score x weight / 100 (out of 5). Example: 4 x 20 / 100 = 0.8. Blank = unknown, not zero; finish weighted checks before ranking.

CRITERION	GEORGE T.	IPOH	KL	JOHOR B.
Visa fit				
Monthly cost				
Housing value				
Healthcare				
Transport				
Internet				
Safety				
Community				
Climate				
Walkability				
Language				
Daily ease				
Weighted total				

Match columns to your shortlist. Keep evidence for each rating.

DEALBREAKERS AND UNKNOWNNS

Separate a verified failure from a question you have not answered yet.

CONFIRMED DEALBREAKER

LOCATION / ISSUE

EVIDENCE / SOURCE / DATE

EFFECT ON CHOICE / WHAT TO VERIFY NEXT

IMPORTANT UNKNOWN

LOCATION / ISSUE

EVIDENCE / SOURCE / DATE

EFFECT ON CHOICE / WHAT TO VERIFY NEXT

RETURN VISIT: WHERE / PURPOSE / TARGET DATE

NARROW YOUR SHORTLIST

FINAL MALAYSIA SHORTLIST

Score: weighted total / 5. Confidence: 1 little evidence, 10 well verified.

01 / SHORTLISTED LOCATION

PLACE	SCORE / 5	CONFIDENCE / 10

STRONGEST EVIDENCE IN ITS FAVOR

BIGGEST CONCERN / TRADE-OFF

02 / SHORTLISTED LOCATION

PLACE	SCORE / 5	CONFIDENCE / 10

STRONGEST EVIDENCE IN ITS FAVOR

BIGGEST CONCERN / TRADE-OFF

03 / SHORTLISTED LOCATION

PLACE	SCORE / 5	CONFIDENCE / 10

STRONGEST EVIDENCE IN ITS FAVOR

BIGGEST CONCERN / TRADE-OFF

TEST THE FINAL RANKING

WOULD DIFFERENT PRIORITIES CHANGE THE WINNER?

WHAT EVIDENCE IS MISSING OR CONTRADICTORY?

MY NEXT VERIFICATION STEPS

ACTION / LOCATION	WHO / SOURCE	DUE DATE

If scores tie, gather evidence; do not force a winner. Keep original weights.

CHOOSE, PAUSE, OR INVESTIGATE

MALAYSIA DECISION

☐ Choose this place

☐ Revisit

☐ Keep researching

LEADING LOCATION

DECISION DATE

EVIDENCE SUPPORTING MY CHOICE

TRADE-OFFS I ACCEPT / CONDITIONS BEFORE COMMITTING

IF NOT READY: THE EVIDENCE I STILL NEED

NEXT ACTION / WHO WILL DO IT

DUE DATE

REVIEW THIS DECISION ON

SOURCES, UPDATES, AND NOTES

This planner is a decision aid, not immigration, legal, medical, financial, or safety advice. Verify current rules, prices, and conditions through official sources and direct local checks before booking, paying, applying, or moving.

Destination research: www.malaysia.travel

KEY SOURCES / LINKS

TOPIC	SOURCE	CHECKED DATE

UPDATE LOG

DATE	SECTION	WHAT CHANGED

FINAL NOTES

QUESTIONS FOR THE NEXT VISIT

VISA OR LEGAL STAY

HOUSING AND UTILITIES

HEALTHCARE

TRANSPORT

CONNECTIVITY

DAILY LIFE

COMMUNITY

WEATHER AND RESILIENCE

ANYTHING THE TEMPLATES MISSED

OPEN NOTES

WEBSITE TO PAPER

Carry your own results into these pages. Paper does not recalculate, sync, or establish eligibility. Leave sensitive details out if this book could be lost.

Country match / city shortlist	5, 12, 60-65
Visa Finder / preparation checklist	7, 11, 70-71
Monthly budget / city cost research	13-14, 55-57, 72
Routes / bookings / trip readiness	6-7, 15-18
Move Planner: twelve deadlines	70-71
Phone setup / Travel Quote Lab	73-74
Medication / coverage / care packet	8, 75-77
Banking / taxes / benefits	78-80
On-location observations	21-63
Source checks / community questions	19, 66-67

Start: nomadmactravels.com/resources

Website tools may change; record your own last check below.

SAVED PLAN NAME / LAST ONLINE UPDATE

MY MOVE DEADLINES 1

nomadmactravels.com/retirement-roadmap

Use your own deadlines; these are planning tasks, not official requirements.

☐ 01 Confirm primary and backup country

DUE / CHECKED

NEXT ACTION / EVIDENCE

☐ 02 Verify my legal-stay route

DUE / CHECKED

NEXT ACTION / EVIDENCE

☐ 03 Build monthly and move-in budgets

DUE / CHECKED

NEXT ACTION / EVIDENCE

☐ 04 List tax and retirement-income questions

DUE / CHECKED

NEXT ACTION / EVIDENCE

☐ 05 Set hospital and coverage requirements

DUE / CHECKED

NEXT ACTION / EVIDENCE

☐ 06 Plan the exploratory test visit

DUE / CHECKED

NEXT ACTION / EVIDENCE

Check the box only when the task and its supporting checks are complete.

MY MOVE DEADLINES 2

nomadmactravels.com/retirement-roadmap

Use your own deadlines; these are planning tasks, not official requirements.

☐ 07 Check neighborhoods and lease terms

DUE / CHECKED	NEXT ACTION / EVIDENCE

☐ 08 Collect and renew documents

DUE / CHECKED	NEXT ACTION / EVIDENCE

☐ 09 Set banking and emergency-money plan

DUE / CHECKED	NEXT ACTION / EVIDENCE

☐ 10 Recheck before applying or booking

DUE / CHECKED	NEXT ACTION / EVIDENCE

☐ 11 Arrange first arrival and phone setup

DUE / CHECKED	NEXT ACTION / EVIDENCE

☐ 12 Complete final readiness review

DUE / CHECKED	NEXT ACTION / EVIDENCE

Check the box only when the task and its supporting checks are complete.

ONE-TIME MOVE-IN CASH

nomadmactravel.com/budget-plan

CITY / SAVED BUDGET NAME

ONE-TIME ITEM	USD	QUOTE / PAID
Visa deposit, if required		
Visa fees		
Documents		
One-way flight		
Deposit / advance rent		
Temporary lodging		
Household setup		
Transport setup		
Contingency		
TOTAL		

REFUNDABLE PART OF TOTAL / REFUND CONDITIONS

SOURCE / QUOTE DATE / EXCHANGE RATE USED

PHONE AND DATA SETUP

nomadmactravels.com/resources

CARRIER / PLAN / LOCAL NUMBER

PRICE / CURRENCY / DATA ALLOWANCE / EXPIRY

COVERAGE TO CHECK IN MY PLANNED LOCATIONS

ACTIVATION AND REGISTRATION STEPS TO VERIFY

HOME-LINE ROAMING SETTINGS / BACKUP CONTACT

- ☐ Device compatibility and unlock status checked
- ☐ Data, maps, and a call or message tested
- ☐ Offline maps and two contact methods ready

Keep activation QR codes and account credentials somewhere secure.

TRAVEL QUOTE RECORD

nomadmactravels.com/travel-quote-lab

Use this template for lodging, flight extras, move-in cash, exchange, payment fees, bags, data, shared bills, cash days, transit passes, transfer buffers, or time zones. Copy it for additional comparisons.

CALCULATION / DECISION BEING COMPARED

OPTION A: INPUTS, UNITS, CURRENCY AND DATES

OPTION B: INPUTS, UNITS, CURRENCY AND DATES

RESULTS A / B: INCLUDE UNITS OR TIME ZONE

FEES, EXCLUSIONS, REFUNDABLE DEPOSITS AND ASSUMPTIONS

SOURCE / QUOTE EXPIRY / NEXT CHECK

Copy the result and assumptions; do not compare unlike currencies or periods.

MEDICATION VERIFICATION

nomadmactravel.com/health-insurance-money

MEDICINE / GENERIC NAME / STRENGTH / QUANTITY

ENTRY RULE TO VERIFY / OFFICIAL AUTHORITY

PRESCRIPTION, PERMIT OR LETTER NEEDED / DEADLINE

LOCAL REFILL PLAN / CLINICIAN OR PHARMACY CONTACT

OFFICIAL SOURCE / CHECKED DATE / WRITTEN ANSWER

UNRESOLVED QUESTION / NEXT ACTION

Research record only. Confirm requirements with the authority and care plan with your clinician.
No medicine is automatically cleared by this page.

REPEAT FOR EACH POLICY QUOTE

INSURANCE COMPARISON

nomadmactravels.com/health-insurance-money

PROVIDER / POLICY / QUOTE DATE / PREMIUM AND CURRENCY

DATES, COUNTRIES, ELIGIBILITY AND COVERAGE LIMITS

EXCLUSIONS / PRE-EXISTING CONDITIONS: WRITTEN ANSWER

DEDUCTIBLE / EVACUATION / REPATRIATION / PRESCRIPTIONS

DIRECT BILLING / CLAIM STEPS / DOCUMENTS / DEADLINE

ASSISTANCE CONTACT / CERTIFICATE STORED OFFLINE

Keep written insurer answers. A starting-point recommendation is not a coverage guarantee; check the actual policy before purchase.

MEDICAL VISIT NOTES

nomadmactravels.com/health-insurance-money

PREFERRED NAME / AGE OR DATE OF BIRTH (OPTIONAL)

ALLERGIES AND REACTIONS / OR UNKNOWN

MEDICINES, DOSES AND SCHEDULE / SEPARATE LIST LOCATION

IMPORTANT HISTORY / CLINICIAN-CONFIRMED DETAILS

REASON FOR VISIT / PHRASE OR TRANSLATION TO VERIFY

EMERGENCY CONTACT / INSURER / CARE-SUMMARY LOCATION

Not an official medical record or treatment instruction. Share only what you choose; seek local emergency care when needed.

BANKING AND MONEY ACCESS

nomadmactravels.com/health-insurance-money

HOME ACCOUNT ACCESS / BACKUP PAYMENT METHOD

LOCAL BANK / ELIGIBILITY AND DOCUMENTS TO CONFIRM

TRANSFER QUOTE / FEE / RATE / DELIVERY TIME

ATM ACCESS / FEES / WITHDRAWAL LIMITS TO VERIFY

EMERGENCY MONEY PLAN / TRUSTED CONTACT

PROVIDER SOURCE / CHECKED DATE / NEXT ACTION

Do not record passwords, PINs, full account or card numbers. Confirm the actual terms with the bank or transfer provider.

TAX AND WORK QUESTIONS

nomadmactravels.com/health-insurance-money

HOME COUNTRY / HOST COUNTRY / EXPECTED WORK SITUATION

WORK-PERMISSION QUESTION / EMPLOYER OR AUTHORITY

HOST TAX, PAYROLL AND SOCIAL-INSURANCE QUESTIONS

HOME FILING / FOREIGN-ACCOUNT REPORTING QUESTIONS

DAYS-PRESENT LOG LOCATION / PERIODS TO REVIEW

QUALIFIED ADVISER / OFFICIAL SOURCE / NEXT DEADLINE

Question worksheet only, not tax or legal advice. Work permission and tax obligations are separate; get advice for your own facts.

CONFIRM WITH THE AUTHORITY THAT PAYS YOU

BENEFITS ABROAD

nomadmactravels.com/health-insurance-money

PAYING COUNTRY / BENEFIT PROGRAM / AUTHORITY

DESTINATION-SPECIFIC PAYMENT ANSWER / SOURCE / DATE

ADDRESS, BANKING AND CONTACT UPDATES TO COMPLETE

PROOF-OF-LIFE OR REVIEW REQUIREMENT / NEXT DEADLINE

WITHHOLDING / REPORTING / OVERSEAS HEALTH-COVER QUESTIONS

DOCUMENTS STORED SECURELY / REMAINING ACTION

Do not assume a payment continues or includes overseas healthcare. Record the paying authority's answer for your own circumstances.

MALAYSIA / EXPLORATORY SERIES

Visit with questions. Leave with evidence.

A place can feel right on holiday. This planner helps you test whether it fits your everyday life.

Plan your visit, record real costs, inspect neighborhoods, and compare what you discover across 4 selected locations in Malaysia.

PLAN

Routes, bookings, budgets and readiness.

OBSERVE

Housing, daily routines and on-location notes.

DECIDE

Compare evidence, priorities and trade-offs.

Nomad Mac Travels

www.nomadmactravels.com