

Appendix 4

Example Costs

For some examples of prices of every day items, the list of website links below provides a useful guide, as well as the table below:

<http://www.pricechecktokyo.com/>

<http://www.tanutech.com/japan/jprice.html>

<http://www.japan-guide.com/e/e2202.html>

<http://www.econ.iastate.edu/classes/econ355/choi/jprice.htm>

<http://www.tokyoprices.com/>

Item	Description	Price in Yen
Beer	Japanese brands 355ml	230
	Heineken 355ml	200
Bread	Sliced white, 6 thick pieces	150
Cereal	Kellogs Cornflakes 180g	300
Coca-cola	From vending machine 355ml	120
	From convenience store 355ml	115
Cigarettes	King Size, pack of 20	280
Eggs	Carton of 10	240
Lettuce	1 head, domestically grown	105
McDonalds	Cheeseburger	126
	Hamburger	84
	Big Mac	262
	Large Fries	304
Milk	1 litre	180
Mineral Water	Evian 1.5 litre bottle	260
	Japanese brand, small bottle	110
Pasta	Macaroni, imported from Italy, 200g	143
Potatoes	Irish brand, pack of 4 small	145
Rice	Japanese brand, 10kg	4000
Spinach	1 bunch (3-4 plants)	105
Starbucks	Latte, grande	390
Tea	Lipton "Yellow Label" tea-bags, box of 50	580
Tofu	1 pack, 330g	140
Subway	Tokyo Metro Subway	From 160
Train	JR Yamanote Line, Tokyo	From 130
Taxi	Up to 2km (roughly 10 mins)	660
	Up to 4km (roughly 20 mins)	2100
Mobile Phone	Basic Monthly Charge	2500
	Average Monthly Bill	6000
Sky TV	Basic Channels	5000
Newspaper	Japan Times (English Version)	150
Cinema Ticket	1 adult, at door	1800

Please check the websites above for more extensive lists of products