



# LIVING WAGE

## SOCIAL INCLUSION & PARTICIPATION

[www.livingwage.ie](http://www.livingwage.ie)

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The Social Inclusion & Participation budget for the Living Wage is based on the VPSJ Minimum Essential Standard of Living (MESL) research.

As with all categories of expenditure the MESL data specifies the weekly cost of a basket of goods and services required for a socially acceptable minimum standard of living. For budget items which are not actually purchased on a weekly basis, the cost included is the weekly equivalent cost. This is calculated by dividing the actual price of the item by its expected life span. For example, the budget includes a Television Licence, this is purchased once a year, the weekly cost of the Television Licence is calculated by dividing the overall cost (€160 in 2014) by 52 (number of weeks in the year).

### THE BUDGET IS COMPRISED OF THE WEEKLY COST OF THE FOLLOWING:

- **Exercise & Sport**

This category contains a number of items necessary for a healthy lifestyle, and includes a budget for swimming at a local pool for part of the year and playing football at a local club for part of the year
- **Household Items for Social Inclusion**

The weekly equivalent cost of a television licence (please note cable/satellite television is not included)  
Also included is a camera (expected to last 5 year), and the printing of photographs twice a year
- **Holiday**

The basket contains the budget for a short holiday in Ireland, and the budget is based on sharing self-catering accommodation with a friend / relative in the off-season

  - › Transport costs are also included
  - › There is an allowance for holiday spending money. It is set at a minimum level as the food basket contains the weekly cost of food for the full year, and therefore it is assumed that the individual will avail of the self-catering facilities
- **Media - Newspapers, books, music, etc.**
  - › The budget includes the purchase of one newspaper at the weekend
  - › It also allows for the rental of a DVD four times over the course of a year

- › The budget includes the purchase of two novels a year
- › An allowance for purchasing music online is included (e.g. iTunes), the budget is based on the purchase of 30 tracks a year
- **Other Socialising**
  - › The budget allows for the purchase of a cinema ticket once every two months (six times in a year)
  - › There is an allowance for other miscellaneous socialising costs of €15.00 per week (adjusted for inflation each year)