

City	Avg. Postdoc Salary (gross €/mo)	Rent (1BR, city center) €/mo	Living Costs (excl. rent) €/mo	Net Savings Potential €/mo
Prague (CZ)	€3,000–€3,500	€800–€1,000	€600–€800	€1,000–€1,700
Vienna (AT)	€3,500–€5,000	€950–€1,200	€800–€1,000	€1,550–€2,250
Berlin (DE)	€4,500–€6,200	€1,100–€1,300	€900–€1,100	€1,500–€3,200
Paris (FR)	€3,000–€3,500	€1,300–€1,700	€900–€1,200	€300–€1,000
Brussels (BE)	€3,800–€5,000	€1,000–€1,300	€900–€1,100	€1,000–€2,000
Copenhagen (DK)	€4,800–€6,000	€1,400–€1,800	€1,200–€1,500	€1,300–€2,700
Amsterdam (NL)	€4,000–€5,300	€1,500–€1,800	€1,000–€1,300	€1,000–€2,000
London (UK)	€3,000–€4,000 (≈£2,600–3,500)	€2,000–€2,500	€1,000–€1,300	Break-even/ negative
Rome (IT)	€2,000–€2,800	€900–€1,200	€700–€900	€100–€1,200
Lisbon (PT)	€2,000–€2,800	€850–€1,100	€650–€850	€400–€1,300
Budapest (HU)	€1,800–€2,500	€600–€900	€600–€800	€500–€1,100

Prague offers one of the best cost-to-salary ratios in Europe. With relatively low rent and living costs, postdocs can save more despite moderate salaries. Germany, Austria, and Denmark offer higher gross salaries, but the cost of living is proportionally higher. Western capitals like Paris and London often leave less room for savings due to high rents. Budapest and Lisbon offer affordability similar to Prague, but generally lower postdoc salaries.