BEWUSSTSEINSFIBEL PRACTICAL SERIES

Your First Home Guide

You are not only moving out. You are moving into your own life.

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A move rarely follows a book's order

Perhaps the contract is signed and you still own no plate. Perhaps the bed is ready but the connection date is not. Open the page that makes the next decision easier.

Mark tasks with three labels:

- **Now:** required for a safe, workable start.
- **Soon:** best handled in the first weeks.
- **Later:** can wait until you understand how you actually live.

Lists are starting points. Cross out what is included in your home and add what your life requires. A furnished room in a shared home needs something different from an empty studio.

THE INTERNATIONAL RULE

This guide explains processes, not supposedly universal laws. Whenever a lease, deadline, legal duty, payment or safety standard matters, check an official source where you live.

> *The goal is not to own everything on day one. It is to know what comes next.*

Moving out means stacking decisions

The first key feels light. What hangs from it is larger: money, dates, furniture, food, unfamiliar sounds and the sudden question of who cleans the bathroom.

Overwhelm often comes from twenty small decisions all claiming to be urgent. A sequence helps.

1. **Sustainable:** Does the home fit your income, travel and daily life?
2. **Understood:** Do you know what you sign, pay, maintain and return?
3. **Habitable:** Can you sleep, see, wash, eat and move safely?
4. **Personal:** What makes the space feel like yours?

Many people begin with cushions and decorations because they are friendlier than a contract. The calmer order is to secure the first three levels before spending heavily on the fourth.

What is truly unclear today—money, contract, handover, equipment or routine?

Answer:

Put every promise on one page

Item	Monthly	One-time	Confirmed?
Rent			
Building/service charges			
Energy/heating/cooling			
Water			
Internet/phone			
Insurance			
Parking/transport			
Deposit/guarantee			
Furniture/equipment			
Moving costs			

Monthly income after deductions: ______________________________

Total fixed monthly costs: ______________________________

Amount left for food, transport, health, study, leisure and saving: ______________

Do not enter a hopeful zero where a cost is simply unknown. Write “check” and identify the source: landlord, contract, utility, insurer, local authority or current tenant with permission.

Photograph the ordinary details

At move-in, walk through the property with the landlord or representative when possible. Use date-stamped photos and a written condition record.

Record walls, floors, ceilings, windows, doors, bathroom, kitchen, appliances, furniture, meters, keys and existing damage. Describe location and size instead of writing only “scratched.” Note cleanliness and whether safety equipment appears present and working according to local rules.

Room: ______________________
Condition: ____

Existing damage:

____

Photo number: ______________________
Reported to: __________________________________

Agreed action and date:

____

Both sides should receive the same record. Do not repair hidden, electrical, gas, structural or water damage without authority and competence. Your documentation protects memory; it does not replace a professional assessment.

Let the list begin at home

1. Check fridge, freezer and cupboard.
2. Choose three main meals, two simple breakfasts and one emergency meal.
3. List only missing ingredients.
4. Keep household supplies separate so detergent does not disappear into the food budget.
5. Set a spending limit and compare unit prices where available.

Meal 1: ________________________
Missing: ____

Meal 2: ________________________
Missing: ____

Meal 3: ________________________
Missing: ____

Breakfast or small meal:
____

Household items: ________________________
Planned total: ________________________________

Plan a leftovers night. Repetition reduces effort and waste. Delivery food can be budgeted intentionally; it becomes a problem when every tired evening makes the decision for you.

Make one room work

□ photograph condition and meters □ count and store keys □ create a safe sleeping place □ confirm water, lighting and toilets work □ unpack medication and hygiene items □ keep exits and walking routes clear □ chill perishable food safely □ locate emergency and maintenance contacts □ charge the phone safely □ stop before exhaustion creates mistakes

The room I make functional first:

____

One task I postpone without guilt:

____

One person who knows I arrived safely:

____

Do not climb unstable furniture, overload power outlets or attempt unfamiliar repairs late at night. A calm, incomplete home is safer than a finished home built while exhausted.

A sheet to reuse

Category	Planned	Actual	Difference
Rent and building costs			
Energy and water			
Internet and phone			
Insurance/local charges			
Food			
Transport			
Health/study/work			
Household supplies			
Leisure			
Reserve/saving			

Income after deductions:

Money left after all categories:

One bill due next month:

One amount to reserve now:

Review the plan without blaming yourself. The useful question is which number, habit or contract must change.