

UVA Independent Global Internships Budget Development Sheet

To keep track of your research, it is a good idea to make note of the resources you have relied upon in developing an estimate for each line. Not every line may apply to your planned experience abroad. At the same time, the major costs outlined on this sheet are by no means exhaustive of all you may encounter. It is wise to thoroughly research your specific location to identify unique expenses or costs you may incur.

COST CATEGORY	AMOUNT	source/notes
Tuition and Fees		
1 credit, GSGS 3540: approx. \$380/\$480 (in/out-of-state)		
Education Abroad application fee: \$90		
(fee waiver available for financially needy applicants)		
SUB-TOTAL: TUITION AND FEES		
Travel and Transportation		
Roundtrip airfare (note ports of departure and arrival)		
Daily transportation (train/metro/bus/taxi/other)		
In-country travel (air/train/bus/taxi/other)		
SUB-TOTAL: TRAVEL AND TRANSPORTATION		
Housing		



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Independently organized housing	
(homestay/apartment/hostel/dormitory/ etc.)	
Utilities (Internet, Electricity, Water, etc.)	
SUB-TOTAL: HOUSING	
Meals	
Groceries (expected cost per week x duration of stay)	
Dining out (expected cost per week x duration of stay)	
Drinking water (expected cost per week x duration of stay)	
SUB-TOTAL: MEALS	
Other Costs	
Phone/Internet/Communications	
CISI Health and Emergency Travel Insurance: approx. \$8/week or \$32/month [MANDATORY for all Independent Interns]	
Visa and Passport	
Immunizations/Medications/Health Supplies	
Laundry	



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Miscellaneous/Incidentals (i.e power adapters; water filters; gifts for internship hosts; gym membership or recreation costs; gratuities for household or office staff). List: • • • • • • • • • • • • • • • • • •	
SUB-TOTAL: OTHER COSTS	
TOTAL BUDGET (add all sub-totals, in red, from above)	
SUPPORT: Will you be provided a stipend or any other support by your internship organization (i.e. cost of airfare, free housing, daily transport, etc.)? If so, note details. Subtract any support or covered costs from your total budget to produce an adjusted total budget.	