



## BUDGETING WORKSHEET

Use this guide to calculate your allowance throughout your program. Note that the wage you earn may not cover all of your expenses.

List these one-time costs in USD



### PRE OR UPON ARRIVAL COSTS:

<b>Program Fees</b>	Program fees paid to EI	\$
<b>Home Country Partner Organization Fee</b>	Fees paid to home country partner organization (if applicable)	\$
<b>Insurance Fees</b>	Cost of Health Insurance	\$
<b>Visa Fees</b>	Cost of SEVIS fee and DS160 fee (if applicable)	\$
<b>Travel Expenses</b>	Airplane ticket, baggage, food during travel, travel insurance (optional), travel to and from airport	\$

Add above numbers to calculate **Total Program Fees and Travel Expenses** →

\$

Box 1

### MONTHLY COSTS DURING PLACEMENT:

<b>Housing/ Rent</b>	Cost of rent. If provided by Host at cost, this amount is listed on your Confirmation of Placement form. If you are responsible for finding your own housing, you can google average rent in your city. You can also ask your host about this.	\$
<b>Cell Phone</b>	If you want a U.S. phone #, budget for SIM card and monthly fee. (At least \$30/month).	\$
<b>Utilities (if applicable)</b>	Cost of utilities such as gas, electricity, internet, water, and garbage collection (\$100-\$300/month). If applicable, specific details should be listed on Confirmation of Placement form.	\$
<b>Food</b>	Cost of groceries and any other food (budget at least \$400/month).	\$
<b>Transportation</b>	Gas, public transit, etc. to get to and from work or on miscellaneous trips.	\$
<b>Car Insurance</b>	If you choose to purchase a car, budget at least \$5-\$100/month. Price depends on state, age and driving record.	\$

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<b>Personal Care</b>	Toiletries, hair cuts, proper clothing, etc. (If not sure, budget at least \$75/month).	\$
<b>Entertainment</b>	Movies, concerts, eating out, cultural activities, etc. (Enter desired monthly spending).	\$
<b>Other</b>	Example: Used car, down payment on housing, U.S. driver's license.	\$

Add above numbers to calculate **Total Monthly Expenses** → **\$** **Box 2**

Enter **Number of Months** in U.S. → **Box 3**

Multiply Box 2 and 3 to calculate **Total Living Expenses** → **\$** **Box 4**

Add Box 1 and 4 together to calculate **Total Estimated Expenses** → **\$** **Box 5**

<b>Total Salary Throughout Program</b>	Multiply monthly salary by number of months to get total BEFORE taxes are taken out and put it on this line: \$_____. This is called your 'gross pay.' Multiply your 'gross pay' by 70% to get your estimated 'net' or 'take home pay' after taxes and put it in the box below.	\$
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<b>Funds Available to You</b>	Funds you already have available to you. (Personal funds, family contribution, grants, etc.).	\$
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Add above two boxes together to calculate **Total Allowance Throughout Program** → **\$** **Box 6**

Subtract Box 5 from Box 6 to calculate **Estimated Total Remaining After Program** → **\$** **Box 7**

(If Box 6 is less than Box 5, subtract Box 6 from Box 5 to get the amount that your program will cost you).

If you have questions about cost of living costs in the city you'll be in, your host is a great resource. They will have a much better idea about this, and may have some helpful suggestions for you!

Of course you can always let us know if you have any questions!

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**info@expint.org • www.expint.org**