

Freeman Foundation Eastern Asia Internship Grant

Budget

The purpose of this budget is to demonstrate that you, the applicant, have considered the full costs of your eight-week internship. Add additional categories, if needed.

We will use your budget to assess how carefully you have thought about the details of your proposal.

Student name: _____

ID number: _____ **Email:** _____

Number of days of internship: _____

Summary:

ITEM:	DAILY COST:	TOTAL COST:
A) Round-trip flight	NA	
B) Local transportation		
C) Housing		
D) Meals		
E) Visa fees	NA	
F) Health insurance	NA	
G) Cellular coverage	NA	
H) Provider fees	NA	
Total		

If selected for this program, you will receive \$6,000, irrespective of the above budgeted cost. We will use your budget to assess how carefully you have thought about the details of your proposal.

Instructions

A.) Round-trip flight

Provide the cost of the desired flight and that of a comparison with the same itinerary. Please print and attach the two itineraries.

B.) Local transportation

Estimate the daily and total costs of transportation.

C.) Housing

Where are you planning on living, and what is the cost for the entire stay? (If using a hotel, AirBnB, etc. that charges per-day, what is the rate?)

D.) Meals

Provide an estimated daily budget for food and the total expected cost of food. Consider what will be provided to you. (For example, if you are staying with a provider or homestay, your fees might cover eating certain meals or on certain days of the week.)

E.) Visa fees

Provide the cost of the visa necessary for you to work in your selected country. Is a tourist visa sufficient, or will you need a special visa?

F.) Health insurance

Determine what coverage you have and research your ability to access healthcare while you are abroad. Provide your expected cost of international health insurance.

G.) Cellular coverage

Research the costs of international roaming with your cellular carrier and compare it to purchasing a local sim-card. An acceptable wireless plan for the purposes of this budget is one that allows you to make limited use of calls, text messages, and data—not comprehensive coverage.

H.) Provider fees

If you are using an internship provider, specify their costs and what the costs include.