**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 $7,500, 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.