

Welcome to your study abroad budget sheet. Within is information to assist you with planning for your Study Abroad journey!

There are two parts to this budget: **Projected** and **Actual**.

1. The **Projected** part is for planning purposes and it is an estimate of your income and expenses for the duration of your exchange. These cells are highlighted in **teal blue**. It is **MANDATORY** for you to input your projected income and expenses **PRIOR** to your interview with the Study Abroad Mobility Officer. The currency in your host country will be different; your country may have a higher or lower cost of living than Canada.

2. The **Actual** part is based on real costs paid for the exchange (income and expenses) and are highlighted in **pale yellow**. These cells are **OPTIONAL** for you to fill in. During your exchange if you wish to keep track of the exact amount of money you have, this budget sheet will assist.

At the bottom of this worksheet are the **Balances**. If you have a surplus of money then the balance(s) will be a positive, black number (**this is what you want!**). If you have a deficit of money then the balance(s) will be shown highlighted in **red**.

We invite all students to visit our **Global Funding** information found under **Resources** on our website: www.tru.ca/studyabroad/resources/finances.html.

Students wishing to continue with a student loan are eligible to participate on exchange. They must be registered in a minimum of 9 TRU credits to be eligible for the loan. If you do have specific questions about the loan application process and or requirements needed to be completed on the loan forms, visit the Student Awards and Financial Aid office in Old Main, across from the Cashier.

Needing assistance with this form? Message a Study Abroad Ambassador on Facebook to help at TRU Study Abroad or stop by a Study Abroad Support Session (SAS Session) by visiting our Resources page for location, dates and times.

Welcome to Study Abroad!

This Study Abroad budget worksheet will assist you in preparation for your study abroad journey.

Check Bank of Canada Exchange rate often for appropriate currencies (all countries have a 3-letter) abbreviation:

<https://www.bankofcanada.ca/rates/exchange/daily-exchange-rates/>

Description	Value			
Anticipated Credits (paid to TRU)		<i>If 9:</i>	<i>\$2,000.00</i>	<i>If 12:</i> <i>\$22,500.00</i>
Months of Exchange				<i>If 15:</i> <i>\$3,000.00</i>
*USD Exchange Rate		*Country Rate EUR		

**Please Google the exchange rates as they change frequently.*

***It is MANDATORY for you to input your PROJECTED INCOME and EXPENSES PRIOR to your interview with the Study Abroad Mobility Officer.**

INCOME (in Canada)	1. PROJECTED	2. ACTUAL
Description		
International Mobility Award		
Family Support		
Part-time Job(s)		
Savings		
Scholarships, Bursaries and Grants		
Student Loan		

EXPENSES (for going abroad)

Description		
Tuition		
Airplane Ticket	<i>Check various airlines/timelines</i>	
Visa Application	<i>Does this country require a Visa?</i>	
Passport Application	<i>Do you currently have a passport?</i>	
Vaccinations	<i>Check requirements / cost</i>	<i>What did you pay?</i>
Transport to/from Airport	<i>Cost in Canada & in other country</i>	
Application Fee	<i>If applicable</i>	
Medical Insurance *Mandatory		
Damage Deposit	<i>Check Host website</i>	
Books and Supplies	<i>Guestimation</i>	
Local Transportation (ie. bus pass, bike)	<i>Check what is available?</i>	
Miscellaneous	<i>Any other additional costs?</i>	

Monthly Costs

*Projected Monthly Cost: what you normally spend in Canada/permonth

Description	*Projected Total Cost: Calculate the cost in local currency and multiply by number of months you will stay	
Food	<i>If ISEP, cost is set amount</i>	<i>If ISEP, cost is set amount</i>
Accommodation	<i>If ISEP, cost is set amount</i>	<i>If ISEP, cost is set amount</i>
Dining Out	<i>Estimate costs of current</i>	
Cellphone	<i>Check costs for out-of-country</i>	
Entertainment	<i>Movies, concerts, sporting events?</i>	
Travel	<i>See more of this country/other countries?</i>	
Miscellaneous	<i>Any other additional costs?</i>	

TOTALS

Description	Income	Expenses	MonthlyCosts	Balance
Projected Total	Columns will automatically update			
Actual Total	Columns will automatically update			

Study Abroad Budget Sheet EXAMPLE

Description	Value
Anticipated Credits (paid to TRU)	15
Months of Exchange	4
*USD Exchange Rate	1.25

*Country Rate	EUR	1.5	<i>*Pls Google the exchange rates often as they change frequently</i>
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INCOME

Description	Projected Income		Actual Income	
International Mobility Award		CAD		CAD
Family Support	\$ 5,000.00	CAD	\$ 5,000.00	CAD
Part-time Job(s)	\$ 3,000.00	CAD	\$ 3,000.00	CAD
Savings		CAD		CAD
Scholarships, Bursaries and Grants		CAD		CAD
Student Loan		CAD		CAD
Sub-Total	\$ 8,000.00	CAD	\$ 8,000.00	CAD

EXPENSES

Description	Non-CAD Costs	Projected Cost	Actual Cost	
Tuition		\$ 3,000.00 CAD	\$ 3,000.00	CAD
Airplane Ticket		\$ 1,000.00 CAD	\$ 1,000.00	CAD
Visa Application				CAD
Passport Application		N/A CAD		CAD
Vaccinations				CAD
Transport to/from Airport				CAD
Application Fee	\$ 250.00 USD	\$ 312.50 CAD	\$ 250.00 USD	\$ 312.50 CAD
Medical Insurance *Mandatory	\$ 300.00 USD	\$ 375.00 CAD	\$ 300.00 USD	\$ 375.00 CAD
Damage Deposit	\$ 400.00 EUR	\$ 600.00 CAD	\$ 400.00 EUR	\$ 600.00 CAD
Books and Supplies	\$ 900.00 EUR	\$ 1,350.00 CAD	\$ 900.00 EUR	\$ 1,350.00 CAD
Local Transportation (ie. bus pass, bike)	\$ 50.00 EUR	\$ 75.00 CAD	\$ 50.00 EUR	\$ 75.00 CAD
Miscellaneous	\$ 325.00 EUR	\$ 487.50 CAD	\$ 325.00 EUR	\$ 487.50 CAD
Sub-Total		\$ 7,200.00 CAD	\$ 7,200.00	CAD

Monthly Costs

Description	Projected Monthly Cost	Projected Total Cost	Actual Cost Month 1	Actual Cost Month 2	Actual Cost Month 3
Food	\$ 400.00 CAD	\$ 266.67 EUR	\$ 250.00 EUR	\$ 300.00 EUR	\$ 300.00 EUR
Accommodation	\$ 500.00 CAD	\$ 333.33 EUR	\$ 300.00 EUR	\$ 300.00 EUR	\$ 300.00 EUR
Dining Out	\$ 50.00 CAD	\$ 33.33 EUR	\$ 35.00 EUR	\$ 70.00 EUR	\$ 70.00 EUR
Cellphone	\$ 25.00 CAD	\$ 16.67 EUR	\$ 17.00 EUR	\$ 17.00 EUR	\$ 17.00 EUR
Entertainment	\$ 100.00 CAD	\$ 66.67 EUR	\$ 65.00 EUR	\$ 65.00 EUR	\$ 65.00 EUR
Travel	\$ 250.00 CAD	\$ 166.67 EUR	\$ 100.00 EUR	\$ 165.00 EUR	\$ 165.00 EUR
Miscellaneous	\$ 250.00 CAD	\$ 166.67 EUR	\$ 125.00 EUR	\$ 130.00 EUR	\$ 130.00 EUR
Sub-Totals	\$ 1,575.00 CAD	\$ 1,050.00 EUR	\$ 892.00 EUR	\$ 1,047.00 EUR	\$ 1,047.00 EUR

Description	Actual Cost Month 4	Actual Cost Month 5	Actual Cost Month 6	Actual Cost Month 7	Actual Cost Total
Food	\$ 250.00 EUR				\$ 1,100.00 EUR
Accommodation	\$ 300.00 EUR	\$ 300.00 EUR	\$ 300.00 EUR	\$ 300.00 EUR	\$ 2,100.00 EUR
Dining Out	\$ 35.00 EUR				\$ 210.00 EUR
Cellphone	\$ 17.00 EUR				\$ 68.00 EUR
Entertainment	\$ 65.00 EUR				\$ 260.00 EUR
Travel	\$ 100.00 EUR				\$ 530.00 EUR
Miscellaneous	\$ 125.00 EUR				\$ 510.00 EUR
Sub-Totals	\$ 892.00 EUR	\$ 300.00 EUR	\$ 300.00 EUR	\$ 300.00 EUR	\$ 4,778.00 EUR

TOTALS

Description	Income	Expenses	Monthly Costs	Balance
Projected Total	\$ 8,000.00 CAD	\$ 7,200.00 CAD	\$ 1,575.00 CAD	\$ (775.00) CAD
Actual Costs	\$ 8,000.00 CAD	\$ 7,200.00 CAD	\$ 7,167.00 CAD	\$ (6,367.00) CAD

Study Abroad Budget Sheet

Description	Value
Anticipated Credits (paid to TRU)	
Months of Exchange	
*USD Exchange Rate	

*Country Rate

**Pls Google the exchange rates often as they change frequently*

INCOME

Description	Projected Income		Actual Income	
International Mobility Award	\$ -	CAD	\$ -	CAD
Family Support	\$ -	CAD	\$ -	CAD
Part-time Job(s)	\$ -	CAD	\$ -	CAD
Savings	\$ -	CAD	\$ -	CAD
Scholarships, Bursaries and Grants	\$ -	CAD	\$ -	CAD
Student Loan	\$ -	CAD	\$ -	CAD
Sub-Total	\$ -	CAD	\$ -	CAD

EXPENSES

Description	Non CAD Costs	Projected Cost		Actual Cost	
Tuition		\$ -	CAD	\$ -	CAD
Airplane Ticket		\$ -	CAD	\$ -	CAD
Visa Application		\$ -	CAD	\$ -	CAD
Passport Application		\$ -	CAD	\$ -	CAD
Vaccinations		\$ -	CAD	\$ -	CAD
Transport to/from Airport		\$ -	CAD	\$ -	CAD
Application Fee	\$ - USD	\$ -	CAD	\$ - USD	CAD
Medical Insurance *Mandatory	\$ - USD	\$ -	CAD	\$ - USD	CAD
Damage Deposit	\$ - 0	\$ -	CAD	\$ - 0	CAD
Books and Supplies	\$ - 0	\$ -	CAD	\$ - 0	CAD
Local Transportation (ie. bus pass, bike)	\$ - 0	\$ -	CAD	\$ - 0	CAD
Miscellaneous	\$ - 0	\$ -	CAD	\$ - 0	CAD
Sub-Total		\$ -	CAD	\$ -	CAD

Monthly Costs

Description	Projected Monthly Cost		Projected Total Cost		Actual Cost Month 1		Actual Cost Month 2		Actual Cost Month 3	
Food	\$ -	CAD	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Accommodation	\$ -	CAD	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Dining Out	\$ -	CAD	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Cellphone	\$ -	CAD	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Entertainment	\$ -	CAD	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Travel	\$ -	CAD	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Miscellaneous	\$ -	CAD	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Sub-Totals	\$ -	CAD	\$ -	0	\$ -	0	\$ -	0	\$ -	0

Description	Actual Cost Month 4		Actual Cost Month 5		Actual Cost Month 6		Actual Cost Month 7		Actual Cost Total	
Food	\$ -	0	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Accommodation	\$ -	0	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Dining Out	\$ -	0	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Cellphone	\$ -	0	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Entertainment	\$ -	0	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Travel	\$ -	0	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Miscellaneous	\$ -	0	\$ -	0	\$ -	0	\$ -	0	\$ -	0
Sub-Totals	\$ -	0	\$ -	0	\$ -	0	\$ -	0	\$ -	0

TOTALS

Description	Income		Expenses		Monthly Costs		Balance	
Projected Total	\$ -	CAD	\$ -	CAD	\$ -	CAD	\$ -	CAD
Actual Costs	\$ -	CAD	\$ -	CAD	\$ -	CAD	\$ -	CAD