

# HH/IHST 4300 Integrated Global Health Practicum

## Cost of Living Worksheet

Name: \_\_\_\_\_

This document is provided in order to give you an understanding of the costs of the international practicum and to help you examine how you plan to use your resources to cover your expenses. The form is not used for selection purposes, but it is still something that you will need to consider.

You also may have completed a budget spreadsheet for your York International Monetary Award (YIMA).

PRACTICUM PERIOD: from \_\_\_\_\_ to \_\_\_\_\_

PRACTICUM LOCATION \_\_\_\_\_

Available Financial Resources	
Resource	Total \$ (CAD)
Personal savings	
Parental contributions	
Scholarships / bursaries (awarded) <i>Give details of each scholarship and bursary</i>	
Scholarships / bursaries (pending) <i>Give details of each scholarship and bursary</i>	
Other resources (explain)	
<b>Grand Total:</b>	

Estimated Expenses	
Expense * eligible expenses for travel award	Total \$ (CAD)
Visa	
International Flight*	
Accommodation expenses*: Hotel/Hostel/B&B Airbnb Family Host Family (may include food) University residence	
Ground Transportation*: Train Taxi Local flight	
Communication*: Phone cards/credits Local Internet access	
Health Expenses: Travel/health insurance Travel vaccines Travel clinic cost Prophylactic drugs (prescription & OTC)	
Language course if required by international agency	
Food	
Entertainment / leisure	
Sundries (see note below)	
Other expenses (list)	
<b>Grand Total:</b>	

Note: Sundries - depending on practicum location, consider mosquito nets, bug repellent, sun screen, water filters, 1st aid kit, vulnerable sector screening (if required by agency)