**Work Experience Bursaries – Budget Planner Example**

**Budget costing overview**

<table>
<thead>
<tr>
<th>Expense</th>
<th>Amount (in £/GBP)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accommodation</td>
<td>600</td>
</tr>
<tr>
<td>Food and essential living expenses</td>
<td>980.16</td>
</tr>
<tr>
<td>Utilities</td>
<td>60</td>
</tr>
<tr>
<td>Costs of travelling in the UK</td>
<td>4.20</td>
</tr>
<tr>
<td>Costs of travelling abroad</td>
<td>778</td>
</tr>
<tr>
<td>Medical requirements/vaccinations</td>
<td>50</td>
</tr>
<tr>
<td>Insurance</td>
<td>0</td>
</tr>
<tr>
<td>Visa/permit</td>
<td>0</td>
</tr>
<tr>
<td>Other (please state)</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total expenses</strong></td>
<td><strong>2472.36</strong></td>
</tr>
</tbody>
</table>

**Detailed budget evidence**

**Accommodation**

**Total cost = £600**

*Please include screenshot(s) here to evidence your costing. Include screenshots of alternative considered (if relevant). Please ensure there is a direct link from the screenshots to the total cost identified.*
If it’s not clearly evident from the screenshot(s) please include any calculations to demonstrate how you arrived at the total cost.

- Location of the company in Rio de Janeiro is: insert address of company
- Looking to stay in (please ensure the area is safe and within commutable distance from your place of work):
- The duration of stay would be XX weeks.
- House shares per month are, on average, R$600 per month. This is the equivalent to £215 a month, and £50 a week
- For 12 weeks, this comes to £600, as per the following calculation (215x12):52=50, 50x12=600

Please include your rationale for selecting your final accommodation, including detail of any alternatives considered

- I conducted a comparison of different hotel options (in the screen shot above), I selected accommodation that was not only the cheapest but closest to my internship organisation as well. In addition, through conducting further research at www.brazilplacestogo.com – the area I was staying at was deemed safe and had positive feedback from previous visitors includin students in the area.
Food and essential living expenses

**Total cost = £980.16**

*Please include screenshot(s) here to evidence your costing. Include screenshots of alternative considered (if relevant). Please ensure there is a direct link from the screenshots to the total cost identified.*

<table>
<thead>
<tr>
<th>Restaurants</th>
<th>Price</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>McDonald’s (Small Chicken Sandwich)</td>
<td>£4.99</td>
<td>£4.99-£5.99</td>
</tr>
<tr>
<td>McDonald’s (Large Hamburger)</td>
<td>£3.50</td>
<td>£3.50-£4.25</td>
</tr>
<tr>
<td>McDonald’s (Large Cheeseburger)</td>
<td>£3.50</td>
<td>£3.50-£4.25</td>
</tr>
<tr>
<td>McDonald’s (Large Breakfast Combo)</td>
<td>£3.99</td>
<td>£3.99-£4.69</td>
</tr>
<tr>
<td>McDonald’s (Large Big Mac)</td>
<td>£3.99</td>
<td>£3.99-£4.69</td>
</tr>
<tr>
<td>McDonald’s (Large Quarter Chicken)</td>
<td>£3.50</td>
<td>£3.50-£4.25</td>
</tr>
<tr>
<td>McDonald’s (Large Chicken Nuggets)</td>
<td>£3.50</td>
<td>£3.50-£4.25</td>
</tr>
</tbody>
</table>

**Markets**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk (regular), (1 litre)</td>
<td>£0.58</td>
<td>£0.45-£0.77</td>
</tr>
<tr>
<td>Loaf of Fresh White Bread (500g)</td>
<td>£0.86</td>
<td>£0.71-£1.38</td>
</tr>
<tr>
<td>Rice, brown, (1kg)</td>
<td>£0.85</td>
<td>£0.55-£1.02</td>
</tr>
<tr>
<td>Eggs (12)</td>
<td>£0.80</td>
<td>£0.71-£1.09</td>
</tr>
<tr>
<td>Local Venus (1kg)</td>
<td>£3.14</td>
<td>£2.75-£3.22</td>
</tr>
<tr>
<td>Chicken Broads, (Boneless, Skinless), (1kg)</td>
<td>£4.22</td>
<td>£3.59-£4.87</td>
</tr>
<tr>
<td>Apples (1kg)</td>
<td>£1.13</td>
<td>£1.10-£1.17</td>
</tr>
<tr>
<td>Oranges (1kg)</td>
<td>£0.83</td>
<td>£0.50-£1.98</td>
</tr>
<tr>
<td>Tomato (1kg)</td>
<td>£1.11</td>
<td>£0.75-£1.47</td>
</tr>
<tr>
<td>Potatoes (1kg)</td>
<td>£0.75</td>
<td>£0.72-£1.31</td>
</tr>
<tr>
<td>Lettuce (1 head)</td>
<td>£0.45</td>
<td>£0.37-£0.65</td>
</tr>
<tr>
<td>Water (1.5 litre bottle)</td>
<td>£0.43</td>
<td>£0.29-£0.55</td>
</tr>
</tbody>
</table>

**Cost of Living in Rio de Janeiro**

Compare Rio de Janeiro with: [Type and Pick City]

**Summary about cost of living in Rio de Janeiro:**

- A single person monthly costs: 348.89€ (2,373.89R$) without rent (using our estimate)

If it's not clearly evident from the screenshot(s) please include any calculations to demonstrate how you arrived at the total cost.

- As I would be trying local delicacies during my time there, I would be eating out around 2 times a week. The average cost of an inexpensive meal out is £4.59. (£4.59 x 12 weeks x 2 meals out = £110.16).
- Essential living expenses – as water/TV/internet is covered in utilities. As I would be new to the country, I would be inexperienced in the cheapest or best places to buy groceries. Therefore, I am budgeting £290 a month for groceries for the duration of the 3 months (based on the above Numbeo screenshot and minus approx. £60 estimated for the utilities which do not come under my essential living expenses).
- Total costs and calculations therefore are £110.16+£290x3=£980.16

Please include your rationale for selecting your final food costs including detail of any alternatives considered

- It is difficult to make comparison of costs for this, but I have used Numbeo a recommended visitor resource to work out these costs. I also reached out to some friends that went to Brazil and they confirmed costs on this website were accurate.
Utilities

**Total cost = £60**

*Please include screenshot(s) here to evidence your costing. Include screenshots of alternative considered (if relevant). Please ensure there is a direct link from the screenshots to the total cost identified.*

<table>
<thead>
<tr>
<th>Laundromat</th>
</tr>
</thead>
<tbody>
<tr>
<td>(called “Lavanderia” in Rio de Janeiro). Most laundromats in Rio charge by the clothes weight and are not the self-service laundry type. Usually, you hand out your clothes to a machine on your behalf, and hand you back the clothes later at a specified time. R$10; US$5: €4.30 per kilo/2.2 pounds.</td>
</tr>
</tbody>
</table>

*If it’s not clearly evident from the screenshot(s) please include any calculations to demonstrate how you arrived at the total cost.*

- For work clothes etc., I will need around 2 washes a week. For 12 weeks this would cost a total of £50.40. As I will be inexperienced in the local Laundromats, I am budgeting £60 for laundry, giving allowances for extra washes.

*Please include your rationale for selecting your final utilities costs, including detail of any alternatives considered*

- This is the most economic option as it is located next to my accommodation. Other similar companies offer the service at the same price, so I would not be saving by going to an alternative/further company.
### Costs of travelling in the UK

**Total cost = £4.20**

*Please include screenshot(s) here to evidence your costing. Include screenshots of alternative considered (if relevant). Please ensure there is a direct link from the screenshots to the total cost identified.*

![Trainline ticket screenshot](image)

- **If it’s not clearly evident from the screenshot(s) please include any calculations to demonstrate how you arrived at the total cost.**
  - I will need a return ticket from University to BHX – the train line lists a range of prices, I have selected the most economical of these (off-peak)

*Please include your rationale for selecting your final travelling costs including detail of any alternatives considered*

- I researched a taxi, but was quite expensive £32 to/from the airport. Therefore a train was the most economical option – as it was a direct train to the airport and I would have one suitcase, practically this would be fine.
Costs of travelling abroad

Total cost = £777.78

Please include screenshot(s) here to evidence your costing. Include screenshots of alternative considered (if relevant). Please ensure there is a direct link from the screenshots to the total cost identified.

If it’s not clearly evident from the screenshot(s) please include any calculations to demonstrate how you arrived at the total cost.

- STA, a student travel company, offer a flight comparator section on their website. This is available from: (http://book.statravel.co.uk/staglobe/AirFlightSearchResult.do;jsessionid=F21737E2DC7D65764665E7B56CA73F67?followAction=AirFlightSearch)
- The internship starts 1st July and finishes 18th September
- The following screenshot shows the results from the comparator website above.
- Prices are given on 11th March 2012 for flying there on the 29th June and departing 20th September. Flying out before the internship starts gives time for acclimation and jet lag, and flying out 2 days after it finishes
- I added on £100 to the most expensive option of the three screenshots, as the prices will increase by approximately this much when the time comes for booking the flights.

Please include your rationale for selecting your final travelling costs, including detail of any alternatives considered

- Please see above and the flight comparator section, which was used to determine the final cost
Medical requirements/vaccinations

**Total cost = £50**

*Please include screenshot(s) here to evidence your costing. Include screenshots of alternative considered (if relevant). Please ensure there is a direct link from the screenshots to the total cost identified.*

![Vaccines to consider](https://www.fitfortravel.nhs.uk/destinations/south-america/brazil.aspx)


*If it's not clearly evident from the screenshot(s) please include any calculations to demonstrate how you arrived at the total cost.*

- I would require vaccinations for Yellow Fever as I am currently unprotected for it.
- Yellow Fever vaccinations cost £50, as quoted by my doctors, the University Medical Practice. 0121 6873055.
- The rest of my vaccinations are up to date.
- Rio de Janeiro is not in a malaria area. Most of Brazil is malaria free.

*Please include your rationale for selecting your final medical costs, including detail of any alternatives considered*
## Insurance

**Total cost = 0**

*Please include screenshot(s) here to evidence your costing. Include screenshots of alternative considered (if relevant). Please ensure there is a direct link from the screenshots to the total cost identified.*

- My travel insurance is annually paid for by my parents as we get a good family deal.
- Therefore, no extra insurance costs would need to be paid.

*If it’s not clearly evident from the screenshot(s) please include any calculations to demonstrate how you arrived at the total cost.*

*Please include your rationale for selecting your final insurance costs, including detail of any alternatives considered*
Visa

Total cost = 0

Please include screenshot(s) here to evidence your costing. Include screenshots of alternative considered (if relevant). Please ensure there is a direct link from the screenshots to the total cost identified.

If it’s not clearly evident from the screenshot(s) please include any calculations to demonstrate how you arrived at the total cost.

http://brazil.visahq.co.uk/

‘Business visa’ - This visa is required if during any portion of your visit you intend to conduct business or commercial activities. Please note such visas can only be issued to travellers not being paid for work by an entity within Brazil. If you intend to undertake paid work in Brazil you will need to obtain a work visa.’

- As I will not be paid for my working hours whilst in Brazil, I do not need a Visa.
- As, I will be in the country for 84 days, I do not exceed the 90 day period.

Please include your rationale for selecting your final visa costs including detail of any alternatives considered

Other (please state)

Total cost = 0

Please include screenshot(s) here to evidence your costing. Include screenshots of alternative considered (if relevant). Please ensure there is a direct link from the screenshots to the total cost identified.

N/A

If it’s not clearly evident from the screenshot(s) please include any calculations to demonstrate how you arrived at the total cost.

Please include your rationale for selecting your final cost, including detail of any alternatives considered