



Financial Planning for Exchange

This spreadsheet is used to provide assistance and feedback on your budgeting. It is not used for the purpose of exchange selection. The Asper Exchange Office will not keep this document, as it is for your own personal use.

Calculate the approximate costs of exchange to your 1st choice exchange host institution. You can print additional copies of this form to calculate costs for your 2nd or 3rd choice host institution if you like.

You can often find information on the host institution’s website regarding the cost of living, housing, etc. You can also search online for general costs of living based on cities or regions. Please contact our office if you need assistance on asper.exchange@umanitoba.ca or (204) 474 6752.

Calculate the costs for the whole duration of your exchange and convert to Canadian Dollars.

Institution: _____

Expenses for Exchange	Total \$	Resources available for Exchange	Total \$
Travel expenses (e.g. plane ticket)		Family or Spousal support	
Visa/permit & passport fees		RESPs, TFSA's, or other investments available	
Tuition (same as UM tuition)		Previous savings	
Books & equipment		Summer savings (projected)	
Rent/Residence		Projected work income devoted to exchange	
Utilities (e.g. phone, internet, electricity, water)		Scholarship / bursary / awards (granted)	
Transportation (during exchange stay)		Scholarship / bursary / awards (projected)	
Food - Groceries and going out		Federal / Provincial student loan	
Extras (laundry, clothing, social activities)		Bank loan / Line of Credit	
Insurance(s)*		Other (Please specify)	
Personal travel/tourism (not related to studies)			
Other (Please specify)			
TOTAL		TOTAL	

*Your UMSU insurance may be sufficient. Please check with the UMSU Health and Dental office, Room 110 University Centre. Your host country or host institution may have a mandatory health insurance that you must purchase.

It's normal to have a deficit or surplus of funds. How do you plan to address a deficit?

Web Resources (note that UM does not endorse these websites)

<http://www.numbeo.com/cost-of-living/>

<https://www.expistan.com/cost-of-living>