



### Financial Planning Form for International Exchange Students

This form is a resource provided to assist you with the financial planning of your student exchange experience. The LUGO Office will not keep this document on file and it is not used for the student nomination process, it is simply provided for your own personal use.

Calculate the approximate costs of your exchange using your preferred exchange destination. You can do this multiple times to compare the cost of living in different areas of the world.

**Calculate the costs for the entire duration of your exchange and make sure to convert the costs to Canadian Dollars.** Remember to multiply monthly or weekly costs by the duration of your exchange.

Budget for International Exchange			
Costs		Resources	
Total Travel Expense (Plane, train, bus tickets - Round Trip)	\$	Personal Savings	\$
Passport Fee (if applicable)	\$	Family / Parents Contribution	\$
Visa and Study Permit (if applicable)	\$	Scholarships / Awards	\$
Travel & Health Insurance	\$	Financial Aid Bursaries	\$
Laurentian Tuition and Incidentals	\$	Registered Education Savings Plan (RESP)	\$
Books & Equipment	\$	Tax-Free Savings Account (TFSA)	\$
Rent / Residence	\$	Other investments	\$
Food / Meal plan, groceries, going out	\$	Projected Savings Including Part-Time Work	\$
Utilities (e.g. phone, internet, hydro)	\$	Federal / Provincial Student Loan (OSAP)	\$
Extra ( Laundry, clothing, social activities,)	\$	Bank Loan / Line of Credit	\$
Personal Travel / Tourism	\$	Other: _____	\$
Other: _____	\$		
<b>TOTAL COST</b>	<b>\$</b>	<b>TOTAL RESOURCES</b>	<b>\$</b>

#### Helpful Resources:

- Compare cost of living between cities: <https://www.expatisan.com/cost-of-living>
- Cost of Living: <https://www.numbeo.com/cost-of-living/>
- Currency Converter <https://www.xe.com/currencyconverter/>
- Host institution website for cost of living, residence, meal plan, etc.