

## Tips for budgeting your stay

Making a budget and being sure to have sufficient funds gives you peace of mind before you leave and during your stay in Australia or New Zealand. Knowing that there is enough money for the activities you would like to do lets you enjoy the whole experience a lot more.

Please feel free to e-mail us any improvement suggestions to [info@internshipsdownunder.com](mailto:info@internshipsdownunder.com).

For calculating an approximate price in your home currency, you can use one of the currency calculators on internet (for example <http://currencyonline.com>). Just think of rounding up generously and checking the historical exchange rate trend to account for future changes in the exchange rate.

For an example budget, see page 3.

### 1. Additional Expenses

- Internship Fee for 'Internships Down Under'
- Visa (\$ NZD 100 / \$ AUD 200 or more depending on the visa)
- Flight Tickets
- Travel & Health Insurance (get a free quote on our website)
- Any luggage or travel items you might have to buy
- Travel and activity expenses once in Australia or New Zealand
- Supplementary budget for rent, groceries, toiletries, clothes, transportation and similar.

Concrete costs depend on your duration of stay, destination country, way of living and the budget you are used to spending at home compared to costs at your destination as well as from which airport you would like to fly. This is why we recommend you make your own budget before subscribing to our service. When thinking about costs, think also of the great experiences you will have, all the things you will learn, how it will assist you in advancing your career and consider possible financing opportunities.

### 2. What else you need to spend money on - at home as well as abroad:

When budgeting, please keep in mind that you would spend money for rent, housing, clothing, toiletries, telephone, internet, going out and groceries even if you stayed at home. This means that the largest part of the costs for these items are already covered by your current way of financing your everyday life! We recommend budgeting an additional amount per month should your price level at home be significantly lower than the one of Australia or New Zealand.

#### Groceries & Toiletries in Australia

For an indication on Australian food prices, go to Woolworths ([www.woolworths.com.au](http://www.woolworths.com.au)), continue to 'online shopping' and then again to 'woolworths'. To log in, look up a (random) post code from the area you plan to live in, enter it and you are ready to have a look what you have to pay. Woolworths is also not the cheapest option of getting food in Australia - just ask you flat-mates for hints.

#### Groceries & Toiletries in New Zealand

For an indication on New Zealand food prices, have a look at the Countdown prices ([www.countdown.co.nz](http://www.countdown.co.nz), then 'shop smarter' and 'shop now'). Countdown (the New Zealand Woolworths) supermarkets are not the cheapest ones but offer a good indication on what to expect. A cheaper alternative is Pak' n Save or just ask your flat-mates for their local tips.

### **Clothes**

If you do a quick internet search for the clothing you are thinking of buying in Australia or New Zealand, you will find an indication on what to expect. Keep in mind that there are also cheap supermarkets K-Mart or Warehouse selling clothes as well as outlet stores selling brands at a discount.

### **Nights out**

Costs for going out depend highly on where you go, what and how much you drink. Therefore, we are unable to give you an estimate. You could take your budget from home, add a few additional nights out and you should be fine.

### **Transportation**

Should you have a car at home, think of borrowing it (trustworthy) family members or put it into storage to avoid paying insurance and tax. For your stay in Australia or New Zealand, a car can be quite useful and relatively cheap cars are widely available. When planning to buy a car, do a quick internet search for approximate prices and budget this with an added few hundred Dollars for insurance and registration. When leaving, you might be able to sell the car again which provides you with some welcome funds at the end of your stay. Just calculate the time necessary for making the sale.

When planning on using public transport, do a quick internet search on possibilities on your location. They usually give prices as well. Multiplying it with the number of times you plan to travel gives you an approximation - and there may be passes available that allow you to travel cheaper.

Overall transportation costs should not be much more on what you spend at home - unless you spend nothing. We recommend doing a rough and rather too generous than too small estimate.

### **Rent**

Depending on what you are used to, you might need to budget more generously for rent in Australia or New Zealand than at home. Have a look at our [accommodation page](#) for an indication and keep in mind that rent is paid weekly.

### **Whatever else you spend your money on at home**

Consider snacks, spontaneous purchases, unplanned meetings with friends, trips, hobbies and the like. Plan that budget for Australia and New Zealand as well - or add a bit if you think you are likely to spend more abroad with all the new and exciting things to try.

### 3. Example Budget

The following budget can be seen as a rough estimation of your (maximum) costs based on a shared room. Your actual budget will depend on your personal spending habits, the length of your stay as well as the changes in the exchange rate. One month is defined as 4 weeks because rent is paid per week in Australia and New Zealand.

Budget	Price in \$ USD in Australia	Price in \$ USD in New Zealand
Internship Package	1200\$	1200\$
Accommodation		
- single room	810,- to 1180,- \$/month	750,- \$/month
- shared room	650,- to 825,- \$/month	620,- \$/month
Flight Tickets*	\$1485,-	\$1750,-
Working holiday visa**	\$ 290,-	\$115,-
Health Insurance	\$ 40,-	\$40,-
Food	300,- to 400,- \$/month	200,- to 340,- \$/month
Extra activities (transport, trips...)	940,- to 1350,- \$/3 months	1080,- \$/3months
<b>Total budget in US Dollars based on <u>3 months</u> (incl. internship placement)</b>	<b>Around \$ 8 000,- USD</b>	<b>Around \$ 7100,- USD</b>

*\* Flight tickets costs are quoted as an average return flight from Europe or the US. Depending on the country of your stay, ticket prices can change significantly. Please check with your local booking agent, search the internet or ask us.*

*\*\* This is to most common visa option used by our customers. For other visa options (like student visa or trainee visa), higher costs can apply. The price mentioned is an estimate and depends on the current exchange rate. The visa fee is \$ 270 AUD.*

***Please keep exchange rate fluctuations in mind!***