**Anticipated Budget**

Please complete this budget to assist you in thinking about the expenses associated with the internship and whether this is something you can do financially.

**Expenses**

|  |  |
| --- | --- |
|  | **Expected Expenses** |
| **Travel**Itemize your estimated transportation and commuting expenses (provide documentation for quotes and cost estimates)Relocation* Air Transportation (i.e. CT to NY)
* Mileage (if using own car)

Daily Commute* Mileage (if using own car)
* Ground Transportation (shuttle, bus fare, metro/subway fare, etc.)
 | **Relocation****$****Commute****$** |
| **Living Expenses**Itemize and provide documentation (when applicable) for the cost of your expected living expenses while conducting research. Housing* Rent ($ per month x number of months)
* Utilities ($ per month x number of months)

Food* $ per day x number of days
* For domestic travel, use GSA per diem estimates for your location: <https://www.gsa.gov/travel/plan-book/per-diem-rates/per-diem-rates-lookup>.
* For international travel, use Department of Defense per diem estimates for your location: <https://aoprals.state.gov/web920/per_diem.asp>.
 | **Living Expenses**Rent: $Utilities: $Food: $ |
| **For International Travel (Graduate):** * Ed Abroad Approval ID Registration: see <http://abroad.uconn.edu/education-abroad-travel-registration/> for further instructions.
* Health Insurance
 | **International Travel****$** |
| **Other (please describe)** | **Other****$** |
| **Total Budget** (Sum of all Expected Expenses) | **$** |

**Contributions**

|  |  |
| --- | --- |
|  | **Expected Contributions** |
| **HRI Stipend**Maximum award amount varies based on proposed project activity. Budget requests should not exceed $2,500. | **Amount Requested:****$** |
| **Amount Requested from Other Sources*** Financial Aid
* Awards from External Organizations – if applicable provide documentation for the source and amount of award(s) in your application.
 | **Source/Amount Awarded:** |
| **Family/Self** | **Amount Provided:****$** |
| **Total Expected Contributions** (Sum of all Expected Contributions) | **$** |