



PLAN AHEAD. While many meals and activities are included during your EF Gap Year/Semester, we want to help you build a realistic budget for additional expenses so that you can fully enjoy trying the local cuisine, participating in activities in your free time, and of course shopping (save room in your luggage—trust us, you will accumulate items everywhere you go!).

Please keep in mind: budgets are very personal, and you may spend more or less than the recommended amount based on various factors. Are you someone who can shop 'til they drop? A foodie who loves to eat at all the trending restaurants? Planning to do a lot of weekend travel in your free time? Budget a little more! Are you a budgeting pro? You may not spend all that you have put aside for your budget and that's okay—more for later!

Whatever your personal spending habits are, please budget accordingly—well in advance of departure—so that you can travel care-free with more time to enjoy participating in your program!

IT'S ALL UP TO YOU!

Keep in mind that everyone's budget is different, and this is just a comfortable recommendation for the necessities, souvenirs, and a safety net. You may spend more or less depending on your spending habits, so please budget accordingly!

Budgeting Tips by Module

ORIENTATION

Orientation will take place at our EF Campus in Tarrytown, New York. All meals will be provided here. We will spend our time at orientation going over important program details, and getting to know each other and your cohort—who will quickly become your travel family! If you'd like to have some money on-hand just in case that is great, but you won't really need to budget anything for these first few days!

EUROPEAN IMMERSION TOUR

- Budget: \$250-\$600 per week
- 14 days/ 2 weeks (year + semester)
- Meals included: 45%

We recommend a budget of roughly \$40-\$100 per day. Breakfast is included daily as well as 1 dinner in each city. Lunch occurs during free time so students will have the flexibility to purchase their own lunch and explore the local cuisine! Aside from lunch, past students have felt the \$40-\$100 per day budget is comfortable for any free-time activities they want to participate in or shopping they would like to do.

*All amounts are noted in US dollars (USD) for budgeting purposes, but remember you will need to convert to local currency when you get to each destination.

Budgeting Guide



LANGUAGE STUDY

- Budget: \$100-\$200 per week
- 42 days/6 weeks (year), 28 days/4 weeks (semester)
- Meals included: 75%

During language Study, host families will provide:

Weekdays: Breakfast and dinner daily

Weekends: Breakfast, light lunch, dinner

Students will be responsible for weekday lunches and their own snacks. It is important to remember that meals abroad are very different from the standard American meal. Specifically, portions are smaller than what we are used to in the United States. You know your appetite best, so if you feel you will want snacks, please be sure to budget accordingly. You will be able to store your snacks in a designated area in your host family's kitchen.

Transportation to/from school is included, aside from just the first day when the student will need to purchase a one-way metro pass to get to the language campus where they will pick up their metro card (with the exception of Costa Rica where they will be picked up by bus).

It is typical to be charged for WiFi and laundry use, so we have considered this in the suggested budget.

For language, we recommend a budget of about \$100-\$200 a week.

If you've requested to live in the dorms, please email our Student Experience team at support@efgapyear.com to review meal plan options and costs.

SERVICE LEARNING

- Budget: \$200-\$400 per week
- 42 days/6 weeks (year), 28 days/4 weeks (semester)
- Meals included: 80%

There are two parts to the Service Learning modules: projects and touring.

During service projects (50% of the module), breakfast, lunch, and dinner are all included. You can budget for snacks and extras.

During service learning touring (50% of the module), breakfast is included daily and 1 dinner in each city. Lunch daily and all other dinners occur during free time so you can explore the local cuisine!

AUSTRALIA/NEW ZEALAND IMMERSION TOUR

(Gap Year program only)

- Budget: \$250-\$600 per week
- 21 days/3 weeks
- Meals included: 45%

We recommend a budget of roughly \$40-\$100 per day. Breakfast is included daily as well as 1 dinner in each city. Lunch occurs during free time so students will have the flexibility to purchase their own lunch and explore the local cuisine! Aside from lunch, past students have felt the \$40-\$100 per day budget is comfortable for any free time activities they want to participate in or shopping they would like to do.

INTERNSHIP

- Budget: \$200-\$500/week
- 6 weeks (year); 4 weeks (semester)
- Meals included: 0%

This is the most independent module of the program. Typically, students spend their money mostly on groceries or eating out for breakfast, lunch, and dinner as no meals are included during this module in order for students to fully experience independent living in their apartments. Past students felt like they spent about \$100-\$200 weekly on food depending on how much they ate out at restaurants or budgeted for groceries. Free time activities outside of internship hours (weekend travel, museums, shopping, etc.) are considered in the overall budget.

EMERGENCIES

- Year: \$250
- Semester: \$100

It's always best to set aside a small portion of your spending money while you are on-program to cover unexpected or emergency expenses. When you are headed to a remote location, consider withdrawing cash from an ATM advance in the local currency.

Budgets are very personal, so it's up to the student ultimately to determine how much they think they will spend based on what they want to participate in and how much they think they will eat.

*All amounts are noted in US dollars (USD) for budgeting purposes, but remember you will need to convert to local currency when you get to each destination.