



# Budgeting during your time abroad How to become financially resilient

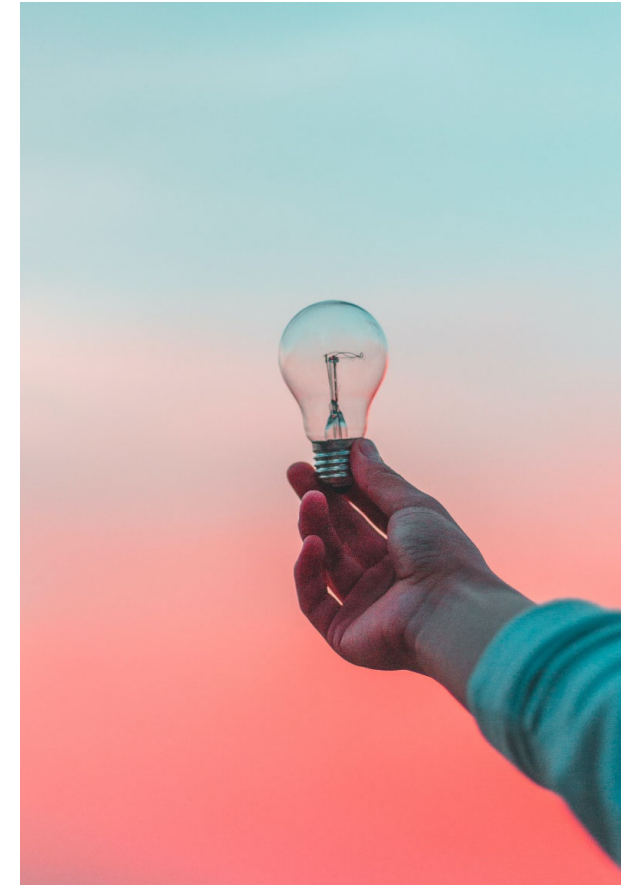
Romy van Keppel & Carine de Wilde



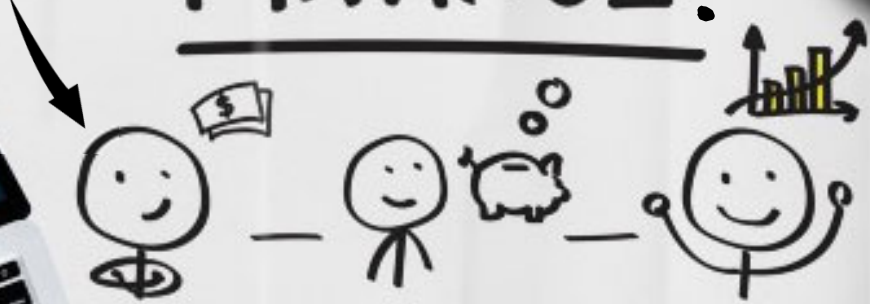
Universiteit  
Leiden  
The Netherlands

# Getting to know each other

1. I am an international student
2. I know exactly how to set up a budget
3. I know exactly what my income is
4. I know exactly what I spend per month
5. I am not really sure what my fixed monthly costs are
6. I think of myself as very financially resilient
7. Sometimes the month is longer than my budget ;-)



WHY talk about  
**FINANCE?**



# **The Gift...**



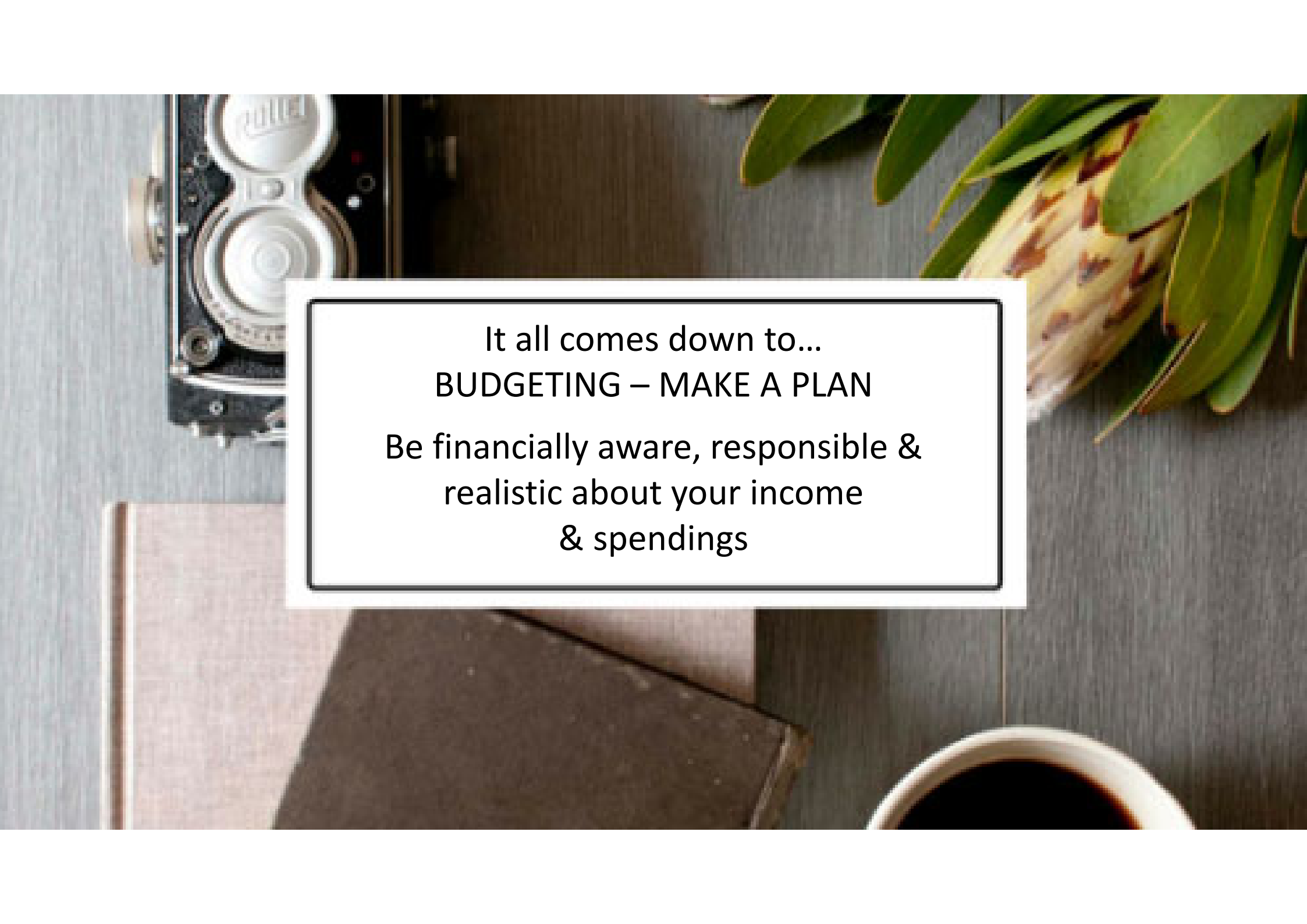
**So, what is financial literacy?**

**Budgeting**

**Surprise...**

**What is financial resilience**



A top-down view of a wooden desk. In the upper left, there is a Rollei camera with its lens cap removed. In the lower left, there is a notebook with a brown cover. In the lower right, there is a white cup filled with dark coffee. In the upper right, there is a corn cob with green husks. A white rectangular box with a black border is centered on the desk, containing text.

It all comes down to...  
**BUDGETING – MAKE A PLAN**  
Be financially aware, responsible &  
realistic about your income  
& spendings

# Income

Income (in euro)	Monthly	Once-only	Total
Benefits (housing allowance, healthcare allowance, etc.)			
Student finance			
Student loan			
Public Transit card (OV)			
Sublet your room (if legally permitted)			
Savings			
Family contribution			
Grants and scholarships			
Other income			
<b>Total</b>			

# My expected Expenses per month

## Housing

- o Rent
- o Utilities (like electricity & gas)
- o Internet
- o Other housing expenses

## Food

- o Groceries& household supplies
- o Meals out
- o Other food expenses

## Travel

- o Travel costs (to your host country and back)
- o Visa fee
- o Travel insurance
- o Public transportation and uber/taxi costs
- o Other travel expenses

## Health

- o Medicine
- o Health insurance
- o Doctors' appointments
- o Other health expenses

## Personal

- o Clothing & shoes
- o Laundry
- o Social activities and trips (e.g. festivals/movies/parties/trips)
- o Liability insurance
- o Other personal expenses

## Other

- o Cell phone, telephone plan or prepaid card
- o Gym membership
- o Spotify & iTunes membership
- o Magazines/newspapers
- o Other expenses

## Academic

- o Home university's tuition fee
- o Books, supplies
- o Academic fees
- o Other academic expenses

**TOTAL MONTHLY EXPENSES = ?**



# Pre-made budget Valencia

INKOMSTEN / INCOME	Per maand / Per month	aantal maanden / number of months	Totaal / Total:	UITGAVEN / COSTS	Per maand / Per month	aantal maanden / number of months	Totaal / Total:
Basisbeurs/Basic grant DUO:	€ 250,00	5	€ 1.250,00	Huisvesting/Housing:	€ 400,00	5	€ 2.000,00
Aanvullende beurs/Supplementary grant DUO:	€ 250,00	5	€ 1.250,00	Levensonderhoud/Living expenses:	€ 250,00	5	€ 1.250,00
Studielening/Study loan DUO:	€ -		€ -	Collegegeld/Tuition fees:	€ 253,00	5	€ 1.265,00
OV-vergoeding/Reimbursement for Student travel product DUO:	€ 85,00	5	€ 425,00	Studiekosten/Study costs:	€ -		€ -
Collegegeldkrediet/Tuition fee loan DUO:	€ -		€ -	Ziektekostenverzekering/Health insurance:	€ 100,00	5	€ 500,00
Zorgtoeslag/Health care allowance:	€ 80,00	1	€ 80,00	Reisverzekering/Travel insurance:	€ 40,00	5	€ 200,00
Huurtoeslag/Rent allowance:	€ -		€ -	Overige verzekeringen/Other insurances:	€ -		€ -
Overige toeslagen/Other benefits:	€ -		€ -	Reiskosten/Travel costs:	€ 200,00	2	€ 400,00
Bijdrage ouders/Contribution parents:	€ -		€ -	Lokale reiskosten/Local travel costs:	€ 30,00	5	€ 150,00
Inkomen uit werk/Income from work:	€ -		€ -	Visum/Visa:	€ -		€ -
Spaargeld/Savings:	€ -		€ -	Inentingen/Vaccinations:	€ -		€ -
Beurzen/Grants/Scholarships:	€ 330,00	5	€ 1.650,00	Abonnementen/Subscriptions:	€ -		€ -
Onderhuur/Sublease:	€ -		€ -	Telefoon/Telephone:	€ 50,00	5	€ 250,00
Stagevergoeding/Compensation from internship:	€ -		€ -	Overig/Other:	€ -		€ -
Overige/Other:	€ -		€ -	<b>Subtotaal/Subtotal:</b>	€ 1.323,00		€ 6.015,00
				Onvoorzien/Unforeseen costs (5%):			€ 300,75
<b>Totale inkomsten/Total income:</b>	€ 995,00		€ 4.655,00	<b>Totale uitgaven/Total costs:</b>	€ 2.646,00		€ 6.315,75
<b>Begrotingstekort/Budget deficit:</b>			€ -1.660,75				

# Pre-made budget Oslo

	Per maand / Per month	aantal maand number of mo.	Totaal / Total:		Per maand / Per month	aantal maand number of mo.	Totaal / Total:
<b>INKOMSTEN / INCOME</b>				<b>UITGAVEN / COSTS</b>			
Basisbeurs/Basic grant DUO:	€ 250,00	5	€ 1.250,00	Huisvesting/Housing:	€ 600,00	5	€ 3.000,00
Aanvullende beurs/Supplementary grant DUO:	€ 250,00	5	€ 1.250,00	Levensonderhoud/Living expenses:	€ 450,00	5	€ 2.250,00
Studielening/Study loan DUO:	€ -		€ -	Collegegeld/Tuition fees:	€ 253,00	5	€ 1.265,00
OV-vergoeding/Reimbursement for Student travel product DUO:	€ 85,00	5	€ 425,00	Studiekosten/Study costs:	€ -		€ -
Collegegeldkrediet/Tuition fee loan DUO:	€ -		€ -	Ziektekostenverzekering/Health insurance:	€ 100,00	5	€ 500,00
Zorgtoeslag/Health care allowance:	€ 80,00	1	€ 80,00	Reisverzekering/Travel insurance:	€ 40,00	5	€ 200,00
Huurtoeslag/Rent allowance:	€ -		€ -	Overige verzekeringen/Other insurances:	€ -		€ -
Overige toeslagen/Other benefits:	€ -		€ -	Reiskosten/Travel costs:	€ 300,00	2	€ 600,00
Bijdrage ouders/Contribution parents:	€ -		€ -	Lokale reiskosten/Local travel costs:	€ 75,00	5	€ 375,00
Inkomen uit werk/Income from work:	€ -		€ -	Visum/Visa:	€ -		€ -
Spaargeld/Savings:	€ -		€ -	Inenting/Vaccinations:	€ -		€ -
Beurzen/Grants/Scholarships:	€ 390,00	5	€ 1.950,00	Abonnementen/Subscriptions:	€ -		€ -
Onderhuur/Sublease:	€ -		€ -	Telefoon/Telephone:	€ 50,00	5	€ 250,00
Stagevergoeding/Compensation from internship:	€ -		€ -	Overig/Other:	€ -		€ -
Overige/Other:	€ -		€ -	<b>Subtotaal/Subtotal:</b>	€ 1.868,00		€ 8.440,00
				Onvoorzien/Unforeseen costs (5%):			€ 422,00
<b>Totale inkomsten/Total income:</b>	€ 1.055,00		€ 4.955,00	<b>Totale uitgaven/Total costs:</b>	€ 3.736,00		€ 8.862,00
<b>Begrotingstekort/Budget deficit:</b>			€ -3.907,00				

## Slide 10

---

**BRd(0**

Hier lijkt me de prijs voor huisvesting ook wel erg hoog. Uit student reports lees ik tussen 400 en 600 euro. En geen kosten voor studiemateriaal.

Bree, R.E. de (Rianne); 2023-09-13T13:59:43.057

*expect the*  
**UNEXPECTED**  
with your Finances

Be ready so you  
don't have to  
get ready!





Let's talk  
about  
financial  
resilience

**Prepare!**

**Start working to improve  
your financial situation**



Practice!

Practice makes perfect...



Eh#p lggixo

Dvhwv#vkwdrq# #  
h{ saruh#rαwlrqv







# Prioritize!

Start with basic plan &  
make a plan



Eh#surdfwlyh

Wdnh#d#krög#r i#  
| rxu#v#wxdwlrq

# Reflect & Learn



Be your own financial hero!