

Sample Six-Month Accompanier Budget

Estimated Expenses Covered by the Accompanier

Transportation to GAP training ¹	\$200-400
GAP training fee ²	\$1200
Pre-departure medical exam	\$0-75
Language school, if needed (max. 6 weeks)	\$0-900
Administration costs in Guatemala ³	\$100
Personal emergency medical fund ⁴	\$100
6 months in-country expenses such as food, lodging, transportation ⁵	\$1,800
6-months travel insurance ⁶	\$50-100
Airfare to Guatemala	\$50 ⁷ -700
TOTAL EXPENSES	\$3,500-5,375

Stipend Provided by NISGUA Sponsoring Community

Paid at a rate of \$530/month⁸

TOTAL INCOME **\$3180**

FUNDRAISING GOAL **\$320 - \$2,195⁹**

¹ All trainees submit travel costs to a travel “pool” so that each person spends an equal amount in order to travel to training, regardless of their location in the U.S. Travels costs submitted by trainees must be capped at \$500. Final average cost can vary but generally falls within this range.

² Sliding scale is available upon request via application for poor/working class participants.

³ Includes ACOGUATE training administration costs, such as photocopies, immigration fees.

⁴ Self-administered fund in case of extraordinary medical costs, such as private doctors or costly exams. If this is fundraised and not used, this should be donated back to the Sponsoring Community and/or NISGUA.

⁵ This amount is based on expenditures of past accompaniers for basic food, lodging and transportation. We discuss details and money management strategies during training.

⁶ Travel insurance (which provides for emergency medical and dental benefits) while accompaniers are in language school is not included in this calculation. Travel insurance vary according to age and state of residence. Allianz Global Assistance can be helpful for quotes: <https://www.allianztravelinsurance.com/get-quote>

⁷ Estimated taxes if paid for with miles.

⁸ In addition, Sponsoring Communities pay \$200 per month to NISGUA to support program expenses.

⁹ Accompaniers are encouraged to fundraise 10% beyond their goal to support their Sponsoring Community and NISGUA.