

(Español en la siguiente hoja)

Sample Six-Month Accompanier Budget

This is an approximation of the expenses that Internacionalistas may spend. Every Internacionalista will be matched with a Sponsoring Community and will receive a monthly stipend. The amount we recommend and support you to fundraise is the difference between the total expenses and the Sponsoring Communities stipend.

Estimated Expenses

Transportation to GAP training ¹	\$300-700*
GAP training fee ²	\$0-500
Pre-departure medical exam	\$0-75
Personal emergency medical fund ³	\$300*
6 months in-country expenses such as food, lodging, transportation ⁴	\$1800- 3000
6 months travel insurance ⁵	\$100-150
Airfare to and from Guatemala	\$300-700
TOTAL EXPENSES	\$2875 -5475

Stipend Provided by NISGUA Sponsoring Community

Paid at a rate of	\$530/month
TOTAL STIPEND	\$3230

Total expenses - Sponsoring community stipend= Fundraising goal of **\$350-2600**

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. Travel costs submitted by trainees must be capped at \$500. Final average cost can vary but generally falls within this range. Travel pool is optional and needs a consensus from the whole participants.

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

³ Self-administered funds in case of extraordinary medical costs, such as private doctors or costly exams.

⁴ This amount is based on expenditures of past volunteers for basic food, lodging and transportation. We discuss details and money management strategies during training.

⁵ Travel insurance varies according to age and state of residence. Allianz Global Assistance can be helpful for quotes: <https://www.allianztravelinsurance.com/get-quote>

⁶ Language school, which may be necessary for a candidate to reach Spanish proficiency, is not included.