



Health Studies in Belize June 4 – June 18, 2023

Pre-Departure On-Campus Meetings: TBD

This study abroad program is coordinated by the Northern Illinois University Study Abroad Office (SAO), in cooperation with the NIU College of Health and Human Sciences and the School of Health Studies.

PROGRAM DATES: The program will officially begin on the NIU campus once the group of participants has been determined and will end after the Belize component on Sunday, June 18, 2023. The first on-campus mandatory meeting will be held in Wirtz 209A with introductory sessions preparing the participants for travel to Belize, course assignments and familiarizing them with cultural issues, the health care system, and format of the program. Prior to the first meeting of the group, email communication to finalize the group of students participating will take place. The overseas component of the program will officially begin with departure from O'Hare airport on Sunday, June 4, 2023. Air travel arrangements will be decided on as a group and students will make their own reservations so that the group arrives in country at the same time.

PROGRAM DIRECTOR: Jeanne M. Isabel, EdD, MLS, SH (ASCP) Chair, School of Health Studies (SHS) of NIU's College of Health and Human Sciences will serve as the program director. Professor Isabel has taught courses in Medical Laboratory Sciences for the past 30 years and is the Chair of the NIU School of Health Studies. She has lived and/or consulted in Somalia, Kenya, Swaziland, Namibia, Nigeria, Turkey, Ukraine, Bangladesh and most recently Belize. She was a member of an International Biomedical Laboratory Science Council for six years.

PROGRAM OVERVIEW/OBJECTIVES: This program offered by the College of Health and Human Sciences, is an opportunity for students to experience firsthand the impact of education and international health. The program is open to anyone with an interest in this area. Students will have an opportunity to provide healthcare services and education in a community setting, assist with Dr. Isabel's research project on prediabetes, and learn about herbal medicine available in Belize.

The goals of this course include:

1. Provide health services to local residents.
2. Gain insight to the culture of Belize through host families
3. Learn about natural healing and Herbal medicine used in Belize
4. Connect with students from other disciplines and Youth for World Peace students.

The specific objectives of the program are for participating students to:

- Keep a journal of daily events.
- Produce an educational poster
- Interact with healthcare professionals from Belize
- Provide assistance with research on prediabetes
- Network with students from different backgrounds.

PROGRAM SITE: Most of the program activities will take place in Belmopan, Belize the nation's capital. There will also be travel to cities in the southern and western part of Belize. A trip to the island Caye Caulker will take place at the end of the program. Belize lies on the eastern coastline of Central America, bordered on the north by Mexico, on the west and south by Guatemala, and on the east by the Caribbean Sea. The University of Belize is the only public university in the Central American nation of Belize, where English is the national language and medium of instruction. An orientation session including an introduction to the history of the country will be given the first day in country. Native English speakers traveling to Belize will have no problem communicating, as the official language is English. Spanish is also widely spoken, especially in the North and West of Belize. Most Belizeans can understand Creole as well.



HIGHLIGHTS: Participants will reside with host families and work with healthcare professionals. Participants will have the opportunity to experience the use of herbal medicine and will be introduced to tropical fruit such as soursop with possible anti-diabetic properties. Weekend activities will include cultural immersion and adventures unique to Belize. Assistance with a research project for prediabetes will take place in the community.

PROGRAM AUDIENCE: This study abroad program is intended for NIU students in undergraduate or graduate studies in the College of Health and Human Sciences. Students from other colleges are welcome to apply. This program fulfills the growing importance of student awareness of international health and is open to anyone with an interest in health careers. Students will have an opportunity to learn firsthand about the health care system and health issues in Belize.



INSTRUCTION METHOD: Professor Jeanne Isabel will serve as instructor for the course. The course will include writing assignments and poster presentation preparation. Students are expected to attend the preparatory sessions at NIU and will participate in all activities during the overseas program.

If you need an accommodation for this class, please contact the Disability Resource Center as soon as possible. The DRC coordinates accommodations for students with disabilities. It is

located on the fourth floor of the Health Services Building, and can be reached at 815-753-1303 or drc@niu.edu.

Also, please contact Professor Isabel privately as soon as possible so you can discuss your accommodations. Please note that you will not be required to disclose your disability, only your accommodations. The sooner you let Professor Isabel know your needs, the sooner she can assist you in achieving your learning goals in this course.

Academic Integrity: Northern Illinois University is a learning community. Consistent with the mission and purpose the University seeks to foster within its whole community, it is expected that academic honesty and integrity guide the actions of all its members. It is the responsibility of every person in the academic community – faculty members, students and administrators – to ensure that academic dishonesty is not tolerated. See plagiarism policy for additional information. <https://www.niu.edu/academic-integrity/students/plagiarism/index.shtml>

Student Assessment

Assessments: Participants will complete the following before, during, and after the program:

a. Preparation meetings before the program (5%)

Reading assignments will serve as preparation for the overseas component and will be distributed at the preliminary meeting. The student will identify preparations needed to travel to Belize and identify a healthcare topic of interest related to tropical medicine.

b. Completion of the program activities (50%)

Participants will be required to complete all the program activities, unless they have a medical condition that would prevent the participation. Students will interact with the health professional to which he/she is assigned during the professional week.

c. Daily journal (10%)

All participants will complete a daily journal during their travel experience with text and photos.

d. Presentation (15%)

Poster presentations will be prepared to be given during the community service project. A presentation may also be prepared for a course or professional meeting.

e. Written Assignment (10%)

Complete a paper relating your discoveries during this experience and what you learned about your selected health care discipline.

f. Professional conduct (10%)

Participants are expected to dress conservatively and respect the program director's decisions on program activities. Participants must have proper attire for clinical placement sites and conduct themselves professionally before, during, and after the program towards peers, collaborators, and people they meet in general. As there are cultural differences that not all participants may be aware of, no deduction will be exercised if a participant(s) readily modifies his/her conduct after being reminded.

Grading Policy:

A	= 93-100%	C+	= 77 – 79.99%
A-	= 90 – 92.99%	C	= 70 – 76.99%
B+	= 87 – 89.99%	D	=60.0-69.9%
B	= 83 – 86.99%	F	= <59.99%
B-	= 80 – 82.99%		

All Program Requirements Must Be Completed by August 1, 2023

Grading rubric

	Points available	Break down of points			Points given and specific comments
Pre-program meetings	5	All=5	Missed 1 =4	Missed 2=3	
Completion of the program activities	50	All = 50	Missed 1=45	Missed >1=40	
Poster & Presentation	15	Good information=15	Average information=10	Minimal information=5	
Program Reflection	10	Exceptional=10 Thoughtful , clear and no grammar errors	Above average=8 Thoughtful, somewhat clear and some grammar errors	Average=6 Lack of thoughtfulness and grammar errors.	
Daily journal and power point presentation	10	Exceptional=10 Great presentation	Above average=8 Some need for improvement	Average=6 Lack of professionalism	
Professional conduct	10	At all times=10	Most of the time =8		
Total	100	Student Name:			

Pre-travel assignments: Reading assignments will serve as preparation for the overseas component and will be distributed at the preliminary meeting.

The student will:

1. Identify preparations needed to travel to Belize.
2. Identify items needed while in country.
3. Identify a healthcare topic of interest related to health issues in Belize.
4. Develop a professional poster to give to the Youth for World Peace Organization.

Post-travel assignment: Submission of written assignment highlighting journal entries.

Undergraduate Course Requirements:

1. Complete a daily journal of their travel experiences.

2. Complete an essay on the travel experience and how it relates to the selected health care topic.
3. Participate in preparation of a poster and possible presentation to be given at a designated time.

Graduate Course Requirements:

1. Complete a daily journal of their travel experiences.
2. Present poster to community members of the service village.
3. Prepare a presentation on selected health care issues in Belize to be held in a public forum.

PROGRAM ACADEMIC CREDIT: For satisfactory participation in the program, participants will receive 3 semester hours of undergraduate or graduate credit. Professor Isabel will review all applications and credit choices. Students will be enrolled during the summer session of the program year. **Applicants must participate in the *entire* program and satisfy NIU undergraduate or graduate level admission and course requirements.**

HONORS CREDIT: Qualified students may also elect to receive Honors credit for any study abroad course(s) with the approval of the NIU faculty or instructor responsible for the course. For more information, please contact the University Honors Office.

UNDERGRADUATE CREDIT

HLTH 494 Independent Study in Health Studies	3 semester hours
<p>Description: Independent study and research in special areas of health studies. May be repeated to a maximum of 6 semester hours when subject varies. Undergraduate students enrolled in programs of study in the College of Health and Human Sciences may apply.</p> <p>Pre-requisite: Consent of school.</p>	

GRADUATE CREDIT

HLTH 697 Independent Study in Health Studies	3 semester hours
<p>Description: Independent pursuit of advanced problems in health studies of special concern to qualified graduate students.</p> <p>Pre-requisite: Consent of school.</p>	

MANDATORY PRE-ADMISSION INTERVIEW: Prior to acceptance to the program, all applicants will be required to schedule an interview with Professor Isabel in her office in Wirtz 209A. Upon completion of the interview, Professor Isabel will notify the Study Abroad Office that this requirement has been met.

APPLICATION PROCEDURES: The program is open to undergraduate and graduate students who meet the NIU general admission requirements, and who are interested in International Health studies. Applicants must meet College of Health and Human Sciences GPA requirements and be interviewed by the program director. Graduate level students must also meet NIU Graduate School admission and

GPA requirements. Graduate students who are not currently enrolled in the NIU Graduate School will be admitted as student-at-large.

Students must be in good academic and disciplinary standing at the time of application. Students who are on academic or disciplinary probation are not eligible to participate in study abroad programs. **Applicants must participate in the *entire* program and satisfy NIU undergraduate or graduate admission and course requirements.**

NIU students cannot have any encumbrances against their NIU records. Any encumbrances placed on a student's records by NIU (i.e., Undergraduate Admissions, Graduate School, Bursar's Office, Accounts Receivable, Registration and Records, Office of Student Conduct, Health Services, Parking Services, etc.) must be cleared before a student can be granted admission to a study abroad program.

ADMISSION PROCEDURES: For any student to be admitted into a study abroad program, an applicant's transcript must be on file with the NIU Study Abroad Office.

Students who are currently enrolled at NIU, or who have previously enrolled at NIU, do not need to request an official transcript; SAO will make this request on behalf of the applicant.

Non-NIU Students: Non-NIU Students who want to participate in the program and earn academic credit from NIU, who have not previously enrolled at NIU, should send a copy of their transcript (official or unofficial) as soon as possible to the SAO.

Students can send transcripts to the SAO via email to niuabroad@niu.edu, fax a copy to (815) 753-0825, or mail or hand-deliver a copy of their transcript to the following address:

Northern Illinois University
Study Abroad Office
Williston Hall 417
DeKalb, IL 60115

PROGRAM APPLICATION: Click [Health Studies in Belize](#) or visit the NIU Study Abroad Office website at <https://niu.study-abroad.com> (and search for "Belize" or the *Health Studies in Belize* program) to begin the online application process for this program. The online process provides guidance on requesting information, advising, or applying for the program. More detailed instructions can be found on the <https://niu.studioabroad.com> website or by contacting the Study Abroad Office at (815) 753-0700 or niuabroad@niu.edu.

\$100 APPLICATION FEE: A \$100 application fee is required of all applicants. The \$100 will be charged to upon completion of the Application Fee and Commitment Deposit form in Study Abroad Portal. The fee will be applied to the total balance of the program cost. This fee of \$100 is non-refundable. The \$100 application fee will be charged to NIU students' NIU Bursar's account. (Checks and money orders cannot be accepted from NIU students.) Non-NIU students must submit a check or money order in the amount of \$100. More detailed instructions can be found on the website.

IMPORTANT – All applications will be categorized as “Pending” until the \$100 application fee has been posted (or, in the case of non-NIU students, once a check has been received). The Study Abroad Office will not consider or process applications without the \$100 application fee. In order to reserve your place in the program you must submit the \$100 fee within 14 days of application. After 14 days, applicants who have not completed the Application Fee Form on the Portal will be changed to a status of “Inactive.”

\$200 COMMITMENT DEPOSIT: Once a student has been accepted to a program, they will need to change their status to “Committed” to confirm their place on the program. When a student confirms their place, they will be charged a \$200 Commitment Deposit, which will be applied to the balance of the program cost. This deposit is refundable up until the application/withdrawal deadline (see box below). Past this date, the commitment deposit will become non-refundable. Further details can be found within the application.

**APPLICATION DEADLINE:
March 1, 2023**

Please read the following carefully:

Space in this program is limited, so early application is recommended.

Upon acceptance into the program, applicants must change their status to “Committed” and complete *all* post-decisions items on the Study Abroad Portal in order to be considered an active participant and reserve their place in the program.

Accepted applicants who have not changed their status to “Committed” will be withdrawn from the program.

ACCOMMODATIONS AND MEALS: Participants will reside in hotel and host family residences in rooms with single or twin beds and will be provided breakfast and dinner meals daily throughout the period of residency. Lunch meals will be decided on as a group.

AIR TRANSPORTATION: Airfare is not included in the program cost. Information regarding flight numbers, dates and times will be provided by Professor Isabel so that students can book their ticket on the same flight if they so choose. Travel insurance is **STRONGLY** recommended.

For information regarding airfares and airlines students may wish to checkout additional airfare sites on the Internet such as STA Travel.

Important - The Study Abroad Office advises all participants that flight reservations for this program should not be booked until all conditions below are met:

- a. After the March 1 application deadline.
- b. The SAO has accepted the minimum number of participants needed to operate this program.
- c. The group has decided on flight arrangements.

This advisory is given so that participants do not find themselves financially responsible for airline tickets should it be necessary to cancel the program. (See section entitled, CANCELLATION OF THE PROGRAM)

LAND TRANSPORTATION: Program-related travel will be provided as part of the NIU program cost.

PASSPORT: --IMPORTANT-- All participants are required to **possess** a valid passport. *Important Note: U.S. passports must be valid SIX months beyond the intended stay overseas.* Individuals who do not currently possess a valid passport should apply for one immediately. Information on acquiring a U.S. passport is available at the U.S. State Department's website: <https://travel.state.gov/content/passports/en/passports.html>. Non-U.S. passport holders may need special visas for travel and are responsible for obtaining all necessary visas.

VISA: A visa is not required for Belize.

NIU INTERNATIONAL TRAVEL INSURANCE PLAN: Students will be enrolled in the NIU International Travel Insurance Plan through ACE. This plan is required for participation in an NIU study abroad program and will be billed to your MyNIU account. It is not possible to waive this mandatory insurance. Coverage will begin two days prior to the program start date and end two days after the official program end date.

HEALTH REQUIREMENTS/VACCINATIONS:

U.S. citizens can travel from the United States to Belize without mandatory quarantine if they test negative for COVID-19. In addition, NIU is complying with host countries requirements for COVID-19 vaccinations for entry. It is the student's responsibility to acquire and provide proof of vaccination if needed at the time of entry into Belize.

While there are no required vaccines for entry to Belize, Hepatitis A, Hepatitis B, Malaria, Rabies, and Typhoid Fever vaccinations are recommended by the Center for Disease Control for students traveling on [Study Abroad programs](#) and [Health Information for Travelers to Belize](#).

Students should also seek advisement from the [DeKalb County Health Department \(DCHD\)](#) for immunization and travel health information. The DCHD can administer most immunizations. Contact the DCHD at least eight weeks before the program begins to allow time for immunizations to take effect. Some vaccines need to be given over a period of months, so participants in this program must START EARLY!

Also, students should plan to wear long sleeve shirts and pants and wear insect repellents to minimize the opportunities of contracting mosquito-borne diseases, such as Zika virus.

NIU PROGRAM COST: The program cost covers the following:

- 1) Host family and Hotel accommodations and some meals while the group is in Belize.
- 2) Program-related land transportation in Belize.
- 3) Admission fees to program-related cultural and historical sites visited as part of the daily schedule.
- 4) NIU undergraduate or graduate credit.
- 5) NIU International Travel Insurance.

PROGRAM COST: \$ 3,795.00

HOW YOUR CHARGES WILL LOOK ON YOUR MyNIU ACCOUNT: The following charges will post individually on your MyNIU account. The total of these two charges (in addition to the study abroad program application fee at time of application) will equal the total program cost.

- Study Abroad Program Charge
- Instructional Cost

ADDITIONAL FEE – Academic Program Enhancement Fee: The NIU Academic Program Enhancement Fee is in addition to the study abroad program cost. This fee is charged as follows:

- Undergraduate Credit: 6 hours or less - \$125 or 7 hours or more - \$250
- Graduate Credit - \$22 per hour, caps at 12 hours

All prices quoted are subject to change. The information contained in the program documents and forms is presented in good faith and is believed to be correct as of the date presented. Northern Illinois University reserves the right to amend, modify, revise, or delete any information appearing in these documents, including but not limited to the cost of the program.

Non-NIU students should consult with their home institutions regarding additional costs that may apply to study abroad. Non-NIU students are responsible for any study abroad charges imposed by their home institution.

ADDITIONAL COSTS TO PARTICIPANTS: Several costs are not included in the program cost that is cited above. Other expenses that will be incurred by the participants include:

- Round-trip airfare
- Cost of acquiring a passport (approximately \$140, including passport photos)
- \$10 Student-at-Large application fee for graduate-level students.
- Lunch and meals during free time pursuits
- Entrance fees for free-time pursuits
- Purchases of a personal nature
- COVID-19 tests before arrival and departure (if needed)
- Quarantine for students testing positive with COVID-19 (if needed)

The amount of spending money recommended by past participants ranges from \$25-\$50 per day, depending on an individual's spending habits.

NIU TUDENT-AT-LARGE APPLICATION FEES (applies to non-NIU students only):

There is a \$10 Student-at-Large application fee for graduate-level students applying to NIU for the first time. If you are currently enrolled at NIU as a degree-seeking student, you are not required to submit this payment.

If you are applying to NIU for the first time you will be provided with a link on the Study Abroad Portal that will guide you to the online NIU Undergraduate Application or the Student-at-Large Application. During the online application process you will be asked to pay the application fee by credit card or check.

FINANCIAL AID: As a participant in a study abroad program through NIU, you may be eligible for grants, loans, or your privately awarded scholarship with consent of awarding organization. Tuition waivers do not apply.

If you are an NIU student and plan to apply for aid or loans to supplement this study abroad program you must contact the NIU Financial Aid and Scholarship Office in Swen Parson 245, (815) 753-1395 to discuss your current aid package and what you might be eligible for during the Summer term. Questions regarding the program budget can be directed to the International Affairs business manager, Barbara Stark, bstark@niu.edu or (815) 753-9530.

Please visit <http://www.niu.edu/studyabroad/resources/index.shtml> for information on financial resources for study abroad.

There is some scholarship money that can be applied to interested participants. A letter of request and interview must be arranged with the Professor Jeanne, Isabel, Program Director, prior to applying for the program.

WITHDRAWAL FROM THE PROGRAM: Applicants withdrawing from the program after March 1, 2023 will forfeit the \$100 application fee and may be responsible for additional withdrawal penalties.

Applicants withdrawing from the program after this date will be held accountable for any funds obligated to overseas vendors and agents on the applicant's behalf. This provision is in effect even if the applicant has not submitted the \$100 application fee or additional payments, and if the applicant is applying for financial aid.

If the applicant must withdraw after March 1, 2023 for medical reasons, the request must be submitted to the Study Abroad Office in writing and accompanied by a signed statement from a physician on the physician's letterhead stating that the illness is of such a duration or severity that it precludes overseas travel. Withdrawal penalties may still apply.

Withdrawal penalties will be contingent on the following:

- NIU's ability to obtain refunds from overseas vendors and agents.
- The program has the minimum number of participants required to operate.

CANCELLATION OF THE PROGRAM: The Study Abroad Office reserves the right to cancel this program if the minimum required enrollment is not attained. If, prior to the commencement of the program, a U.S. State Department Travel Advisory is issued for Belize, all applicants will be notified promptly of the warning and the possibility of cancellation of the program. If, during the course of the program, a U.S. State Department Travel Advisory is issued for Belize, students will be promptly notified of the warning and the advisability of canceling the program.

**NORTHERN ILLINOIS UNIVERSITY RESERVES THE RIGHT TO ALTER
OR CANCEL THIS PROGRAM AS MAY BE DEEMED NECESSARY!**

TENTATIVE DAILY SCHEDULE*

Pre-Program Meetings on Campus: April and May

Belize Component: June 4 – June 18, 2023

*Subject to change

Date	Location/ Overnight	Description of events
Prior to March 1, 2023	Study Abroad Office Website	Apply online.
April	DU 159	Identify travel plans, confirm itinerary, answer questions, and discuss assignments.
May	DU 159	Readiness for the program.
June 4 Sunday <i>hosts</i>	Chicago/Belize City/Belmopan	Meet at airport at least 2 hrs before flight Arrive Belize City early afternoon, travel to Belmopan. Stop at Belize Zoo on the way to Belmopan Meet host families and settle in.
June 5 Monday <i>hosts</i>	Belmopan/ San Ignacio	Orientation at George Price Center Students will meet with placement supervisors and discuss plans City Tour Travel to Xunantunich Lunch at Hodies Visit Spanish Lookout clinic, Eat Ice cream Travel back to Belmopan/ Discuss process for research study
June 6 Tuesday <i>Hosts</i>	Belmopan	9am-1p Experience at placement sites Lunch at Caladium 2pm Screening at BNE (15 to 20) Garifuna cultural immersion and drumming
June 7 Wednesday <i>Hosts</i>	Belmopan	9am-1p Experience at placement sites Lunch at Pasquales 2pm Screening Builders Hardware/ 4 pm Development Finance Corporation
June 8 Thursday <i>Hosts</i>	Belmopan	9am-1p Experience at placement sites Lunch at Good view restaurant 2pm Screening at Social Security
June 9 Friday Banana Bank <i>Palacios Retreat</i>	Belmopan Belize city	Morning: Horse Back Riding at Banana Bank followed by lunch there Afternoon: Palacios Retreat for herbal hike. Multicultural Herbal Medicine Expo; Soursop Lecture by Barry Palacio Camp Fire
June 10 Saturday <i>Caye Caulker</i>	Belize city Caye Caulker	Breakfast at Palacios Cacao Tour Travel to Belize City water taxi to Caye Caulker Visit Caye Caulker Overnight at Jans Hotel
June 11 Sunday <i>Caye Caulker</i>	Caye Caulker	Breakfast at Amor Cafe Sailing and snorkeling 2 nd night at Jans Hotel Supper at Amigos

June 12 Monday <i>Hosts</i>	Belmopan	Early breakfast ,wáter taxi to Belize City and travel to Belmopan Garifuna lunch 1-3pm Experience at placement sites
June 13 Tuesday <i>Hosts</i>	Belmopan	9am-1p Experience at placement sites Lunch at Corkers Launch of Camp Confidence Wellness Ambassadors in collaboration with NIU Evening: Children’s Home (Marlas House of Hope) 5pm
June 14 Wednesday <i>Hosts</i>	Belmopan	9am-1p Experience at placement sites Lunch at Caladium 1 pm Screening Western Regional Hospital
June 15 Thursday <i>Hosts</i>	Belmopan	Deep Relaxation Day and Meditation Massage Pedicure/manicure Facial 7pm Good bye party with students, homestays, supervisors
June 16 Friday <i>Biltmore Best Western hotel</i>	Depart Belmopan to Belize City	Take luggage, Belize City: Visit Karl Huessner Hospital Lunch at Birds Isle 2 pm Screening at SMART Shop for souvenirs Supper at Old Belize
June 17 Saturday <i>Biltmore Best Western hotel</i>	Belize city	Breakfast at Biltmore Lunch in Belize City Take Picture at the Sign Evening dinner
June 18 Sunday	Belize City/Chicago	<i>Shuttle to airport</i> Depart Belize City, Arrive Chicago (ORD)



Study Abroad Planning and Cost Estimate

Student Name:
Program Name: Health Studies in Belize
Approx Dates: June 4 - June 18, 2023
Semester Abroad: Summer 2023
Hours: 3



Northern Illinois University

Study Abroad Office

Williston Hall 408

DeKalb, IL 60115

(815) 753-9530

niuabroad@niu.edu

Study Abroad Office Bills to Student's Account

Application Fee/Commitment Deposit	\$300.00
Study Abroad Program Cost	\$3,495.00
	\$3,795.00

NIU Bills to Student's Account

Academic Enhancement Fee	\$125.00
<i>UGRD: < 7 hrs: \$125 or > 7 hrs: \$250</i>	
<i>GRAD: \$22/hour, caps at 12 hrs</i>	
Student to Student Program Fee	\$0.00
<i>Term cost, assessed to all students who register for 12 or more hours</i>	
	\$125.00

Estimated Additional Expenses not billed to Student's Account

Housing	\$0.00
Meals	\$135.00
Roundtrip Airfare	\$800.00
Passport	\$165.00
Books/Supplies	\$150.00
Personal Expenses/Local Transportation	\$285.00
	\$1,535.00

Total Estimated Cost of Program

\$5,455 *Estimate*

Please Note:

This planning and cost estimate is designed for estimating study abroad costs, mandatory fees, housing, and other costs associated with studying abroad and is based on costs specific to this study abroad program.

The "Estimated Additional Expenses not billed to Student's Account" section is based on estimates and addresses basic necessities and conservative personal expenses. This section does not include extracurricular activities or independent travel.

Please note that this budget is an estimate at the time of publication and is subject to change. Costs can fluctuate based on changes in currency exchange rates, tuition and fees increases, airfare, varying personal lifestyles, etc.

Financial Aid: *Financial Aid may be applied to the cost of studying abroad. Please contact the Student Financial Aid Office for more information. Swen Parson 245, (815) 753-1395, finaid@niu.edu*