

2026 Wesleyan Summer Grants Budget Sheet Guide

Overview

All applicants are required to submit a detailed budget outlining the expenses that are directly related to their summer experience. The required budget form provided by the Gordon Career Center is the **only form that can be used**. If another form is submitted, **your application will not be accepted**. If selected to receive funding, you may receive an award that is equal to or less than your request based on the information you provide and available funds.

An applicant's anticipated income (if any) should be less than the total expenses. If your total income is greater than your total expenses, there will not be a deficit and you will be ineligible for funding. Do not inflate your request to appear eligible for funding.

Although the total amount requested by an applicant does not influence the selection process, those applying for funding with a considerable gross income of **over \$5,000 pre-tax** should be mindful.

*Students with a gross income of **\$10,000 or more (pre-tax)** are not eligible for funding.*

As you work on your budget, please remember that this program is intended to **help alleviate costs** associated with pursuing a career-related summer experience. Funding is **not guaranteed to cover all expenses**, though it may do so for some students. The **maximum award is \$5,000**.

Items Not Eligible for Funding

The following areas are not eligible for funding and cannot be included on the budget:

- Purchasing or leasing a vehicle
- Wesleyan University tuition
- Personal cell phone payment
- Payments to individuals – yourself, family members, actors, research participants, etc.
- Healthcare expenses – unless required for the experience (eg, immunizations to enter a country)
- Insurance of any kind
- Non-mandated extracurricular expenses (post-work outings, gym memberships, etc.)
- Programs/courses that are not the primary experience or required by the experience (eg, funding for an online course in addition to an internship)
- Personal expenses deemed unnecessary to completing the experience
- Other discretionary expenses deemed unrelated to the opportunity

How to Fill Out Your Budget Sheet

Applicants will complete the budget by including expenses associated with the experience. Each section of the budget is outlined in this guide. Please read through carefully to understand how to fill out your budget correctly. All expenses listed need to be rounded to the nearest **dollar amount**.

Housing/Rent & Food

**All applicants are required to use the [MIT Living Wage Calculator](#) for domestic experiences or [Expatisitan](#) for abroad experiences.*

Applicants will choose from the provided metro category in the budget to determine their request. A *metro category* groups cities by overall cost of living. Higher-cost cities fall into higher metro categories, while lower-cost cities fall into lower metro categories. Your metro category helps set a reasonable housing budget based on where you will be living and the most commonly accepted cost of living calculators (see below). Each category includes a **maximum** monthly allotment an applicant is allowed to request. You may request less than the maximum but cannot exceed the amount listed in the selected category.

Housing/Rent

- High-cost metros: \$2,100/month maximum
- Moderate-cost metros: \$1,800/month maximum
- Lower-cost metros: \$1,500/month maximum
- Wesleyan University Housing: \$24/day (set rate)

Food

- High-cost metros: \$720/month maximum
- Moderate-cost metros: \$550/month maximum
- Lower-cost metros: \$425/month maximum
- Wesleyan Dining: \$1,650 for 150 swipes (set rate)
- Wesleyan Dining: \$550 for 50 swipes (set rate)

Important: Requests should not exceed the metro maximum. Any requests that exceed these amounts will be automatically reduced during review.

Determining Your Metro Area

Applicants Seeking Funding for Experiences in the U.S.

Use the [MIT Living Wage Calculator](#), a cost-of-living calculator for locations in the United States, to estimate your housing and food budget.

Housing:

1. Search for the U.S. city and state where you will be living this summer in the MIT Living Wage Calculator.
2. Locate the yearly housing cost for 1 adult, 0 children.
3. Divide the yearly housing cost by 12 to calculate your monthly housing cost.
4. Use the monthly housing cost to determine the appropriate metro category.
5. Multiply the monthly housing cost by the number of months you will be living in that location to calculate your total housing request. **You may not request more than the metro maximum, even if local housing costs are higher.**

Example:

- Location: Charleston, SC
- Length of stay: 3 months (summer)
- Yearly housing cost: \$19,351 (1 adult, 0 children)

Calculations:

- $\$19,351 \div 12 \text{ months} = \$1,612.58 \text{ per month} \rightarrow \textit{Moderate Metro}$
- $\$1,613 \times 3 \text{ months} = \mathbf{\$4,839 \text{ total housing request}}$

Food:

- Food costs must use the **same metro category** as housing. You may request **less than the listed maximum**, but you **may not exceed** the amount allowed for that metro category.
- If you **do not have housing costs but do have food costs**, follow the **housing cost steps above** to determine your metro category. Use that metro category **for food costs only**.

Applicants Seeking Funding for Experiences Abroad

Use [Expatistan](#), a cost-of-living calculator for cities outside the United States, to estimate your housing/rent and food budget.

Housing:

1. Search for the city and country where you will be living abroad.
2. Locate the **monthly housing cost** (rent) for a housing option similar to what you expect to use.
3. Use the listed housing cost to determine the appropriate **metro category**.

4. Select the **maximum monthly housing amount** allowed for that metro category. **You may not request more than the metro maximum, even if local housing costs are higher.**
5. Multiply the selected monthly housing amount by the **number of months** you will be living there to calculate your **total housing request.**
6. Double-check that the currency is set to **USD.**

Example:

- Location: London, England
- Length of stay: 3 months (summer)
- Estimated monthly rent: \$2,679 (480 sq. ft. furnished studio)

Calculations:

- Based on the cost of living, select **High-Cost Metro** with a maximum of **\$2,100 per month**
- Even though estimated rent is higher, the request must stay at or below the maximum
- $\$2,100 \times 3 \text{ months} = \mathbf{\$6,300 \text{ total housing request}}$

Food:

- Food costs must use the **same metro category** as housing. You may request **less than the listed maximum**, but you **may not exceed** the amount allowed for that metro category.
- If you **do not have housing costs but do have food costs**, follow the **housing cost steps above** to determine your metro category. Use that metro category **for food costs only.**

Wesleyan University Housing & Dining

Students who will be living on campus will select “Wesleyan University Housing” and do the calculations based on \$24/day. Students can request summer housing from March 1, 2026 – May 1, 2026. [Click here](#) to learn more about summer housing and apply.

Wesleyan Dining has two options to choose from:

1. 150 swipes for \$1,650
2. 50 swipes for \$550

These plans do not cover every meal served. In addition to these dining options, students may also select a stipend of \$75/week to assist with food purchases outside of Wesleyan dining. [Click here](#) to learn more about summer dining and apply.

**Students who qualify for free housing and/or dining and have included these costs in their submitted budget will be contacted directly regarding any necessary updates.*

Travel Expenses

Applicants will choose from the provided dropdowns to determine their request. Select only the transportation methods you expect to use.

- Airfare
- Train Tickets
- Bus Fare/Tickets
- NYC Metro (\$132/month)
- Boston Monthly LinkPass (\$90/month)
- Rental Car
- Mileage (\$.67 per mile)
- Rideshare (ie Uber, Lyft)
- Other Metro (applicant will list and describe)

Program Expenses

Applicants will choose from the provided dropdowns and include their request.

- Program Cost/Tuition (non-Wesleyan)
- Housing Costs (ie dorm)
- Required Books/Supplies

Project/Equipment Expenses

Applicants will list their own requests in this section. Any requests must be specific to the experience at reasonable price points. All listed items will be reviewed, and a final determination will be made regarding their eligibility for funding. **The maximum total request is \$1,000.**

Clothing Attire

Applicants will list their own requests in this section. Any requests must be specific to the experience at reasonable price points. All listed items will be reviewed, and a final determination will be made regarding their eligibility for funding. **The maximum total request is \$500.**

Other Expenses

Applicants will list their own requests in this section. If you believe there are other expenses directly related to your experience that should be considered in your budget, please include them in this section. All listed items will be reviewed, and a final determination will be made regarding their eligibility for funding.

Income

Applicants will choose from the provided dropdown if they have any income associated with the experience. Applicants who will be receiving any income from their experience must include it on the budget sheet. Applicants will list the gross income amount (pre-tax).

- Salary
- Stipend
- Other Wesleyan Funding Received
- Outside Funding Received
- None

**Income will be verified with your employer should you be selected for funding.*

All funding requests must be in US dollars. Please check the exchange rate if you will be located where the US dollar is not used.

Total Request for Funding

The total request for funding is calculated by taking the applicant's Total Summer Expenses and subtracting the Total Income:

$$\text{Total Summer Expenses} - \text{Total Income} = \text{Total Request}$$

If your total request is negative (-) that means your income is greater than your expenses and you are not eligible to receive funding.

As an applicant, your final Total Summer Expenses and/or Total Request for Funding may exceed \$5,000 if all requests listed are specific to the experience. All budgets will be reviewed thoroughly before final award amounts are determined for applicants selected for funding. Remember, funding is **not guaranteed to cover all expenses**, though it may do so for some students. The **maximum award is \$5,000**.

Resources

Applicants should use the following resources when preparing their budget.

Expatistan and the MIT Living Wage Calculator are required for determining cost-of-living and metro categories.

- **Internship Prep Guide** (recommended): Created by the Gordon Career Center, this guide supports students in planning for a successful summer experience. It includes practical advice on budgeting, housing, transportation, and preparing for your first day.
- **Expatistan** (**required for experiences abroad**): A cost-of-living calculator used to determine housing and food costs for international locations.
- **MIT Living Wage Calculator** (**required for experiences in the U.S.**): A cost-of-living calculator used to determine housing and food costs for locations within the United States.

Linking the Budget to Your Application

Please refer to the instructions below for linking your budget to your application and sharing your Google Sheet:

1. Open the sheet and click the Share button.
2. Under "General access," click the dropdown (it might say "Restricted").
3. Select Anyone with the link.
4. Choose the permission level "Editor" from the dropdown.
5. Click Copy link and then Done, then paste the link in the budget section.

Questions?

Email wsg@wesleyan.edu or schedule a [Wesleyan Summer Grant appointment](#).