

HANDOUT 1.2: ACTIVITIES LIST

Select some of the activities to create your budget for the year for Activity 1.1. The amounts are based on approximate national averages.

Gym membership \$500	Language course \$500	Skills/training course \$1,000
Rent \$12,000	Living at home \$0	Phone plan \$800
Groceries (on your own) \$3,000	Groceries (some purchases) \$1,000	Groceries (minimal purchases) \$500
Domestic travel (1 week) \$1,500	International travel (1 week) \$2,000	Extended travel (2 months) \$4,500
Public transit for work and social activities (frequent) \$1,500	Public transit for work and social activities (less frequent) \$750	Gas and car expenses \$750
Entertainment and dining (frequent) \$8,000	Entertainment and dining (occasional) \$4,000	Entertainment and dining (rarely) \$2,000
Part-time job (year round) \$15,000	Full-time job (year round) \$27,000	Volunteering in the community \$0
Summer Internship (3 months) \$6,000	Occasional work (i.e., babysitting, dog walking) \$1,000	FREE CHOICE _____