



## EDUCATION ABROAD BUDGET WORKSHEET

The purpose of this budget is to provide an estimate of how much studying abroad is going to cost. Actual spending may vary.  
Bring this completed worksheet to a meeting with a Student Financial Aid Counselor.

**Education Abroad Program:** Sophia University Exchange (Tokyo, Japan)  
**Program Type:** SU-Exchange **Program Term(s):** Academic Year

### Seattle University Tuition & Fees\*

These costs appear on your MySeattleU bill

|                                    |  | Education Abroad Program | Compared to AY expenses on SU campus |
|------------------------------------|--|--------------------------|--------------------------------------|
| Item                               | Details  | Cost (USD)               | Cost (USD)                           |
| <b>Tuition</b>                     | Students participating in this program for an academic year will be charged <b>2 quarters of Seattle University's flat-rate tuition instead of 3</b> (one quarter of tuition per semester abroad).   | <b>38550</b>             | <b>57825</b>                         |
| <b>Technology Fee</b>              | Whether studying on campus at Seattle University or abroad, students are billed this quarterly fee. The cost listed here represents the combined total fees for Fall, Winter, and Spring Quarters.   | <b>624</b>               | <b>624</b>                           |
| <b>Wellness Fee</b>                | Students are not billed this quarterly fee while studying abroad. The cost listed here represents the combined total fees for Fall, Winter, and Spring Quarters.   | <b>N/A</b>               | <b>516</b>                           |
| <b>Program Fee</b>                 | Education Abroad Program Fees range from \$0-12,000 per term. The cost listed here represents the combined total fees for both Fall and Spring Semesters.  | <b>0</b>                 | <b>N/A</b>                           |
| <b>Global Medical Insurance</b>    | All Education Abroad participants are required to have Global Medical Insurance. For many programs, this cost is already included in the Program Fee. If it is not included, the estimated additional cost provided here covers the program duration, and students will be automatically enrolled in the required coverage and billed accordingly. | <b>550</b>               | <b>N/A</b>                           |
| <b>A. Total Tuition &amp; Fees</b> |  | <b>39724</b>             | <b>58965</b>                         |

### Additional Estimated Expenses

|                             |   | Education Abroad Program | Compared to AY expenses on SU campus |
|-----------------------------|---|--------------------------|--------------------------------------|
| Item                        | Details   | Cost (USD)               | Cost (USD)                           |
| <b>Application Fee</b>      | If applicable, application fees are paid directly to Program Provider or Host University.                         | <b>N/A</b>               | <b>N/A</b>                           |
| <b>Books/Materials</b>      | A good estimate is \$300 per term if information is not provided.   | <b>800</b>               |                                      |
| <b>Housing</b>              | Cost of housing varies by program and housing type.   | <b>5000 - 15000</b>      |                                      |
| <b>Food</b>                 | Cost of food varies by program and personal eating habits.  | <b>4500</b>              |                                      |
| <b>Airfare</b>              | Estimate cost of roundtrip ticket to program location. Search the web or consult a travel agent for actual price. | <b>1200</b>              |                                      |
| <b>Local Transportation</b> | Local transportation could include bus fares, trains, taxis, etc.   | <b>750</b>               |                                      |

This budget is authorized by the Education Abroad Office as a cost estimate.

\*Based on estimated 2025-2026 tuition/fees and subject to change.

|   |   |             |            |
|---|---|-------------|------------|
| <b>Personal Spending</b>                      | Personal spending depends on lifestyle and may include toiletries, clothing, nights out, souvenirs, etc.  | <b>3000</b> |            |
| <b>Passport</b>                               | \$165 for a new passport and \$130 to renew (only if needed). The expiration date must be at least six months after scheduled return from program location. |             | <b>N/A</b> |
| <b>Visa</b>                                   | Cost of visa plus required photos, documents, and/or travel expenses to and from the nearest consulate.   | <b>200</b>  | <b>N/A</b> |
| <b>Emergency funds</b>                        | Recommended to allocate \$500 for emergencies.  | <b>500</b>  | <b>500</b> |
| <b>Other</b>                                  | Please Specify:<br><i>Required Japanese National Health Insurance: \$150-300</i>  |             |            |
| <b>B. Total Estimated Additional Expenses</b> |   |             |            |

### Financial Aid

*These awards are subtracted from your total MySeattleU bill*

|                                     |  | Education Abroad Program | Compared to AY aid on SU campus |
|-------------------------------------|--|--------------------------|---------------------------------|
| Item                                | Details  | Amount (USD)             | Amount (USD)                    |
| <b>Federal &amp; State Aid</b>      | Whether studying on campus at Seattle University or abroad, students will receive <b>3 quarters of Federal &amp; State Aid</b> for the academic year.  |                          |                                 |
| <b>SU Scholarships &amp; Grants</b> | Students participating in this program for the academic year will receive <b>2 quarters of SU aid instead of 3</b> (one quarter's worth of SU aid per semester abroad). To calculate the amount applied to an academic year abroad, multiply the annual SU Aid award by 2/3.   |                          |                                 |
| <b>Additional Aid</b>               | This includes any extra financial assistance students may receive during the academic year on campus or through education abroad scholarships. Since the portability of additional aid for education abroad varies by aid type and program, students should consult Student Financial Services for specific details. |                          |                                 |
| <b>C. Total Financial Aid</b>       |  |                          |                                 |

|   | Education Abroad Program | Compared to AY expenses on SU campus |
|---|--------------------------|--------------------------------------|
| <b>Total Out-of-Pocket Expenses (A + B – C)</b> | <b>D.</b>                | <b>E.</b>                            |

**Difference (D – E)**

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