

Money Guidance for International Students

Saving money and cooking on a budget



Order of Presentation

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Introductions



Budgeting

What do we mean by budgeting and how can it be helpful?

Budgeting is a tool used to help manage your financial ingoings and outgoings, ensuring that you do not overspend to avoid any unwanted stress that this may cause.

Budgeting templates and guides are helpful in having you layout all your spending clearly, allowing you to see where your money goes and if you begin to struggle, it can help pinpoint somethings you could get rid of to help you through a difficult period e.g. cancelling a netflix subscription or your gym membership etc.

Budgeting is a great tool to use whilst at university and is a good habit to start that will continue to help you beyond your time in Higher Education.



Budgeting

Here is an example of a budgeting template you could create -

Income			
	Per Month	Per Semester	Per School Year
Wages			
Money From Home			
Total			
Loan 1			
Loan 2			
Scholarships			
Grants			
Savings			
Subtotals			
Total Available Income:			
Fixed & Flexible Expenses			
Fixed	Per Month	Per Semester	Per School Year
Rent			
Auto Payment			
Insurance			
Loan Repayment			
Tuition			
Other			
Savings			
Subtotal			
Total of all fixed expenses:			
Flexible	Per Month	Per Semester	Per School Year
Groceries			
Eating Out			
Clothing			
Entertainment			
Transportation			
Telephone			
Electrony, gas, water			
Cable			
Internet Access			
Medical/Dental			
Sports/Hobbies			
Books			
Other			
Subtotal			
Total of flexible:			
Total of fixed:			
Total of income:			



Budgeting

Food and daily necessities can at times be hard to manage as we usually don't purchase these things in bulk once a month and instead they are bought sporadically, as and when needed.

This can make them hard to keep track off so it is important to set yourself a budget each month for this. A great tool that helps with this is an online banking app and card called Monzo. It allows you to open several savings accounts under one card, and put your budget for each month into different sections to stop you spending. For example, you could have a account titled "Groceries" say your budget was £100 a month on Groceries, you would put that money into this account and Monzo will not allow you to spend over this amount unless you manually override it.

It's a great tool if you find you need reminders of how much you have left to spend and where your money is going each month.

There are also some more tips for shopping smart later in the presentation that help you save whilst shopping for these necessities.



Budgeting

Rent and Bills can be a bit tricky to start, but we are here to help. Your rent depending on your arrangement, is a set cost each month that goes towards your housing. Some of you may have your bills included in your rent, others may not - so it is important to know how much bills will cost and making sure to keep track of your energy usage as best as possible.

Your main bills that will need to be considered are Water, Sewage, Gas, Electric and Wifi. Usually when you move into a property these have already been set up and it is just the case that you will need to call the company and set up payments. If you are unsure you can always come and speak to a member of our team for advice.

Due to the cost of living crisis occurring in the UK at the moment, the government have allowed for discounts to be applied to heating and electric bills - if you are unsure of how to access these discounts do let us know, but for the most part they are applied for you by the energy provider.



How to Shop Smart

Activity Time!

We are now going to compare some food items for you and see if you can identify how to shop smart and get the best deals on your groceries.



How to Shop Smart



£1.20



39p



How to Shop Smart



69p



£4.50



How to Shop Smart



£1.09



£3.30



How to Shop Smart




£6.99



£11.25





If you went for all the branded items you would have spent £20.25 on 4 items.

If you went for all of Aldi's own brand products, you would have spent £9.16 on 4 items.

That's a difference of 11.09!

It is important to note though most large supermarkets have own brand products that make your shopping cheaper too. So, you do not always have to stick to the cheapest store to find options like this.

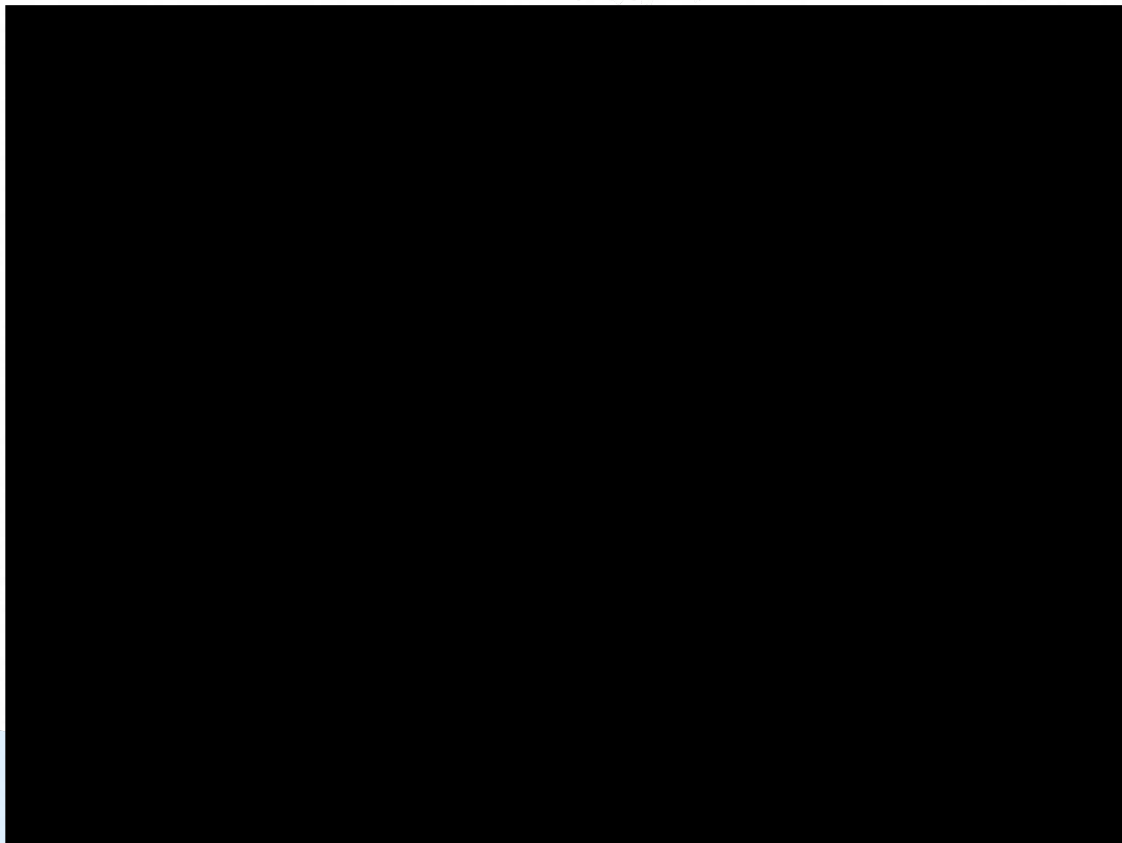


How to Shop Smart Supermarkets



Supermarket	Average basket price
Aldi	£81.63
Lidl	£83.24
Tesco	£93.42
Asda	£93.44
Sainsbury's	£95.71
Morrisons	£97.12
Ocado	£102.87
Waitrose	£112.62





What is the Cost of Living Crisis?

The Cost of Living Crisis has been an increasing issue in the UK over the last year and has affected many aspects of life financially due to rising inflation and therefore rising costs.

This is a concern for both the staff and students at BU and we want to ensure that you feel supported and have access to guidance during this time if you do become concerned about financing your studies, accommodation and daily living whilst at BU. Whilst additional funding from the University is not easily available to our international students, we will make sure to provide you with all the support and tools possible to manage your money.

The logo for SUBU ADVICE is located in the bottom right corner. It consists of a teal square with rounded corners. Inside the square, the word "SUBU" is written in a large, bold, white sans-serif font, and the word "ADVICE" is written below it in a smaller, white sans-serif font. The background of the slide features a light blue watercolor splash and several small teal dots scattered around the logo.

SUBU
ADVICE

How can SUBU Advice support?

At SUBU Advice we are able to assist with many avenues of support including academic issues, mental health, finance concerns and housing advice etc.

In regards to budgeting, we offer appointments to help you outline a budget if you feel this is something you are unsure of doing alone. We have many helpful guides on shopping, affordable recipes and resources that will help you manage your money better.

We are also able to assist with financial support if you find yourself in exceptional circumstances and completely run out of funds. Our main resource for this is our Small Emergency Grant that comes in the form of ASDA vouchers and covers 1 weeks worth of shopping (£20).

The logo for SUBU Advice, featuring the words "SUBU" and "ADVICE" stacked vertically in white, bold, sans-serif capital letters. The text is centered within a teal square that has a white diagonal line running from the top-left to the bottom-right. The logo is set against a background of light blue watercolor splatters and small teal dots.

SUBU
ADVICE

How can SUBU Advice support? Community Kitchen

Our team has also been hard at work creating our Community Kitchen for all students and staff at BU to use as and when needed if they find themselves in financial difficulty. This is located on the second floor of the student centre, next to our SUBU Advice offices.

We also have helpful links on the SUBU website that can guide you on how to find cheap or free food whilst studying on campus -

[Cost of Living Support \(subu.org.uk\)](http://subu.org.uk)

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SUBU
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How can SUBU Advice support? Community Kitchen



SUBU
ADVICE

How can BU support?

BU have also created a page full of support that can be found here -

<https://www.bournemouth.ac.uk/students/help-advice/financial-support/financial-wellbeing/cost-living-support>

They are providing warm spaces across campus for those who are struggling to heat their homes, here is the list of places provided -

Warm spaces on campus

There are **several spaces on campus that can offer you warm and comfortable places** to relax and study.

Talbot Campus:

- **The Student Centre** is open every weekday from 8am until 10pm and provides full heating throughout. It is the perfect place to study and catch up with others
- The Student Centre also sells **Starbucks coffee at Ground Up Café**, located on the Ground Floor
- **Showers are located behind Ground Up Café**. They are free to use for any students and staff who may need access to a hot shower
- **Dylan's Bar** is open 10am – 11pm every weekday during term time, offering tables, chairs, and a variety of hot and cold food
- **The Sir Michael Cobham Library** is open 8am to midnight on Monday to Fridays, 10am to 6pm on Saturdays and 10am to 10pm on Sundays.

Lansdowne Campus:

- The new **Bournemouth Gateway Building** is open 24 hours a day, 7 days a week – you just need your student ID card for access. The building is fully heated with a range of facilities, including a 24-hour library service
- The **Executive Business Centre** is open 8am to 7.30pm Monday to Friday.

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My student experience

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Other support?

BCP Council (Bournemouth, Christchurch and Poole) have created an access to food map which includes information about local food banks and warm spaces for anyone struggling, you can access it through this QR code -



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**What concerns do
you have?**

Summary and Contact Info

SUBU Advice

Phone: 01202 965779

Email: subuadvice@bournemouth.ac.uk

BU Wellbeing

Phone: 01202 965020

Email: studentwellbeing@bournemouth.ac.uk

Immigration

Phone: 01202 969696

Email: immigration@bournemouth.ac.uk

AskBU

Phone: 01202 969696

Email: askbu@bournemouth.ac.uk

Achieve BU

Email: achieve@bournemouth.ac.uk

Medical Centre

Phone: 01202 96378

<https://www.bournemouth.ac.uk/students/health-wellbeing/medical-centre>

Fees Department

Email: fees@bournemouth.ac.uk

SU President

Email: supresident@bournemouth.ac.uk

The Retreat

Opening Soon!

Thank-you for listening!

