

Dear {{Person-First}},

Financial planning is part of your academic wellness. Prepare for the costs of your education with the following:

Quick Tasks Before Your Arrival	Long Term Planning
<ul style="list-style-type: none"> <li>• Read and accept <a href="#">Student Billing account terms</a>.</li> <li>• Review page 18 in the <a href="#">International Student Arrival Handbook</a>.</li> <li>• Estimate your monthly budget to prepare for the <a href="#">cost of attending</a> and continue saving as much as possible beforehand for unexpected expenses.</li> </ul>	<ul style="list-style-type: none"> <li>• Stay informed about <a href="#">scholarships</a> and <a href="#">support</a> for international graduate students.</li> <li>• <a href="#">Financial coaching</a> is available free to UO students.</li> </ul>



#### Wondering about basic needs budgeting?

UO's Financial Aid and Scholarships estimates the [cost of attendance](#) for graduate students. Basic needs are estimated at \$1,286 for housing and \$420 for food. This does not include transportation, miscellaneous personal expenses, or your course materials, which can vary. [Create a budget](#) with free tools from UO so that you know what to expect.

More information is available on our [International Student Portal](#), and we are here to help you along the way. Please contact your program directly for support -or- view this [list of contacts](#) for various types of questions.

Be well!

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