

Traveling on a Shoestring Budget

Presentation by

BCD Travel



Overview



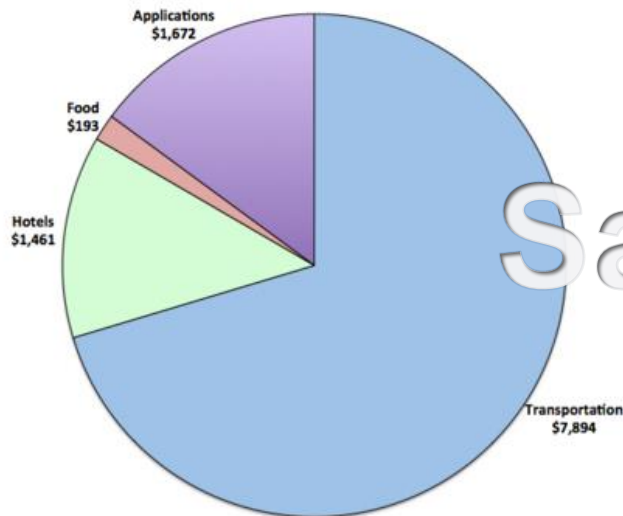
Significant travel costs are part of any Medical students budget. It is very important to take these expenses in to consideration when budgeting. They can vary considerably and the following presentation can provide some tips and insight on how to minimize them

How much will it cost?

There is very little concrete data regarding the total cost associated with residency applications and travel to interviews. There are many reasons why and some include:

- The total number of programs an individual applies to
- Proximity of the interview locations to the home base
- Location of interview; city versus suburb
- Type of transportation & lodging used

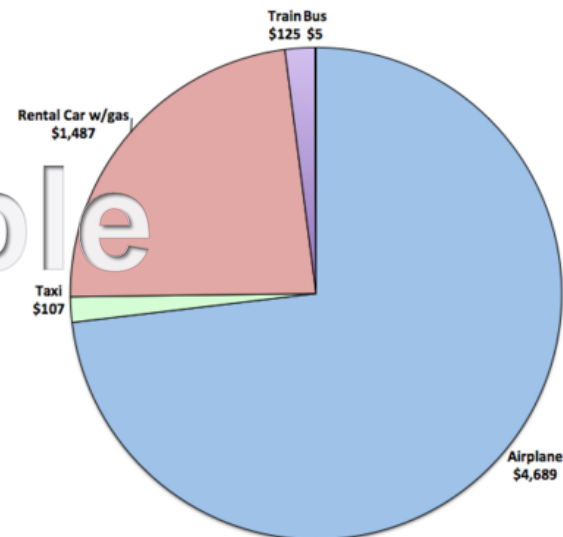
Total Residency Application and Interview Costs



Total Cost = \$9,653

Average cost
of each trip
was \$333

Interview Transportation Costs



Total Cost = \$7,894

Based on a study performed in 2014 by eyesteve.

Before you go – Things to Consider

- Minimize your expenses by planning your itinerary ahead of time and by scheduling interviews in the same regions and in such a way that the travel is minimal
- Collaborate with other students, friends and/or family in a destination city; consider asking them for possible accommodations, particularly during brief stopovers
- Try to stay at university residences and apartment complexes to avoid costly hotel bills
- Travel Tuesday or Wednesday with a return on Saturday for the least expensive airfares
- Drive a little and save. Regional airports offer lower fares
- Check with your credit card company to see what travel perks they offer e.g. car insurance, waive airline baggage fees etc. Many also offer rewards or cash back, often free of charge for students
- Enroll for frequent traveler programs
- Check with family members to see if they will donate points for you to use
- Always ask for student rates when booking
- Consider all forms of transportation; air, rail, bus and even car when possible

Consider all forms of transportation



- Traveling by **Air** is typically the most expensive option
 - ✈ Book as far in **advance** as possible. Airlines start discounting fares about 3 ½ months in advance and ticket prices dramatically increase 14 days before departure
 - ✈ Choose **Low Cost Carriers** when possible especially on international routes e.g. EasyJet, German Wings, Blue1, VirginBlue, Air Asia etc.
 - ✈ Be as flexible as possible, consider dates, times, **alternate airports**
 - ✈ **Avoid changing** as the cheapest airfares are restrictive and have costly change fees
 - ✈ Make sure that you read the **airfare rules** carefully. Many airlines have introduced very low fares that are **‘use them or lose them’** and they cannot be changed
 - ✈ Usually the lowest fares are available for travel on **Tuesdays, Wednesdays and Saturdays**
 - ✈ **Travel light**, most airlines charge for baggage
 - ✈ Check **social media** sites as airlines have begun blasting discounted fares

Consider all forms of transportation



• Rail

- Book journey in sections rather than the entire itinerary which attracts additional international tariffs
- Utilize sleeper cars when traveling from country-to-country to avoid overnight accommodation costs
- Purchase a rail pass when possible, which could save up to a third of the fare
- Rather than taking the Acela try one of the metro liners
- Trains tend to sell out during holidays and peak travel times
- Book in advance and be sure to ask about available discounts e.g. AAA, Student Advantage etc.

• Bus

- Generally traveling by bus is far cheaper than air or rail

Consider all forms of transportation



- **Car**
 - Evaluate cost of traveling by car; several apps available to help calculate total trips cost e.g. greenmeter
 - Pay less for gas – AAA, Gasbuddy
 - Shop rental car companies and avoid airport pick-up locations when possible
 - Inner-city parking is typically very expensive; consider combining local public transportation
 - Explore apps that will give you the least expensive parking options; parkermobile, primospot, voicepark

Accommodations

Consider your safety first!

- **Hostels**
 - Resembles basic hotels without the marketing budget
 - Controls cost with dorm-style accommodations
- **Airbnb etc.**
 - Sharing economy providers are often cheaper than conventional hotel alternatives
- **www.Couchsurfing.com**
- **Hotels**
 - Look for Mid-level and limited service hotels such as Courtyard and Holiday Inns, Fairfield Inn and Holiday Inn Express
 - Look outside the downtown area, this can help reduce your nightly rate
 - Consider Pod Hotels if available
 - Many hotels offer free shuttle service to/from the airport

Eating while on the road

- **Meal Costs**

- Many hotels offer complimentary breakfast and some offer light evening meals
- Avoid the hotel restaurant and room service at all cost!
- Check to see if there is a grocery store near-by
- Check out apps for local food deals e.g. Blackboard Eats, Scoutmob, Around Campus and Deal News
- Check dining websites such as Groupon.com for specials