

COST OF LIVING (based on rates from September 1, 2019 to August 31, 2020)

The following funding requirements were developed using U.S. Government data on the cost of living in Ann Arbor in order to ensure that our exchange visitors will have the ability to support themselves with at least the basic necessities. The funding requirements can be met using the J-1 Exchange Visitor's personal funds, funds from the J-1 Exchange Visitor's host department, or funds from another source such as scholarship/fellowship-granting organization from the Exchange Visitor's home country.

Exchange Visitor (no dependents)	\$2,500 per month (\$30,000 per year)
Exchange Visitor + 1 Dependent	\$3,350 per month (\$40,200 per year)
Exchange Visitor + 2 Dependents	\$3,775 per month (\$45,300 per year)
Exchange Visitor + 3 Dependents	\$4,175 per month (\$50,100 per year)
Exchange Visitor + 4 Dependents	\$4,475 per month (\$53,700 per year)

For each additional dependent, add an additional \$400 per month (\$4,800 per year)

INSURANCE

J-1 Exchange Visitors are required to have health insurance that meets U-M requirements for themselves and any accompanying J-2 dependents during the entire time they are J-1 exchange visitors at the University of Michigan. Health Insurance costs are as follows:

Exchange Visitor (no dependents)	\$142.39 per month (\$1708.68 per year)
Exchange Visitor + 1 Dependent	\$279.27 per month (\$3351.24 per year)
Exchange Visitor + 2 or more Dependents	\$416.32 per month (\$4995.84 per year)

Some J-1 exchange visitors who are employees of the University of Michigan may pay less based on employer contributions to the health insurance plan.

For more information on the health insurance requirement, please visit:

<http://www.internationalcenter.umich.edu/resources/healthins/requirement-and-enrollment-process>

EXAMPLE OF AVAILABLE FINANCES AFTER INSURANCE COSTS HAVE BEEN PAID*

*Rates assume that an Exchange Visitor's DS-2019 program start date is the first day of a calendar month and end date is the last day of a calendar month, i.e. start date 09/01/2019 and end date 09/30/2020.

Exchange Visitor (no dependents)	\$2,500 per month (\$30,000 per year)
Insurance Cost	-\$142.39 per month (\$1,708.68 per year)
Amount Left for Living Expenses	\$2,357.61 per month (\$28,291.32 per year)
Exchange Visitor + 1 Dependent	\$3,350 per month (\$40,200 per year)
Insurance Cost	-\$279.27 per month (\$3,351.24 per year)
Amount Left for Living Expenses	\$3,320.73 per month (\$39,848.76 per year)
Exchange Visitor + 2 Dependents	\$3,775 per month (\$45,300 per year)
Insurance Cost	-\$416.32 per month (\$4995.84 per year)
Amount Left for Living Expenses	\$3,358.68 per month (\$40,304.16 per year)
Exchange Visitor + 3 Dependents	\$4,175 per month (\$50,100 per year)
Insurance Cost	-\$416.32 per month (\$4995.84 per year)
Amount Left for Living Expenses	\$3,758.68 per month (\$45,104.16 per year)
Exchange Visitor + 4 Dependents	\$4,475 per month (\$53,700 per year)
Insurance Cost	-\$416.32 per month (\$4995.84 per year)
Amount Left for Living Expenses	\$4,058.68 per month (\$48,704.16 per year)