

SURVIVING THE HIGH COST OF DC

SCHOLARSHIPS:

SPRING & FALL

Maxwell in Washington Undergraduate Program:

We recognize that the cost of living in Washington is higher than some other metropolitan areas, and so we offer one work-study position and a few small scholarships. The federal work-study is only open to US citizens who qualify for this type of federal student aid. The scholarships are based on academic merit and financial need. Those interested and eligible for these should so indicate and apply within the application process for the program. For more information:

<https://www.maxwell.syr.edu/dc/undergrad/costs/>

Graduate Program:

The semester-length graduate Programs also provide financial assistance through the PAIA departments' Global Program Award. For more information, please contact the global Program Coordinator, Josh Kennedy at jjkenn01@maxwell.syr.edu

SUMMER:

For those of you who will be pursuing internships in the summer, the following are a few funding opportunities that you should investigate.

Mark and Pearle Clements Internship Awards

This award is intended to enable Syracuse University students to undertake internships that would not be possible without financial help. Clements interns will usually spend one semester or summer away from the University, working under the guidance and supervision of an expert who can help them explore opportunities to link theory with practice in the world of work. The deadline is always in January. For more information visit the **Clements Internship Awards** website.

Syracuse University Alumni Club of Washington DC, Summer in DC Scholarship:

Offers scholarships to qualified students spending the summer in Washington, DC as a part of a professional or educational growth opportunity. The recipients must be enrolled full time at SU, demonstrate a financial need and participation in or employment with an organization or academic program that will contribute to the recipient's educational or career goals. More information: <http://www.suindc.org/dcscholar.html>

B.A. Rudolph Foundation Scholarship (*must be an undergraduate and female)

The B.A. Rudolph Foundation seeks to enrich the lives of women through educational and general support for whom a small amount of support could make a significant difference. As part of this mission, the foundation provides a \$3,000 scholarship to support university students pursuing unpaid summer internships with Washington-based organizations centered on government, public service, non-profit endeavors, and women's rights. Find out more info: <http://www.barudolphfoundation.org/>

DISCOUNTS & MONEY SAVERS:

To off-set the high cost of living in DC there are numerous discount and money-saving sites:

- **Groupon** – Provides great discounts and deals, especially for restaurants, fun excursions like museums, yoga classes and gym memberships. Visit: www.groupon.com to sign up!
- **Living social** - Features deals on the best things to do in DC, including restaurants, spas, travel, and more: <https://www.livingsocial.com>

PART-TIME WORK & VOLUNTEER PROGRAMS:

Part-time job:

Another option for off-setting the cost of living in DC is to get a part-time job. Just make sure you don't over-extend yourself! Students have done anything from wait tables to walk dogs, babysit, lifeguard, etc. Check out local bulletin boards. If you go for a restaurant job, remember the nicer the restaurant, the higher the tips!

Food Volunteer Program:

There's also a volunteer program that allows you to purchase food inexpensively:

SHARE Food Network

You volunteer anywhere for two hours, and it doesn't have to be through the SHARE program. Each month, the volunteers can purchase bags of food for \$20, which would easily be worth \$60+ at the grocery store. For more information:

<http://www.catholiccharitiesdc.org/SHARE>

A Wider Circle

A Wider Circle's mission is to help children and adults lift themselves out of poverty providing basic needs, beds, educational programs on life skills and development and more. You can volunteer as an individual or come as a group any day of the week for as long as you wish! Their center for community service is located at 9159 Brookeville Rd, Silver Spring, MD 20910. For questions or to schedule a volunteer activity you can call 301-608-3504 or email volunteer@awidercircle.org. Check out their website at: www.awidercircle.org

EATING ON A BUDGET:

Moving to a new city can prove to be a challenge, especially when it comes to finding a place to eat. Not to worry – here are a few tips to get you started.

- **If choosing between going out to lunch or dinner, choose lunch.** Often restaurants have a similar lunch and dinner menu, but lunch will be significantly cheaper.
- **Skip the drinks.** Soft drinks, beer and wine can range from \$3-10. Stick with water and save a few bucks!
- **Focus on café-style eateries.** While still a great place to sit and eat lunch with your friends and coworkers, prices are more reasonable because there is no wait staff.
- **Looking for a sit-down restaurant** with a more formal atmosphere? Try Clyde's (Gallery Place & Georgetown), J-Paul's (Georgetown) or Pizza Paradiso (Georgetown & Dupont Circle). These restaurants are a little more upscale than café style eateries, but can still be reasonable for a dinner out with friends.

- **Order an appetizer for an entrée** . Appetizers are typically less expensive than entrees but are still portioned large enough to act as a full meal.
- **Split meals.** Going out with a group to a more expensive restaurant? Split your meal with a friend! You'll enjoy the company and your wallet will enjoy the cash you're saving. But be sure to check the menu for split fees.
- **Bring your lunch to work.** Packing a lunch is commonplace in many D.C. offices. Observe during your first week to see if coworkers bring their lunch and utilize the office kitchen. This is a great way to save money.
- **Happy hour deals.** Many restaurants have happy hour specials with half priced appetizers and meal deals. Research restaurants around your office, and give your friends a call to meet up after work.
- **Make a budget and stick to it.** Set a limit on the number of meals you eat out a week. Calvert apartments are equipped with full kitchens – get together with your roommates and utilize them by cooking meals at home.
- **Utilize Peapod and Safeway.com.** Both Safeway and Giant grocery stores offer home delivery of groceries for a nominal fee. Plan ahead with your roommates and place one large order to save on delivery costs. Visit www.peapod.com or www.safeway.com to place an order

FARMERS MARKETS!

There are numerous farmers markets in DC with fresh produce and equivalent, if not cheaper prices than grocery stores. Some are open during specific months while others, like on in Dupont circle (the crowd favorite), are open year around. Check out this website to see the locations, what's in season, and learn about the farmers:

http://www.freshfarmmarkets.org/farmers_markets.php

Take a look at this PDF to see when each market is open during the year:

http://www.freshfarmmarkets.org/pdfs/markets_calendar.pdf

SOME OTHER MONEY SAVING TIPS:

- **Walk to work if possible:** There are many different reasons to walk to work. You can save money, get some exercise and enjoy some fresh air. Metro costs definitely add up in the end. For about three months, it could cost as much as \$500. Walking around the city can open up your eyes to new museums, monuments and restaurants.
- **Be alert about free food:** Always have Tupperware in your office drawer, just in case. Bosses' meetings usually entail some nice, fancy food. Do they always eat all of it? Usually not. This is where interns can help. Also, there is usually free coffee in the office, so don't spend money buying a coffee at the local Starbucks.
- **Look for odd jobs:** Interns are more capable than just working in an office. We can cook, clean and watch over kids (well, hopefully). Look on Craigslist and ask around if anyone needs a babysitter or anything else. Sure, you might only make 30 bucks, but that 30 bucks will buy you a nice meal (or a few drinks).
- **Bond with other unpaid interns:** There are thousands of unpaid interns in D.C. Get together! Potluck dinners work great; you bring one dish, but you eat several. Split big entrees at restaurants. Carpool if you drive to work. Every little thing adds up.

Check out *Intern City* on the Washington Post webpage for helpful tips for DC interns:
<http://www.washingtonpost.com/local/special-reports/intern-city/>