BUDGET BUILDER | MONEY AND AID | ALL STUDENTS

First-term money map

Build a four-month budget, line by line. Sort needs from wants, then compare money in with money out.

HOW TO USE IT

1. Write a monthly amount for each line. Use real quotes, bills or your school's cost page.
2. Multiply by 4 for the term and tick need or want.
3. Fill in money in, then work out the gap. A gap is a plan to make, not a failure.

1 Rent or residence
Per month: _____ × 4: _____ ☐ Need ☐ Want

2 Utilities, internet, phone
Per month: _____ × 4: _____ ☐ Need ☐ Want

3 Groceries
Per month: _____ × 4: _____ ☐ Need ☐ Want

4 Transit
Per month: _____ × 4: _____ ☐ Need ☐ Want

5 Health plan (monthly share)
Per month: _____ × 4: _____ ☐ Need ☐ Want

6 Books and supplies (monthly share)
Per month: _____ × 4: _____ ☐ Need ☐ Want

7 Personal and fun
Per month: _____ × 4: _____ ☐ Need ☐ Want

8 Emergency savings
Per month: _____ × 4: _____ ☐ Need ☐ Want

MONEY IN AND THE GAP

MONEY IN	PER MONTH	× 4
Savings or family		
Job (after tax)		
Scholarship or bursary		
Student aid		
Total in		

THE GAP	PER MONTH	× 4
Total out (lines 1 to 8)		
Total in		
In minus out		

ONE-TIME COSTS	AMOUNT	WHEN
Rent deposit		
Laptop or tech		
Winter clothes		
Moving and setup		
Other:		

FCAC tip: track everything you spend for one or two months, and split it into needs and wants. $3 a day on coffee is more than $1,000 a year.

International students: IRCC's proof-of-funds figure for one person outside Quebec, applying on or after 1 Sept 2026, is $23,448 a year, not counting tuition and travel. That is what you must show, not a budget.

Ways to close a gap

TRY THIS

Track one real week of spending and compare it with your lines. Adjust the line that surprised you most.

CHECK

Add one-time costs separately: deposits, a laptop, winter clothes, moving. They don't belong in a monthly line.

WHAT THIS SHEET LEAVES OUT

Tuition, taxes, exchange rates, and Quebec's own funds figure. Costs vary a lot by city. Use your school's cost page and real quotes.

WITH A PARTNER

Swap sheets. Your partner circles one want they'd trim and one need you may have forgotten.

Sources (official pages, read on 2026-11-28): **[1]** FCAC, Making a budget: https://www.canada.ca/en/financial-consumer-agency/services/make-budget.html (checked 2026-11-28). **[2]** IRCC, Proof of financial support: https://www.canada.ca/en/immigration-refugees-citizenship/services/study-canada/study-permit/get-documents/financial-support.html (checked 2026-11-28).