



## SIMON CUMBERS MEDIA FUND

### Budget Guidelines

#### 1. Vaccinations

The overall price of vaccinations will vary for each individual applicant, depending on the country they plan to travel to, and whether they have previously received any vaccinations.

For both Africa and some regions of Asia, a number of vaccinations are necessary. These include:

Yellow fever:	€40
Hep A and Typhoid:	€60
Polio and Tetanus:	€20
Vaccine Consultation:	€60 (Adult) €45 (Student)
Total:	€180 (Adult) €165 (Student)

\*Prices from [TravelHealth.ie](http://TravelHealth.ie)

Malaria tablets, if necessary, cost an additional €5 per day (average price).

#### 2. Flights/Hotel by country

Country	Flights (average price) *	Hotel (average price) **
Ethiopia	€700-€900	Addis Ababa €70+ Rural regions €60+
Lesotho	€1100-€1400	Maseru €95+ Rural regions €70+
Malawi	€950-€1250	Lilongwe €100+ Rural lodges €60+
Vietnam	€700-€800	Ho Chih Ming €20+ Hanoi €30+ Dalat €25+
Sierra Leona	€1000-€1200	Freetown €130+ Guesthouse €80+
Mozambique	€850-€950	Maputo €100+ Rural regions €100+
Tanzania	€760-€1100	Zanzibar €75+ Arusha €80+ Stonetown €80+
Uganda	€620-€800	Kampala €65+ Entebbe €85+
Zambia	€800-€1000	Lusaka €80+ Livingstone €140+
South Africa	€650-€850	Cape Town €70+ Petoria €65+
Timor Leste	€1375	East Timor €75+

Zimbabwe	€700-900	Mutare €145+ Victoria Falls €105+
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\*Flight averages calculated by comparing prices on skyscanner.com and tripadvisor.com

\*\*Hotel averages calculated by comparing prices on booking.com, tripadvisor.com and expedia.com

### 3. Insurance

Insurance	Details	Price
<b>Reporters without Borders</b>	<p>Escapade Insurance – membership with Reporters without Borders is mandatory to purchase insurance through the organisation.</p> <p>Two solution plans – ‘essential plan’ and ‘extended plan’</p> <p>Essential plan:</p> <ul style="list-style-type: none"> <li>• 24/7 cover for both from 1-365 days of travel.</li> <li>• Essential plan offers emergency assistance protection not covering pre-existing conditions, or accidents occurring while traveling on marine, land or air vehicles of government or military officials.</li> </ul> <p>Extended plan:</p> <ul style="list-style-type: none"> <li>• 24/7 cover for both from 1-365 days of travel.</li> <li>• Extended plan offers the same as the essential plan, but covers all pre-existing conditions and accidents occurring while traveling etc. and cash benefit resulting from a disability or dismemberment during trip. The reporter must purchase this policy through an escapades insurance consultant and give the following information; citizenship, date of birth, usual address + telephone + email, specific dates of stays by country, amount of selected death benefit, with names of beneficiary(ies).</li> </ul>	<p>Annual membership = €15</p> <p>It costs €2.64 a day (none of the Irish Aid associated countries fall under the category of high risk so no additional free is necessary) The reporter can purchase this policy online.</p> <p>A consultancy is required to establish costs.</p>
<b>VHI</b>	<ul style="list-style-type: none"> <li>• Price for year.</li> <li>• Must be resident of Ireland and have private medical insurance.</li> </ul>	€49
<b>Laya</b>	<ul style="list-style-type: none"> <li>• Single Trip for 15 days</li> <li>• Worldwide</li> <li>• Business trip</li> <li>• Do not need to have private medical insurance</li> </ul>	€24
<b>Aviva</b>	<ul style="list-style-type: none"> <li>• Single Trip up to 23 days</li> <li>• Worldwide</li> <li>• Must be a resident of Republic of Ireland</li> </ul>	€39