

Espacios de Autocuidado: Awareness and Healing for Women in Iztapalapa, Mexico City
Daniela Zamora Alcaraz'20, Mexico, Lewis and Clark College

Items	Estimated Amount	Subtotal	Details	Funding Source	Price Source
Equipment and Supplies					
Stationary	250	1750	Materials for sessions and arts and crafts component.	Davis Funding	Price suggested by Red LATFEM.
Audio-visual equipment	350		A projector and sound equipment are necessary for sessions.	Davis Funding	Best Buy Mexico Website.
Merchandise	1150		Participants will be provided with a journal, a shirt and a reusable water bottle with the logo of the course as part of our community-building effort.	Davis Funding	\$15/notebook (for participants and staff).
Staffing Costs					
Red LATFEM Honorarium	1000	2100	Red LATFEM will be provided with a stipend for their mentorship and support.	Davis Funding	Price suggested by Red LATFEM.
Arts and crafts instructor	225		Arts and crafts classes for summer course.	Davis Funding	\$15/ class for 15 days of course.
Self-defense instructor	225		Self-defense classes for summer course.	Davis Funding	\$15/ class. Price suggested by Cecilia Vega, Professor of Feminist Self-Defense for 15 days of summer
Volunteers stipend	300		Gratitude stipend for two volunteers.	Davis Funding	Price suggested by Red LATFEM.
Photography	350		This item is part of the sustainability component of the project.	Davis Funding	Average price from photography companies in Mexico City.
Marketing					
Promotional material	300	1400	Design of promotional flyers and printing.	Davis Funding	Average cost from graphic design companies in Mexico City.
Website	600		Website design and domain cost.	Davis Funding	Average cost from graphic design companies in Mexico City.
Handbook design and printing	500		Design of manual for sustainability project.	Davis Funding	Average cost from graphic design companies in Mexico City.
Summer course expenses					
Snacks for participants	2,250	2850	Drinks and snacks for students for 15 days of course.	Davis Funding	\$5/participant.
Transportation costs for field trips	600		The course expects a couple of field trips.	Davis Funding	\$10/participant for transportation for 2 field trips.
Student expenses					
Daniela's flight	800	3300	Round Trip from PDX to Mexico City	Davis Funding	Flight price oscillates from 600-800
Food	1,850		This item considers food for 3 months of activities in Mexico City.	L&C President	\$8/ meal. Average cost of a meal in Mexico City
Transportation	500		This item considers the cost of gas.	L&C President	\$6/day for transportation.
Communication	150		Accounting for three months of cellphone data and line	L&C President	\$50/month.
Emergency funds					
Emergency funds	300	300	Allocated fund for emergencies. If not utilized, it will be allocated to the sustainability fund.	Davis Funding	
Sustainability funds					
Volunteers training and material	800	800	These fund will allocated for material for next summer course and necessary training of more volunteers.	Davis Funding	
Grand Total		12,500			
Davis Funding		10,000			
L&C President		2,500			

* Average costs were determined after a mapping of prices in Mexico City

* Prices include taxes

* Materials will be purchased in Mexico

* Exchange rate considered for this budget proposal is 1 USD= 19.40 Mexican Pesos