

BUDGET CHEAT SHEET

Refer to the amounts listed below when building the budget for your project application.

SESSIONAL RATES

Physician/Specialist Sessional Rate - \$171.05
Midwife Sessional Rate - \$70.00/hr
Nurse/NP Sessional Rate - \$65.00/hr

TRAVEL EXPENSES

For TRAVEL, you can claim **travel time** (*same as hourly sessional rates above*) **OR** **mileage**.
The current mileage rate is \$0.57/km.

Example:

To claim travel time:

Squamish to Whistler = Total 1.5hrs
Squamish to Pemberton = Total 3 hours
Squamish to Vancouver = Total 2 hours

To claim mileage:

Squamish to Whistler round trip is approx. 120km X \$0.55/km = \$66.00
Squamish to Pemberton is approx. 180km X \$0.55/km = \$99.00
Squamish to Vancouver is approx. 130km X \$0.55/km = \$71.50

MEAL EXPENSES – Numbers dependent on #of attendees and venue/caterer. The amounts below are approximate. PLEASE NOTE THAT ALCOHOL IS NOT A PERMISSABLE EXPENSE.

Continental Breakfast \$50.00-\$100.00
Hot Breakfast \$500.00
Lunch \$800.00
Dinner \$1500.00

VENUE RENTALS

Budget a minimum of \$150.00/hour for hotels or private dining rooms.