**Greece Internship Cost information (not including airfare)**

**Suggesting April 4th – April 26th, 2026**

**Lodging – Estimated single room ($3973/person) or shared room ($1986/person)**

We suggest Homewood Suites. They offer $129/per room plus tax (one or two people) for the executive suites.  Meeting room is free for check-in and touch in meetings, and they also host community game nights like bingo, board games, and contests.

<https://www.hilton.com/en/hotels/tcluahw-homewood-suites-tuscaloosa-downtown/>

**Meals – Estimated - $1148 (including most lunches and dinners, not including social hours, or discounts)**

* Breakfast is offered at the hotel. Breakfast options include breakfast burritos, waffles, cereal, and many other hearty choices.
* Every Wednesday evening Homewood Suites has an Evening Social with appetizers
* The Homewood Suites provides a $5 daily discount in the restaurant upstairs, more details here - <https://www.hilton.com/en/hotels/tcluahw-homewood-suites-tuscaloosa-downtown/dining/>
* We plan to offer an opening dinner, closing dinner, and then weekly group meals with different campus representatives.
* Information on student dining is here - <https://international.ua.edu/isss/life-in-tuscaloosa/groceries-dining/>

**Transportation –**

* We will provide round trip airport transportation (1 hour to Tuscaloosa)
* The Tuscaloosa bus station is across the street from the Homewood Suites and is free with ACT card (students will all receive a UA ACT card upon arrival). More details are here - <http://www.tuscaloosatransit.com>
* Transportation is free on campus as well. More information is here <https://crimsonride.ua.edu/bus-routes-regular/>
* Uber and Lyft are available

**University Resources –**

* Students will receive an ACT card which allows them to access to a UA email, the University Library and databases, free Transportation, VPN access, access (some requires low-cost payment) to events, recreation center, and performances.

**Communication – Estimated $100/person**

* Details are here with suggestions for phone plans - <https://international.ua.edu/isss/life-in-tuscaloosa/telephone-services/>

**Health Insurance – Estimated $120/person**

* Healthcare is expensive in the U.S., while students can use the student health center on campus, we advise them to purchase health insurance (about $120 for a month) as well as medical evacuation and repatriation coverage.
* If not covered by a policy from their home country, the following companies provide coverage for visitors, students, and scholars:
  + ISO Insurance: [https://www.isoa.org/](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.isoa.org%2F&data=05%7C02%7Clpawloski%40ua.edu%7C7066b9f43f9747c5e81008dc2c270d73%7C2a00728ef0d040b4a4e8ce433f3fbca7%7C0%7C0%7C638433795014511746%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=36nlfyhO29QizPKTZy38qP7Np3q0B7Cx6DD%2Bm7xrnCM%3D&reserved=0)
  + International Student Insurance: [https://www.internationalstudentinsurance.com/](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.internationalstudentinsurance.com%2F&data=05%7C02%7Clpawloski%40ua.edu%7C7066b9f43f9747c5e81008dc2c270d73%7C2a00728ef0d040b4a4e8ce433f3fbca7%7C0%7C0%7C638433795014521394%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=EXFFoYbAOHrpOb4jqM%2Br%2F%2BICCbNzWqFfAyOyqHgq%2F%2B0%3D&reserved=0)
  + InsuBuy: [https://www.insubuy.com/j1-visa-health-insurance/?affiliateid=ual](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.insubuy.com%2Fj1-visa-health-insurance%2F%3Faffiliateid%3Dual&data=05%7C02%7Clpawloski%40ua.edu%7C7066b9f43f9747c5e81008dc2c270d73%7C2a00728ef0d040b4a4e8ce433f3fbca7%7C0%7C0%7C638433795014528349%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=i8g1MQLTEjsPnkA0GWr0ZJyF4XxfvERymW31TfsnSo4%3D&reserved=0)
  + iNext: [https://www.inext.com/](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.inext.com%2F&data=05%7C02%7Clpawloski%40ua.edu%7C7066b9f43f9747c5e81008dc2c270d73%7C2a00728ef0d040b4a4e8ce433f3fbca7%7C0%7C0%7C638433795014534098%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=rDhmHbZ0SiBI77kl8jYmRDj2YFCbQUO4vqyYzXvzK1o%3D&reserved=0)
  + International Student Protection: [www.intlstudentprotection.com](https://nam11.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.intlstudentprotection.com%2F&data=05%7C02%7Clpawloski%40ua.edu%7C7066b9f43f9747c5e81008dc2c270d73%7C2a00728ef0d040b4a4e8ce433f3fbca7%7C0%7C0%7C638433795014539534%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=KI7e6kw15%2BvKrzruKhSZ1vLD%2Bck6XibZSWU7qFzmE28%3D&reserved=0)
  + AAB Travel Insurance: [http://www.allaboardbenefits.com/](https://nam11.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.allaboardbenefits.com%2F&data=05%7C02%7Clpawloski%40ua.edu%7C7066b9f43f9747c5e81008dc2c270d73%7C2a00728ef0d040b4a4e8ce433f3fbca7%7C0%7C0%7C638433795014544829%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=%2BJaRPFaGBYBaWs%2Bd5uGa1DTAmI0xo6zpQYBV6EXCQhY%3D&reserved=0)
  + The Harbour Group: [http://www.hginsurance.com/](https://nam11.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.hginsurance.com%2F&data=05%7C02%7Clpawloski%40ua.edu%7C7066b9f43f9747c5e81008dc2c270d73%7C2a00728ef0d040b4a4e8ce433f3fbca7%7C0%7C0%7C638433795014550329%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=CMRxXTTGdbwc%2BHkgZAjjeUefN3s4kuF%2F9YZFdio9vFY%3D&reserved=0)
  + USI Affinity Travel Insurance: [http://www.travelinsure.com/](https://nam11.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.travelinsure.com%2F&data=05%7C02%7Clpawloski%40ua.edu%7C7066b9f43f9747c5e81008dc2c270d73%7C2a00728ef0d040b4a4e8ce433f3fbca7%7C0%7C0%7C638433795014555551%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=HPx2PO%2FbFaU1oV9oZaP1J%2B20G%2BlMPAxxQv5KPEU%2FTEs%3D&reserved=0)
* Separate Medical Evacuation and Repatriation coverage can be found through the [American College Student Association (ACSA) and Global Travel Plus](https://www.acsa-travelsolutions.com/), [InsuBuy](https://www.insubuy.com/medical-evacuation-and-repatriation-insurance/) , [International Student Insurance](https://www.internationalstudentinsurance.com/emergency-evacuation/), and [ISOA Insurance](https://www.isoa.org/medevac).

**Incidentals – Estimated $140 per person**

* Laundry is available at the Hotel, paying $2.00 per load.
* Tipping is required at 15 – 20% for most services.

**Total estimated – Single ($5481/person) or Shared double ($3494/person)**