

**Participatory Action Research Workshop Costs**  
(Costs are approximate depending on location of workshop)

- 2 Day workshop is \$1500
- Travel expenses for 3: 2 trainers and one personal care assistant for one of the trainers who has a significant disability:
- Airfare:  $\$300 \times 3 = \$900$ ;
- 3 nights hotel x 2 rooms @  $\$200$  per night =  $\$1200$
- Meal per diem of  $\$58$  per day x 3 days x 3 people =  $\$522$  +
- Ground transportation at Local mileage to airport 30 miles R/T x  $\$0.51$  per mile =  $\$17.40$
- Airport parking at Portland International Airport (if applicable)  $\$20 \times 3$  days =  $\$60$  +
- Accessible transport R/T from airport to training hotel  $\$50 \times 2 = \$100$  (training site arranges transportation if location is different than hotel).
- Approximate Total cost of 2 Day PAR workshop:  $\$4300$  (rounded from  $\$4299.40$ ).

**For more information:**

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