

Methodology

Internships – unpaid, unadvertised, unfair

Minimum cost for an unpaid internship, January 2018



Figure	London		Manchester	
	1 month	6 months	1 month	6 months
Rent				
Median rent costs, for a room in a shared property in London's cheapest borough for rent and council tax (Newham) or in Manchester - from December 2017 Valuation Agency Office private rental market tables.	£604	£3,624	£398	£2,388
Bills				
Average spend of multi-occupancy (3 person +) household on water from 2014-2016 ONS - Components of household expenditure, by household composition. Adjusted for inflation. Cost divided by 3.4 (average number of tenants in house type).	£11.70	£70.22	£11.70	£70.22
Average spend of multi-occupancy (3 person +) household on electricity and gas 2014-2016 - Components of household expenditure, by household composition. Adjusted for inflation. Cost divided by 3.4 (average number of tenants in house type).	£42.29	£253.74	£42.29	£253.74
Band D council tax for (Newham) or Band E in Greater Manchester - council tax band calculated for average house price (3 to 4 beds) in area. Council tax cost divided by 3.4 (average number of tenants in house type).	£30.50	£183.02	£45.00	£269.99
Cheapest BT broadband and line rental package, January 2018. Divided by 3.4 (average number of tenants in house type).	£7.35	£44.10	£7.35	£44.10
TV licence, January 2018. Divided by 3.4, (average number of tenants in house type).	£3.60	£21.62	£3.60	£21.62
Cheapest sim only mobile phone contract (with minimum of 3GB of data - a medium internet user), January 2018.	£34.67	£208.00	£34.67	£208.00
Total bills	£130.12	£780.70	£144.61	£867.67
Food				
Average spend of single person household on food 2014-2016 ONS Family Spending Report, adjusted for inflation.	£132.48	£794.90	£132.48	£794.90
Transport				
London (TfL) or Greater Manchester (Stagecoach) monthly bus pass, January 2018.	£81.50	£489.00	£58.00	£348.00
Other				
Average spend of single person household on clothing, health, and miscellaneous goods and service (e.g. personal care products, cleaning supplies) from 2014-2016 ONS Family Spending Report, adjusted for inflation.	£152.38	£914.27	£152.38	£914.27
TOTAL	£1,100.48	£6,602.87	£885.47	£5,312.83