

Erasmus+ Staff Training grant / Erasmus+ Teaching grant - daily allowances

Receiving country	Daily allowance per activity day	
	Day 1-14 (per day)	Day 15-60 (per day)
Denmark, Finland, Iceland, Ireland, Luxembourg, Sweden, Liechtenstein, Norway, Andorra, Monaco, San Marino, Vatican, United Kingdom	120	84
Austria, Belgium, Germany, France, Italy, Greece, Spain, Cyprus, Malta, Portugal	110	77
Bulgaria, Croatia, Czech Republic, Estonia, Latvia, Lithuania, Hungary, Poland, Romania, Slovakia, Slovenia, North Macedonia, Turkey, Serbia	100	70
Non-EU destinations	190	133

Erasmus+ Staff Training grant / Erasmus+ Teaching grant - travel subsidy

Distance	Standard travel allowance	Green Travel allowance
Between 10 and 99 km	€28	€56
Between 100 and 499 km	€211	€285
Between 500 and 1999 km	€309	€417
Between 2000 and 2999 km	€395	€535
Between 3000 and 3999 km	€580	€785
Between 4000 and 7999 km	€1188	€1188
8000 km or more	€1735	€1735

* <https://erasmus-plus.ec.europa.eu/resources-and-tools/distance-calculator> will be used to calculate the exact distance between Nijmegen and the destination of the teaching/training.