

Appendix 1: Subsistence rates for Staff Training (amounts are in Euro's)

Country	2 Days	3 Days	4 Days	5 Days	6 Days	7 Days
Austria	280	420	560	700	840	980
Belgium	280	420	560	700	840	980
Bulgaria	280	420	560	700	840	980
Croatia	200	300	400	500	600	700
Cyprus	280	420	560	700	840	980
Czech Republic	280	420	560	700	840	980
Denmark	320	480	640	800	960	1,120
Estonia	200	300	400	500	600	700
Finland	280	420	560	700	840	980
France	280	420	560	700	840	980
Germany	240	360	480	600	720	840
Greece	280	420	560	700	840	980
Hungary	280	420	560	700	840	980
Iceland	280	420	560	700	840	980
Ireland	320	480	640	800	960	1,120
Italy	280	420	560	700	840	980
Latvia	240	360	480	600	720	840
Liechtenstein	280	420	560	700	840	980
Lithuania	200	300	400	500	600	700
Luxembourg	280	420	560	700	840	980
Macedonia	240	360	480	600	720	840

Malta	240	360	480	600	720	840
Netherlands	320	480	640	800	960	1,120
Norway	280	420	560	700	840	980
Poland	280	420	560	700	840	980
Portugal	240	360	480	600	720	840
Romania	280	420	560	700	840	980
Slovakia	240	360	480	600	720	840
Slovenia	200	300	400	500	600	700
Spain	240	360	480	600	720	840
Sweden	320	480	640	800	960	1,120
Turkey	280	420	560	700	840	980

Staff travel grants are paid according to distance travelled, at the following rates:

For travel distances between 100 and 499 KM:	180 EUR per participant
For travel distances between 500 and 1999 KM:	275 EUR per participant
For travel distances between 2000 and 2999 KM:	360 EUR per participant
For travel distances between 3000 and 3999 KM:	530 EUR per participant
For travel distances between 4000 and 7999 KM:	820 EUR per participant
For travel distances of 8000 KM or more:	1100 EUR per participant

To calculate distance, staff must use the online tool on the European Commission's website: http://ec.europa.eu/programmes/erasmus-plus/tools/distance_en.htm

The distance to be calculated is one way - from the location of the sending organisation to that of the receiving organisation. The grant covers the outward and return journey.

It is worth noting that the travel grant may not be sufficient to cover the full cost of travelling to and from the host organisation.