

## ***How to draw up my "Travel and subsistence costs" budget?***

Short-term stays		
1	Travel costs	Please see the list below
2	Subsistence costs	Max. CHF 200 subsistence costs per day and person (up to a sum of max. 3'000 subsistence costs per person)
3	Child travel costs	Please see the list below
4	Child allowance costs	CHF 200 childcare allowance per day. (up to a sum of max. CHF 1'000/month for childcare allowance and independent of the number of accompanying children)
Long-term stays (one month or above)		
1	Travel costs	Please see the list below
2	Subsistence costs	Max. CHF 3'000 per month
3	Calculate the budget for room and board expenses	We accept amounts of up to CHF 3'000 per month (CHF 3'500 for lower-income countries*). For a visit ending and/or starting during a month, the lump sum must be calculated pro rata to the monthly amount (e.g. for a visit lasting 70 days (2 months + 10 days), the contribution will amount to a maximum of $(2 \times 3'000) + (10/30 \times 3'000) = 7'000$ ). For the calculation, please <b>always</b> consider a month as having 30 days.
4	Child travel costs	Please see the list below
5	Child allowance costs	Allowance of max. CHF 1'000/month (independent of the number of accompanying children)
	*	<a href="#">click here to open the list of lower-income countries (this includes the countries listed under "Least Developed Countries", "Other Low Income Countries" and "Lower Middle Income Countries and Territories")</a>
Childcare costs during events and workshops		
1	Amount available to conference/workshops organisers to set up a childcare structure	Max. CHF 2'000 per day

<b>Rate for children up to 12 years:</b> 75% of the price indicated, if the child accompanies the fellowship holder for at least 6 months abroad		
<b>Continent</b>	<b>Region</b>	<b>Max. budget allowed</b>
North America	East	Max. CHF 1'200
	West & center	Max. CHF 1'500
Central America		Max. CHF 1'500
South America		Max. CHF 1'600
Europe		Max. CHF 500
Africa	Maghreb	Max. CHF 700
	Western, central & eastern	Max. CHF 1'200
	Southern	Max. CHF 1'500
Asia	Middle East Caucasus Western Russia	Max. CHF 700
	South and central	Max. CHF 1'200
	Southeast and east	Max. CHF 1'500
Oceania		Max. CHF 2'000