



## ERASMUS FINANCIAL GRANTS – Internships/Traineeships

Students-interns receive a combination of an EU Erasmus monthly grant for particular country + 150 EUR top-up for traineeships + travel support (also from the EU funding) + Latvian state budget co-financing as contribution to their costs for subsistence during the confirmed period of physical mobility for Erasmus internship.

Student Traineeship Mobility **project KA131-2024** funding rates below (RGSL does not yet have project 2025 confirmed until June, but anticipate similar distribution of funds):

**1. Travel support:** all mobility participants will receive a one-time travel support (between 211 EUR and 395 EUR), the exact amount depends on the distance grid ([EU distance calculator](#)) and whether “traditional” or low-emission green travel mode is being used.

**2. Monthly individual support:**

Group 1 Programme Countries	Austria, Belgium Denmark, France, Finland, Italy, Ireland, Iceland, Liechtenstein, Luxembourg, Netherlands, Norway, Sweden, Germany	674 EUR /month <i>plus</i> 150 EUR / month top-up <i>plus</i> Latvian state budget grant 150 EUR /month
Group 2 Programme Countries	Czechia, Cyprus, Greece, Estonia, Malta, Portugal, Slovakia, Slovenia, Spain	606 EUR /month <i>plus</i> 150 EUR / month top-up <i>plus</i> Latvian state budget grant 150 EUR /month
Group 3 Programme Countries	Bulgaria, Croatia, Lithuania, Hungary, Poland, Romania, Serbia, North Macedonia, Turkey	550 EUR /month <i>plus</i> 150 EUR / month top-up <i>plus</i> Latvian state budget grant 150 EUR /month

**3.** Students with **fewer opportunities**, with signed Declaration of Honour and supporting documents may receive additional funding up to **250 EUR** per month from the EU Erasmus+ funding. Documents submitted by student will be assessed and approved by RGSL.

**4.** **“Green travel” support** – **higher amount of travel support**, and **extra funded days** applied if mode of travel to and from host country will be by train, bus, shared (with mobility students) car in **both directions**.

**5.** **Payments** are made in 2-3 installments based on special Erasmus financial grant agreement that is signed by RGSL and the Trainee just before “physical” mobility:

- ✓ advance payment made 1-3 weeks before travel for the first 3 months or, if shorter total mobility duration - 90% of the total grant applicable to the entire internship period;
- ✓ 2<sup>nd</sup> payment after the receipt of short progress report confirming internship according to the plan;
- ✓ Final payment after internship is completed and Certificate of Completed Traineeship is submitted to RGSL as well as Erasmus+ final report (*online EU feedback questionnaire*).