

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.

Project KA131-2026 Student Traineeship Mobility funding rates:

- 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, Germany, Italy, Ireland, Iceland, Liechtenstein, Luxembourg, Netherlands, Norway, Sweden	674 EUR /month plus 150 EUR / month top-up plus Latvian state budget grant 100 EUR /month
Group 2 Programme Countries	Czechia, Cyprus, Greece, Estonia, Malta, Portugal, Slovakia, Slovenia, Spain	606 EUR /month plus 150 EUR / month top-up plus Latvian state budget grant 100 EUR /month
Group 3 Programme Countries	Bulgaria, Croatia, Lithuania, Hungary, Poland, Romania, Serbia, North Macedonia, Turkey	550 EUR /month plus 150 EUR / month top-up plus Latvian state budget grant 100 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 installment 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 in the amount 90% of the total grant applicable to the entire internship period;
 - ✓ 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*).