



# *Workshop Finance*

*How do I finance my exchange?*

No recording but FAQ & slides on the website

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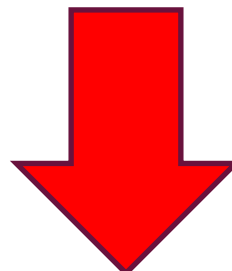
Exchange

# Schedule Workshop

- Welcome!
- Exercise 1: income
- Information on Fees & Grants
- Exercise 2: expenses
- Where can I find information?
- Tips
- Questions?



# Exercise 1: Adding income

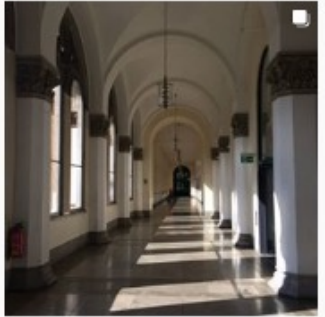
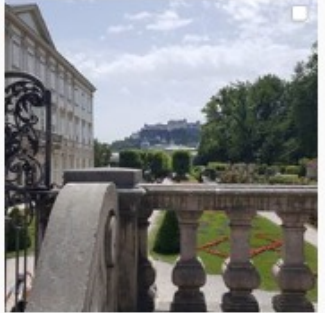


1	<b>Budget overview - Going abroad</b>					
2						
3	Name					
4	Duration of stay in months (enter number)	5				
5	Duration of stay in months destination 2	0				
6	Duration of stay in months destination 3	0				
7						
8	<b>Income</b>					
9			per maand	subtotaal	eenmalig	totaal
10	DUO Loan / supplementary grant		€ 0,00	€ 0,00		€ 0,00
11	DUO public transport compensation		€ 0,00	€ 0,00		€ 0,00
12	Own contribution / savings		€ 0,00	€ 0,00		€ 0,00
13	Parental contribution		€ 0,00	€ 0,00		€ 0,00
14	Room sublet	income from subletting of a home	€ 0,00	€ 0,00		€ 0,00
15	Health care allowance		€ 0,00	€ 0,00		€ 0,00
16	Grant 1 (example: ErasmusGrant)		€ 0,00	€ 0,00		€ 0,00
17	Grant 2 (example: Travel Green Grant )		€ 0,00	€ 0,00		€ 0,00
18	<b>Total</b>					<b>€ 0,00</b>



# Income

- Public transport compensation: 120,96 a month (2023)
- [Wilweg.nl → beursopener](https://www.wilweg.nl/beursopener) (Dutch site)
- Allowance → Dutch *Belastingdienst* (Inland Revenue)
- Grants
- Some compensations only apply for Dutch students





# Erasmus+ grant

Exchange within the Erasmus+ programme:

EU countries + Turkey

**Not available** for:

- Switzerland (has own grant)
- Russia
- UK

## APPLICATION THROUGH OSIRIS

[www.uu.nl/erasmus](http://www.uu.nl/erasmus)  
[erasmus@uu.nl](mailto:erasmus@uu.nl)

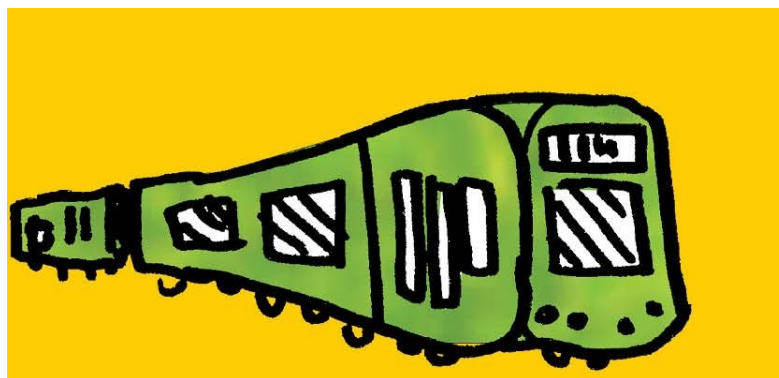
	For Studies	For Traineeships
<b>Group 1 – countries with higher living costs</b> Denmark, Finland, Iceland, Ireland, Liechtenstein, Luxembourg, Norway, Sweden	390	510
<b>Group 2 – countries with medium living costs</b> Austria, Belgium, Cyprus, France, Germany, Greece, Italy, Malta, Portugal, Spain	330	450
<b>Group 3 – countries with lower living costs</b> Bulgaria, Croatia, Czech Republic, Estonia, Hungary, Latvia, Lithuania, North Macedonia, Poland, Romania, Serbia, Slovakia, Slovenia, Turkey	270	390

**Special needs grant:** students for whom it is impossible to study abroad without additional support, due to any (diagnosed) health-related condition, can apply for extra financial assistance. Please contact [erasmus@uu.nl](mailto:erasmus@uu.nl) for application procedures and conditions.



# Grants

- Holland Scholarship
- Travel Green Grant
- External Grants
- ....
- Erasmus+ Grants



## EXTERNAL SCHOLARSHIPS

<b>British Council scholarships and grants</b>	For scholarships and grants in the United Kingdom. <a href="#">More information</a>
<b>Collegio dei Fiamminghi</b>	For a research project in Bologna, Italy. <a href="#">More information</a>
<b>Cultural agreements</b>	Within the scope of specific cultural agreements. <a href="#">More information</a>
<b>DIA-Stipendium Germany</b>	For students and researchers who are going to Germany for their exchange, master or research. <a href="#">More information (in Dutch)</a> ,
<b>ECHO Foundation Grant</b>	For ethnic students. <a href="#">More information</a> (in Dutch only).
<b>NIKI Grant</b>	For a study group/research internship at the Dutch Inter-university Art History Institute (NIKI) in Florence, Italy. <a href="#">More information</a>
<b>Scholarship Portal</b>	This website integrates the funding opportunities for studying, working or performing research in one of the European nations. <a href="#">More information</a>
<b>Utrecht University Mobility Grants</b>	Utrecht University Mobility Grants are available for students and researchers.

# Exercise 2 : Expenses X3

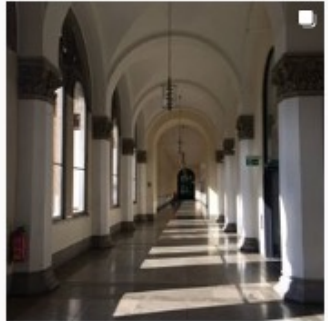
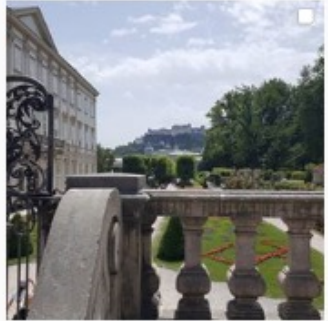


20	<b>Expenses destination 1</b>					
21			<b>per month</b>	<b>subtotal</b>	<b>one-off</b>	<b>total</b>
22	Rent (abroad)	Estimate, based on partner uni website or wilweg.nl		€ 0,00		€ 0,00
23	Living expenses (basics)	Food, clothes, personal care		€ 0,00		€ 0,00
24	Travel costs	Roundtrip to and from destination		€ 0,00		€ 0,00
25	Local Transport	Bike, bus, train		€ 0,00		€ 0,00
26	Phone costs	Subscription + extra costs		€ 0,00		€ 0,00
27	Insurances	Healthcare, liability, etc.		€ 0,00		€ 0,00
28	Travel insurance			€ 0,00		€ 0,00
29	Visum costs			€ 0,00		€ 0,00
30	Study material	Administration costs, books, stationary		€ 0,00		€ 0,00
31	Memberships	Gym, newspaper etc.		€ 0,00		€ 0,00
32	Rent (Netherlands)	When subletting your room, copy the amount from 'income' above		€ 0,00		€ 0,00
33	Tuition fee UU	Only for the months you are abroad		€ 0,00		€ 0,00
34	Trips / parties / social events			€ 0,00		€ 0,00
35	Other and unforeseen expenses	5% of your budget overview				€ 0,00
36	<b>Total</b>					€ 0,00



# Where can I find information?

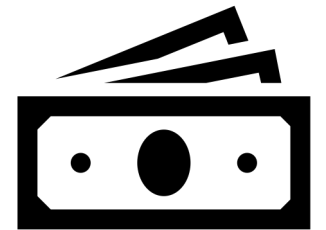
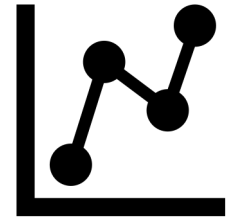
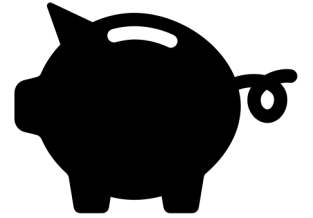
- [Destination page](#)
- [VSB fonds](#) country information (in Dutch)
- Visa costs:
  - Host university website
  - Host country embassy website
- Insurance costs:
  - mandatory insurance host university (i.e. Australia / USA)
  - Travel Insurance





## Advice

- Save up for fun activities!
- Creditcard
- Keep track of exchange rates
- Keep track of your expenses (use cash money!)



# Questions?

