Table 1. Flat-rate travel allowances for mobility from Poland or to Poland

Country	Amount (PLN)
Belarus, Lithuania	1000
Austria, Bosnia and Herzegovina, Croatia, Czech Republic, Denmark, Estonia, Finland, Latvia, Moldova, Germany, Romania, Serbia, Slovakia, Slovenia, Sweden, Ukraine, Hungary	1500
Albania, Andorra, Belgium, Bulgaria, Montenegro, France, Greece, the Netherlands, Ireland, Kosovo, Liechtenstein, Luxembourg, North Macedonia, Malta, Monaco, Norway, Russia, San Marino, Switzerland, Tunisia, Turkey, Vatican City, United Kingdom, Italy, Faroe Islands	2000
Algeria, Saudi Arabia, Armenia, Azerbaijan, Bahrain, Cyprus, Egypt, Georgia, Spain, Iraq, Iran, Iceland, Israel, Jordan, Qatar, Kazakhstan, Kuwait, Lebanon, Libya, Morocco, Palestine, Portugal, Syria, Tajikistan, Turkmenistan, Uzbekistan	3000
Afghanistan, Benin, Bhutan, Burkina Faso, Burundi, Chad, Democratic Republic of the Congo, Djibouti, Eritrea, Ethiopia, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, Equatorial Guinea, India, Yemen, Cameroon, Kenya, Kyrgyzstan, Congo, Liberia, Mali, Mauritania, Mongolia, Nepal, Niger, Nigeria, Oman, Pakistan, Central African Republic, Cabo Verde, Rwanda, Senegal, Sierra Leone, Somalia, Sudan, South Sudan, Togo, Uganda, Côte d'Ivoire, São Tomé and Príncipe, United Arab Emirates	4500
Angola, Antigua and Barbuda, Argentina, Australia, Bahamas, Bangladesh, Barbados, Belize, Bolivia, Botswana, Brazil, Brunei, Chile, China, Dominica, Dominican Republic, Ecuador, Eswatini, Fiji, Grenada, Greece, Guyana, Guatemala, Haiti, Honduras, Indonesia, Jamaica, Japan, Yemen, Jordan, Cambodia, Canada, Qatar, Kenya, Colombia, South Korea, North Korea, Cuba, Laos, Lesotho, Madagascar, Macao, Maldives, Malaysia, Malawi, Mali, Morocco, Mauritius, Mexico, Micronesia, Myanmar, Mozambique, Namibia, Nauru, Nicaragua, New Zealand, Panama, Papua New Guinea, Paraguay, Peru, Poland, South Africa, Saint Kitts, Saint Lucia, Saint Vincent and the Grenadines, El Salvador, Samoa, Seychelles, Singapore, Sri Lanka, United States, Suriname, Thailand, Tanzania, Trinidad and Tobago, Uruguay, Vanuatu, Venezuela, Vietnam, Solomon Islands, Marshall Islands, Zambia, Zimbabwe	6500

Source: Beneficiary's Handbook, NAWA (https://nawa.gov.pl/instytucje/program-prom/ogloszenie)

Table 2. Flat-rate allowances for living and accommodation costs

Country group	Countries	Daily rate (PLN)	Monthly rate (PLN)
I Countries with lower costs of living and accommodation	Bosnia and Herzegovina, Brazil, Bulgaria, Egypt, Georgia, India, Lithuania, Latvia, Morocco, Moldova, Poland, Romania, Turkey, Ukraine, Vietnam, and other countries of the world	300	4 000
II Countries with medium costs of living and accommodation	Andorra, Austria, Azerbaijan, Belgium, Croatia, Czech Republic, Cyprus, France, Greece, Ireland, Jordan, Kazakhstan, Kyrgyzstan, North Macedonia, Germany, Malta, the Netherlands, Portugal, Spain, Monaco, Vatican City, San Marino, Serbia, Slovakia, Slovenia, Thailand, Hungary, Italy, Uzbekistan	400	6 000
III Countries with higher costs of living and accommodation	Saudi Arabia, Australia, Bahrain, Brunei, China, Denmark, Estonia, Finland, Iceland, Ireland, Hong Kong, Japan, Canada, Qatar, South Korea, North Korea, Kuwait, Liechtenstein, Luxembourg, Macao, Mexico, Norway, New Zealand, Oman, Singapore, Switzerland, Sweden, Taiwan, Faroe Islands, United Kingdom, United Arab Emirates	500	8 000
IV Countries with the highest costs of living and accommodation	United States of America, Israel	700	12 000

Source: Beneficiary's Handbook, NAWA (https://nawa.gov.pl/instytucje/program-prom/ogloszenie)