

Appendix no. 3 to the International exchange –
regulations for participation in the 3xW project

Lump sums by groups of countries

Lump sum for living and accommodation costs

No.	Group of countries	Countries	Daily rate in PLN	Monthly rate in 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 (excluding group II, III and IV countries)	300	4 000
II	Countries with average costs of living and accommodation	Andorra, Austria, Azerbaijan, Belgium, Croatia, Czech Republic, Cyprus, France, Greece, Indonesia, Jordan, Kazakhstan, Kyrgyzstan, North Macedonia, Germany, Malta, Netherlands, Portugal and Spain, Monaco, Vatican City State, 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, Macau, Mexico, Norway, New Zealand, Oman, Singapore, Sweden, Switzerland, 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

The project “3xW (Exchange, Cooperation, and Joint Research Tasks to strengthen the potential of young plant biology researchers)” has been supported by the Polish National Agency for Academic Exchange under the Strategic Partnership Programme.

Lump sum for travel costs in case of mobility from or to Poland

Group of countries	Country	Rate in PLN
1	Belarus, Lithuania	1 000
2	Austria, Bosnia and Herzegovina, Croatia, Czech Republic, Denmark, Estonia, Finland, Latvia, Moldova, Germany, Romania, Serbia, Slovakia, Slovenia, Sweden, Ukraine, Hungary	1 500
3	Albania, Andorra, Belgium, Bulgaria, Montenegro, France, Greece, Netherlands, Ireland, Kosovo, Liechtenstein, Luxembourg, Macedonia, Malta, Monaco, Norway, Russia, San Marino, Switzerland, Tunisia, Turkey, Vatican City State, United Kingdom, Italy, Faroe Islands	2 000
4	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	3 000
5	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, Cape Verde, Rwanda, Senegal, Sierra Leone, Somalia, Sudan, South Sudan, Togo, Uganda, Côte d'Ivoire, Sao Tome and Principe, United Arab Emirates	4 500
6	Angola, Antigua and Barbuda, Argentina, Australia, Bahamas, Bangladesh, Barbados, Belize, Bolivia, Botswana, Brazil, Brunei, Chile, China, Dominica, Dominican Republic, Ecuador, Eswatini, Fiji, Philippines, Grenada, Guyana, Guatemala, Haiti, Honduras, Hong Kong, Indonesia, Jamaica, Japan, Cambodia, Canada, Kiribati, Colombia, Comoros, South Korea, North Korea, Costa Rica, Cuba, Laos, Lesotho, Madagascar, Macau, Malawi, Maldives, Malaysia, Mauritius, Mexico, Micronesia, Myanmar, Mozambique, Namibia, Nauru, Nicaragua, New Zealand, Palau, Panama, Papua New Guinea, Paraguay, Peru, South Africa, Saint Kitts Nevis, Saint Lucia, Saint Vincent and the Grenadines, El Salvador, Samoa, Seychelles, Singapore, Sri Lanka, United States, Suriname, Thailand, Taiwan, Tanzania, Tonga, Trinidad and Tobago, Tuvalu, Uruguay, Vanuatu, Venezuela, Vietnam, Solomon Islands, Marshall Islands, Zambia, Zimbabwe	6 500

The project “3xW (Exchange, Cooperation, and Joint Research Tasks to strengthen the potential of young plant biology researchers)” has been supported by the Polish National Agency for Academic Exchange under the Strategic Partnership Programme.