

## FRONTIERS – Budget guidance for applicants

Eligible expenses to budget for include, but are not limited to:

- **Monthly living allowance**, covering:
  - Compensation for monthly income loss.
  - Daily expenses such as groceries and household essentials, aligned with current average living costs.
- **Transportation/accommodation allowance**, covering:
  - Reasonable travel costs – this can include reasonable international travel (i.e. round-trip flights from your home to the residency city), domestic travel (i.e. daily public transport to and from your accommodation to the host institution), and travel to the FRONTIERS in-person training session.
  - Reasonable accommodation costs – this can include rent and utilities bills (e.g. WiFi, water bills, electricity bills, etc).
- **Other cost allowance**, covering other reasonable, eligible daily expenses directly associated with the project, such as:
  - Technical expenses required to carry out your project work (e.g. equipment, research materials, printing, subscriptions).
  - Travel, health and liability and pension insurance.
  - Any potential taxation (applied on the individual and/or the institution).
  - Bank costs, administration costs, currency change fees.
  - SIM card or local phone plan costs.
  - Social Security costs.
  - Visits to other institutions that you are collaborating with, or specific research trips (e.g. conferences, fieldwork, courses) that you have mentioned in your application and justified sufficiently.
  - Visa fees.
  - Unforeseen expenses (5-10% of total requested grant).
- **Additional mobility allowance** (in case of multiple sites):
  - In cases where a journalist project includes multiple research institutions, an additional mobility allowance will be provided on top of the abovementioned grant amount.
  - The mobility allowance should be used for travel purposes only, and the allowance will be determined based on the nature of the mobility, as follows:
    - International mobility (within Europe) – Additional EUR 500 for each international travel.
    - Domestic travel – Additional EUR 150 for each domestic travel.

Examples of ineligible expenses include, but are not limited to:

- Gym memberships.
- Travelling for pleasure (e.g. to visit family at home).

## FRONTIERS – Budget guidance for applicants

- Research trips that do not have sufficient justification or are vaguely worded and unspecific.
- Household expenses incurred solely due to being away (e.g. cleaning, dog walking service).
- Rent and utilities in your home city whilst you are away.
- Existing insurance policies not created for the residency.

Please note that these lists are non-exhaustive and other unique cases may arise, which we will need to review on a case-by-case basis.