

**Table 3.1: Reference rates for monthly living allowances (cost of living index 100)<sup>36</sup>**

<b>Researchers Categories</b>	<b>A (EUR/year)</b>	<b>B (EUR/year)</b>
Early-stage researchers	<b>35 300</b>	<b>17 650</b>
Experienced researchers (4-10 years experience)	<b>54 300</b>	<b>27 150</b>
Experienced researchers (>10 years experience)	<b>81 400</b>	<b>40 700</b>

This amount represents an increase of roughly 2.45% over the 2008 work programme, reflecting the average inflation in the EU during the intervening period as published by Eurostat.

**Table 3.2: Travel allowances**

<b>Distance<sup>1</sup> (km)</b>	<b>Fixed-amount contribution (EUR)</b>
< 500	250
500 – 1 000	500
1 000 – 1 500	750
1 500 – 2 500	1 000
2 500 – 5 000	1 500
5 000 – 10 000	2 000
>10 000	2 500

For researchers eligible to receive travel allowances, the allowance is based on the direct distance (in a straight line) between the place of origin and the host institution of the researcher, calculated on the basis of one payment for every period of 12 months or less, when the first period or the last one is less than 12 months. Only one travel allowance shall be paid per period of 12 months, independently of possible interruptions or stays with different partners.