Fewer Opportunities Self Declaration

We only need this form from you if you are eligible for one of the top-ups or the „Green Travel“ grant. Please complete the form, sign it and send it by email to the Mobility Office at International House: ✉ erasmus@tu-braunschweig.de

In case of a traineeship please send the documents to ✉ auslandspraktikum@tu-braunschweig.de.

Subsequent approval of the funding is not possible.

Personal information and information about the planned stay abroad

I hereby confirm that I will complete a study-related stay abroad as described below and that I am eligible to apply for the following top-ups in the „Erasmus+“ programme.

First Name | **Last Name**

Date and Place of Birth

Partner University/Institution of my study/internship abroad

Country of Destination

Semester

☐ Winter semester 2025/26 ☐ Summer semester 2026 ☐ Winter semester 2026/27 ☐ Summer semester 2027

Requested Top-Up

Please mark which top-up you are applying for. Please note: Only one Top-Up can be applied for! Please also observe the explainations on pages 2-4.

	Top-Up	Funding amount
☐	Students with a disability of GdB 20 or higher and/or a chronic illness that results in additional financial needs abroad[1]	250 Euro / Month
☐	Students who carry out their stay abroad with children[2]	250 Euro / Month
☐	Students with a non-academic background (first generation student)	250 Euro / Month
☐	Employed Students (The grant can only be applied for under certain conditions. Please contact us before applying)	250 Euro / Month

Grant for “Green Travel”

The subsidy can be granted in addition to a top-up. Please note the information on pages 2-4.

☐ I request the crediting of ☐ additional travelling days (maximum 6 travelling days allowed).[3]

Declaration of Honour

I have been informed about the conditions and criteria of the individual Top-Ups and the “Green Travel” grant and I am aware that I must submit supporting documents to the International House of TU Braunschweig for verification upon request.

I have provided all information to the best of my knowledge and belief and acknowledge that in the event of false statements, I must repay the approved funds in part or in full to TU Braunschweig and will be excluded from the “Erasmus+” programme.

To be filled in by student:	To be filled in by International House: Grant approved
Place, Date	**Place, Date**
Signature	**Signature**

[1] By applying for this social Top-Up, you agree to submit proof (e.g. confirming medical certificate or disability card).

[2] By applying for this social Top-Up, you agree to submit proof that the child belongs to you and will travel with you (e.g., proof of parental benefits and travel ticket).

[3] By applying for this Top-Up, you agree to keep the original proof of arrival/departure for 5 years and submit it to TU Braunschweig International House for review upon request.

Explainations of Top-Ups

The payment of the Top-Ups is in addition to the regular mobility grant during the Erasmus+-programme.

Top-Up for students with a disability of GdB 20 or higher and/or a chronic illness:

Students with a “degree of disability” (GdB) of 20 or higher or a chronic illness who are funded for study abroad through Erasmus+ can apply for this Top-Up. By applying for this Social Top-Up, you agree to submit proof of your disability or chronic illness (e.g. confirming medical certificate or disability ID).

Top-Up for students with children:

Students traveling abroad with their child/children for study abroad can apply for this Top-Up. By applying for this Top-Up, you agree to submit proof that the child belongs to you and will be traveling with you (e.g., proof of parental allowance and travel ticket). The additional funds may also be awarded to couples. However, double funding of a child is excluded.

Top-Up for first generation students:

- Neither parent nor guardian holds a degree from a university or a university of applied sciences.
- A degree from a Berufsakademie that leads to a qualification comparable to a university degree is to be treated as an academic degree. In case of doubt, please consult the Hochschulkompass portal provided by the German Rectors‘ Conference (HRK) and the website of the Foundation Accreditation Council for guidance on evaluating degrees.
- A master craftsman‘s certificate (Meisterbrief) is not to be equated with an academic degree in this context.
- If there is any doubt as to whether the parents‘ qualifications are considered academic degrees in the country where they were obtained and therefore whether the student is eligible for the supplemental allowance-the burden of proof lies with the student. This applies in particular to degrees earned abroad.
- Study programmes completed abroad by a parent that are not recognised as such in Germany (e.g., physiotherapy) are deemed academic degrees for the purposes of the eligibility criteria for additional funding, and thus do not qualify for the supplemental allowance.

Employed students:

Students who have been in employment prior to beginning their study abroad program that they are unable to continue while abroad are eligible to apply for this Top-Up.

- monthly income of 450 - 850 EUR
- Occupation: at least 6 months regularly before the start of the mobility

Grant for “Green Travel”:

You can apply for this Top-Up if you will travel to or from the partner university by one of the following means of transport, which are classified as sustainable by the DAAD:

- train
- carpool
- bus
- bicycle
- on foot

There is the possibility for funding of up to 6 additional travel days.
With the application you commit yourself to keep the original proof of arrival/departure for 5 years and/or to submit it to the International House of the TU Braunschweig for verification upon request.

Travel distance	Standard travel	Green travel
10–99 km	28 € (0 travel days)	56 € (0 travel days)
100–499 km	211 € (0 travel days)	285 € (2 travel days)
500–1999 km	309 € (0 travel days)	417 € (2 travel days)
2000–2999 km	395 € (1 travel days)	535 € (4 travel days)
3000–3999 km	580 € (1 travel days)	785 € (4 travel days)
4000–7999 km	1188 € (2 travel days)	1188 € (6 travel days)
8000 km and more	1735 € (2 travel days)	1735 € (6 travel days)

If your travel plans for the outbound and/or return journey should unexpectedly change after the application deadline and you are no longer able to travel in an environmentally friendly way, you agree, by means of the declaration on honour, to inform us of this at the end of your stay. In that case, any additional funds you received for Green Travel will be offset against the final installment of your mobility grant and must be reimbursed to the International House. Retroactive approval of funding for environmentally friendly travel is not possible. To apply for Green Travel, at least 50% of the journey must be completed by environmentally friendly means.

In order to make the programme and its impact on the environment as climate-friendly as possible, mobility with a distance of less than 500 km should generally be covered by low-emission means of transport. Further information: https://eu.daad.de/programme-und-hochschulpolitik/erasmus-ab-2021/erasmusplus-green/de/81749-foerdermoeglichkeiten-fuer-green-travel/

Sustainable mode of travel used:

Distance to the host institution abroad:

This information should be calculated using the EU distance calculator:
https://erasmus-plus.ec.europa.eu/de/resources-and-tools/distance-calculator