**Declaration on Honor on Travel in the Erasmus+ Traineeship Program**

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| **Last name:** |  | **First name(s)** |       |

**Dates of the Traineeship** [Day/Month/Year]:  **from** xx /yy/zzzz **to** xx/yy/zzz

**My traineeship location and country:**

**I hereby request \_\_\_ additional travel days\***

**(The travel days must be before and/or after the end of the traineeship and may not overlap with the traineeship period specified in the grant agreement. When non-sustainable means of transportation like car or plane are used, a maximum of 2 travel days can be requested)**

**I will complete more than 50% of the total journey (outward and return journey) to/from the location of my traineeship using the following means of transport:**

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(**Indicate means of transport here**)

**\*For your orientation:**

* **1 day = under 6 hours travel time for outward and return journey**
* **2 days = between 6 and 12 hours travel time for the outward and return journey**
* **3 days = between 12 and 18 hours travel time for the outward and return journey**
* **4 days = between 18 and 24 hours travel time for the outward and return journey**
* **5 days = between 24 and 30 hours travel time for the outward and return journey**
* **6 days = over 30 hours travel time for the outward and return journey**

**With my signature I hereby declare on my honor that all the above information has been provided by me completely and truthfully, that I have (will have) documentary evidence and that I can produce this on request (obligation to keep records for 5 years!). I acknowledge that in case of *false statements* I will have to repay approved funds in part or in full to the EU ServicePoint.**

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| **Place, Date**--------------------------------------------**Signature of the Participant** | **Mainz,** --------------------------------------------**EU-Servicepoint, Dr. Thomas Weik,** **Erasmus+ Coordinator** |