

ERASMUS+ OVERSHOOT DAY

**Infonote on the
Erasmus+ Overshoot
Day campaign**

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Erasmus+ Overshoot Day

What is the Erasmus+ Overshoot Day?

The **Erasmus+ Overshoot Day** marks the day when a student taking part in an Erasmus+ mobility and having been given an Erasmus+ grant runs out of financial support and needs to cover the rest of their stay with their own resources.

The **Erasmus+ Overshoot Day** was inspired by **Earth Overshoot Day**. The idea behind the Erasmus+ Overshoot Day aims to raise awareness of the fact that the Erasmus+ scholarships issued to participate in a study or traineeship mobility in another country to gain an intercultural learning experience and during their Higher Education degree do not cover the living costs of students participating in these programmes. The **Erasmus+ Overshoot Day** campaign is based on data from the ESNsurvey and works with reported responses from former participants of the Erasmus+ and other mobility programmes, as described in the methodology.

The **Erasmus+ Overshoot Day** is a symbolic action rather than presenting a rigorous method for a formal new measurement to set a standard to assess the financial support students receive. The **Erasmus+ Overshoot Day** aims to call attention to the fact that current granting mechanisms are insufficient to cover the cost of living during the total duration of their mobility, hence not making this experience available to all students who wish to participate. This impacts the inclusiveness of the programme.

Methodology

Background to the data sample

The data used for the **Erasmus+ Overshoot Day** calculation is based on ESNsurvey XV, for which preliminary data has been collected between 29/05/2023 and 31/07/2023, with students predominantly doing mobilities in the **academic year 2021-2022** and **2022-2023**.

Out of all data gathered in ESNsurvey XV, 17,855 respondents did an exchange during their Higher Education degree. Of those; 15,629 did an Erasmus+ exchange, 14,789 did a study exchange at another university, 1,146 traineeship placements and 152 short-term mobility programmes.

The latter were not taken into consideration when looking into the grant levels. The Erasmus+ programme was compared with the Swiss-European Mobility Programme (SEMP), which accounted for 423 respondents, and the Turing Scheme, for which 238 respondents were counted.

Furthermore, the focus was on the students whose SENDING or HOST institutions were part of the Erasmus+ programme countries or Region 14, as Erasmus+ students going to Switzerland and the United Kingdom receive a similar scholarship as those in countries associated with the programmes.

- **Sending: 15,225 respondents** were students who reported a sending institution being from one of the 33 Erasmus+ programme countries, Switzerland or the United Kingdom.
- **Hosting: 15,554 respondents** were students doing an exchange in one of the 33 Erasmus+ programme countries, Switzerland or the United Kingdom.

It should be recalled that the sending institution is responsible for the allocation of the funding and the grant level is determined by the national agency in the country of the sending institution. On the other hand, the cost of living depends on the host country students choose for their mobility, which may lead to a varying cost of living depending on the city of the host institution. We, therefore, decided to make two overviews based on the country of the sending institution and the country of mobility destination.

Calculating the Erasmus+ Overshoot Day

To calculate which day Erasmus+ Overshoot Day would fall, we looked at the **total grant** received by the students, and the **total living expenses** students would have during their exchange. As the sending institution issues the Erasmus+ grant, we base the main calculation from the Erasmus+ Overshoot Day on the country of the sending institution and use data from students from sending institutions.

1. The **average monthly grant** was calculated based on the responses from students participating in an Erasmus+ mobility period from a country associated with the Erasmus+ programme. The average grant received per student is 460.43 EUR per month.
2. The **average cost of living** was also calculated based on the responses from the students regarding their cost of living in their host country. The respondents estimated their monthly cost of living at **847.21 EUR**.
3. The **average duration** of an Erasmus+ mobility is **5 months (37.36%)**, with **68.17%** of respondents doing mobility between **4 to 6 months** long, according to the ESNsurvey XV preliminary report¹. The average mobility duration would then be translated into **152 days**.
4. Based on the average of 5 months, a **total average grant of 2,302.17 EUR** and a **total average cost of living abroad of 4,236.03 EUR** were calculated.
5. With an average duration of 152 days, the student would be able to cover their cost of living for **83 days or 54% of their mobility period** from their Erasmus+ scholarship.

This leads us to the following overall:

Erasmus+ Overshoot Day on the 23rd of April 2024

If you were to do an Erasmus+ mobility in the spring semester of 2023-2024 that started on the **1st of February 2024** for 5 months, and the average grant and cost-of-living conditions would apply to you, your **Erasmus+ Overshoot Day** would then fall on the **23rd of April 2024**.

¹ ESN (2023), ESNsurvey XV, Preliminary report (pp. 7) consulted on [Launch of the Preliminary Results of the XV ESNsurvey | Erasmus Student Network](#)

National Reflections on the Erasmus+ Funding Distribution & Cost of Living across Europe

Grant levels

As mentioned above, the grant amount is determined by the National Agency of the sending country. There are vast differences between countries² in the average grants that the students receive. On average, the students reported an Erasmus+ grant of 460 EUR per month.

Average Monthly Grant per Sending Country

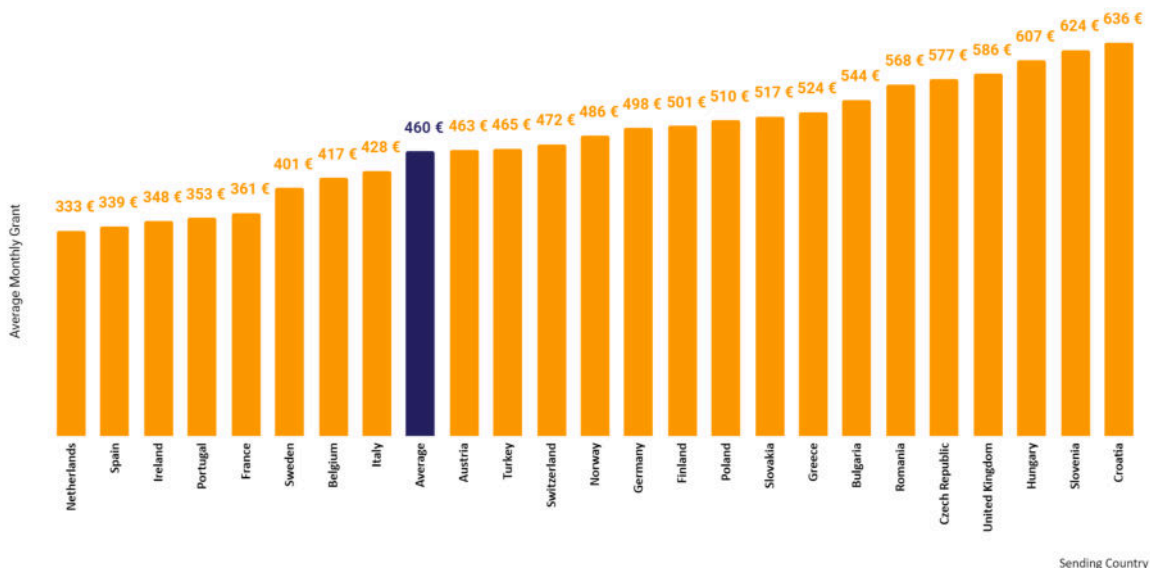


Figure 1: Average Monthly Grant per sending country

Students from Croatian higher education institutions reported receiving the highest grants, at 636 EUR, followed by Slovenia, at 624 EUR, and Hungary, rounding out the top 3 with 607 EUR as an average Erasmus+ scholarship. Students from The Netherlands (333 EUR), Spain (339 EUR) and Ireland (348 EUR) reported the lowest average Erasmus+ grant. It is important to note that the data is collected from participants from the Academic year 2021-2022 and 2022-2023 and that students from later academic years, where increases in the financial support by the European Commission and/or National Agencies to account for the

² ESNsurvey XV data. Only countries with more than 100 respondents from a sending institution based in that country were taken into account.

cost-of-living crisis in 2023 and 2024 have not impacted the current respondents yet. Students participating in the Swiss European Mobility Programme reported an average grant of 472 EUR, as well as students participating in the Turing programme, where students reported 586 EUR as their average scholarship. In both cases, this is above the average number of Erasmus+ grants.

Cost of Living while abroad

When comparing if the grants students receive cover their living costs abroad, we can see vast differences between countries of sending institutions. On average, students report that their grants cover 54% of their living expenses, whereas 46% of their living expenses are self-funded.

Coverage of Living Costs by country of sending institution

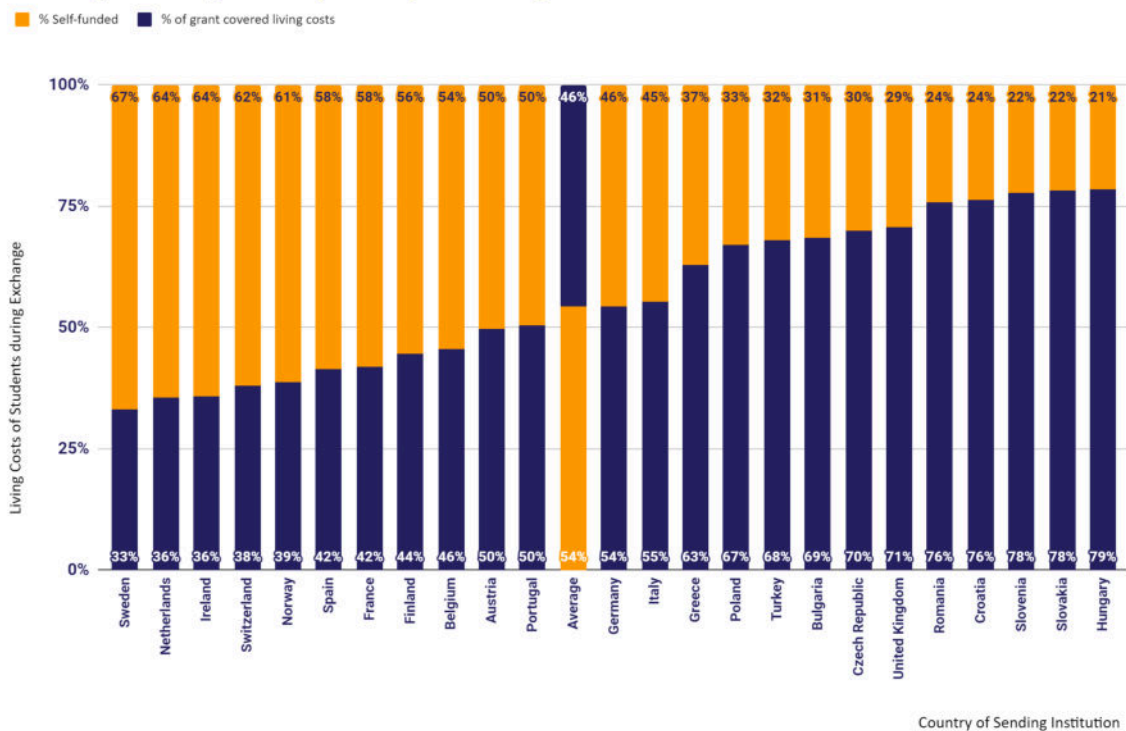


Figure 2: Percentages of Living costs of students covered by their grant or self-funded as shown by countries of their sending institution.

Students from Hungary reported that their grant covered 79% of the living costs abroad, followed by students from Slovakia and Slovenia (78%) and Croatia and Romania (76%). The Turing Programme from the United Kingdom follows closely behind, as students from the UK reported that their scholarships covered 71% of their living costs. In comparison, students participating in the Swiss European Mobility indicated that their grant covered only 38% of

their living costs. This places Switzerland in the top 5 of the less-performing countries. Students from Sweden reported that their Erasmus+ mobility covered 33% of their living costs, followed by the Netherlands and Ireland, with 36% of their living costs being covered by their grant. Students from Norway reported their grants covered 39% of their living costs, completing the top 5.

Cost of living per country

The cost of living heavily depends on the country and city of the mobility destination. It is, therefore, important to consider the cost of living per host country³.

The average cost of living reported by students is **846 EUR per month**.

Average Cost of Living per Host Country

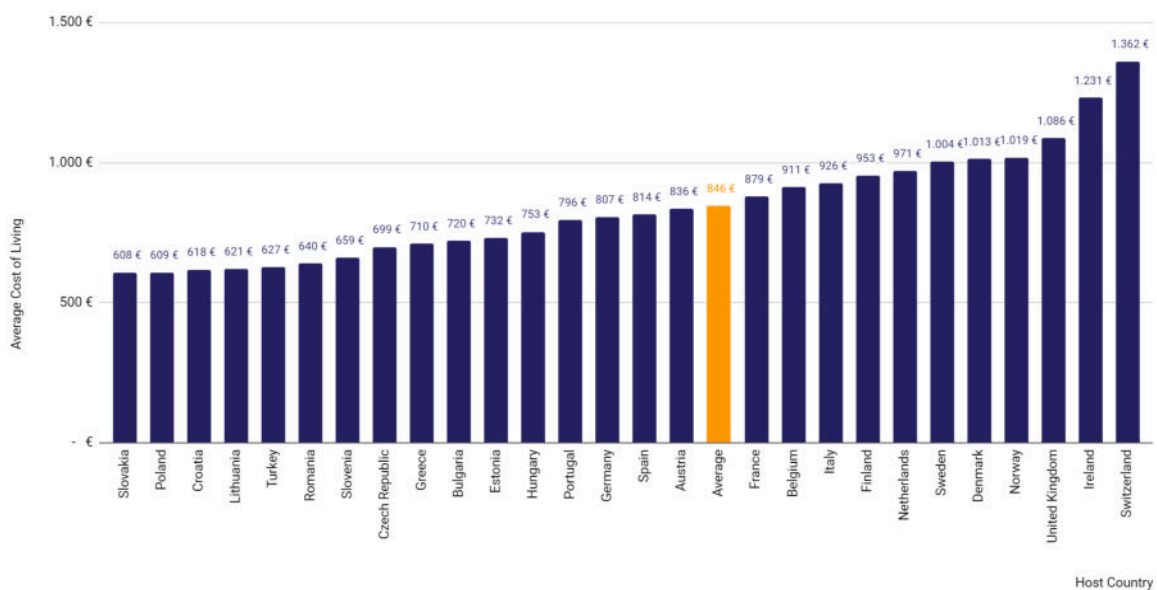


Figure 3 - Average monthly cost of living per Host country.

The Host destination where students reported the lowest cost of living was Slovakia, as students indicated they required an average 608 EUR per month to cover their living costs, followed by Poland with a reported cost of living of 609 EUR per month, and Croatia with an average cost of living of 618 EUR, Lithuania at 621 EUR and Turkey with 627 EUR, complete the top 5 of countries with the lowest cost of living, while also Romania, Slovenia and Czech republic remain under an average cost of living of 700 EUR per month. The Highest cost of

³ ESNsurvey XV data, (2023) - note: Only countries with more than 100 respondents from a sending institution based in that country were taken into account.

living for a student was reported in Switzerland, with the cost of living averaging 1,362 EUR per month, followed by Ireland (1,231 EUR) and the United Kingdom (1,086 EUR).

Why does it matter?

The cost of living in the Erasmus+ destination, or the **affordability of the hosting city, was considered the most prominent reason to choose a host destination**⁴ (ESNsurvey XV, 2023).

The same report indicates that 70% of a student's budget goes to accommodation, & food. ESNsurvey 2023 indicates that family contributions came first as the main way to co-fund student mobility, followed by personal savings and a student job before mobility. Anecdotal evidence of students currently dropping out⁵ of the Erasmus+ programme indicates that the continuous cost-of-living crisis and the dwindling financial resources of students and their families negatively impact their ability to participate in student mobility opportunities.

According to data from the SIEM survey (12,820 respondents), **59% of mobile respondents receive a grant covering less than 50% of their actual mobility costs**⁶ (Allinson & Gabriels, 2021). Moreover, 53% of non-mobile students would require more than 75% of their living costs to be covered to participate in mobility, a figure which rises to 77% for students with fewer opportunities. According to the SIEM survey, both mobile and non-mobile students reported concerns about financing as the largest barrier to participation in mobility and a hurdle to overcome if we wish to increase access to mobility participation.

In the same report, 94% of respondents stated that they would appreciate more financial information for their mobility decision, and 82% of students indicated that up-front financing of their expenses was a barrier to mobility participation. According to the ESNsurvey XV, 26% of students receive their grant more than 30 days after their arrival, a decrease from 33% from the ESNsurvey XIV. This is a positive trend, as more students receive grants before departure, increasing from 33% to 37%.

The Erasmus+ Overshoot Day campaign wants to highlight the need for continuous investment in future generations of Europeans to ensure sufficient financial support for students participating in Erasmus+ and equitable access for students regardless of their socioeconomic status, country of origin, or country of destination.

⁴ ESN, (2023), ESNsurvey XV - Preliminary report, <https://www.esn.org/news/launch-preliminary-results-xv-esnsurvey>

⁵ Students that applied to participate, but after approval decided to pull out of the programme

⁶ Allinson K., Gabriels W.,(2021). Maybe it will be different abroad; student and staff perspectives on diversity and inclusion in student exchanges. SIEM Research Report, siem-project.eu

Relevant projects

In order to dig deeper into the topic of the financial support students receive and the impact this might have on inclusion and accessibility of the programme for participants from diverse backgrounds, including those with less-advantaged socio-economic backgrounds, the following projects might be of interest.

Erasmus For all



The Erasmus for All project contributes to reducing the existing asymmetry in the EU, promoting fairness, inclusion and equity of Erasmus mobility grants between individuals and among the EU economic diversity.

The project released a number of publications on the topic “[Is Erasmus+ for all? A literature review on the calculation of Erasmus grants](#)” and “[In-depth Analysis On Mobility Funding In Erasmus And Beyond](#)”, including a number of suggestions on how to make the programme more inclusive: “[Erasmus+ isn’t for all. How can this change?](#)” and “Removing the main obstacles to European student mobility – a proposal for better and more inclusive Erasmus grants”, available on the [Publications](#) page of the Erasmus for All website.

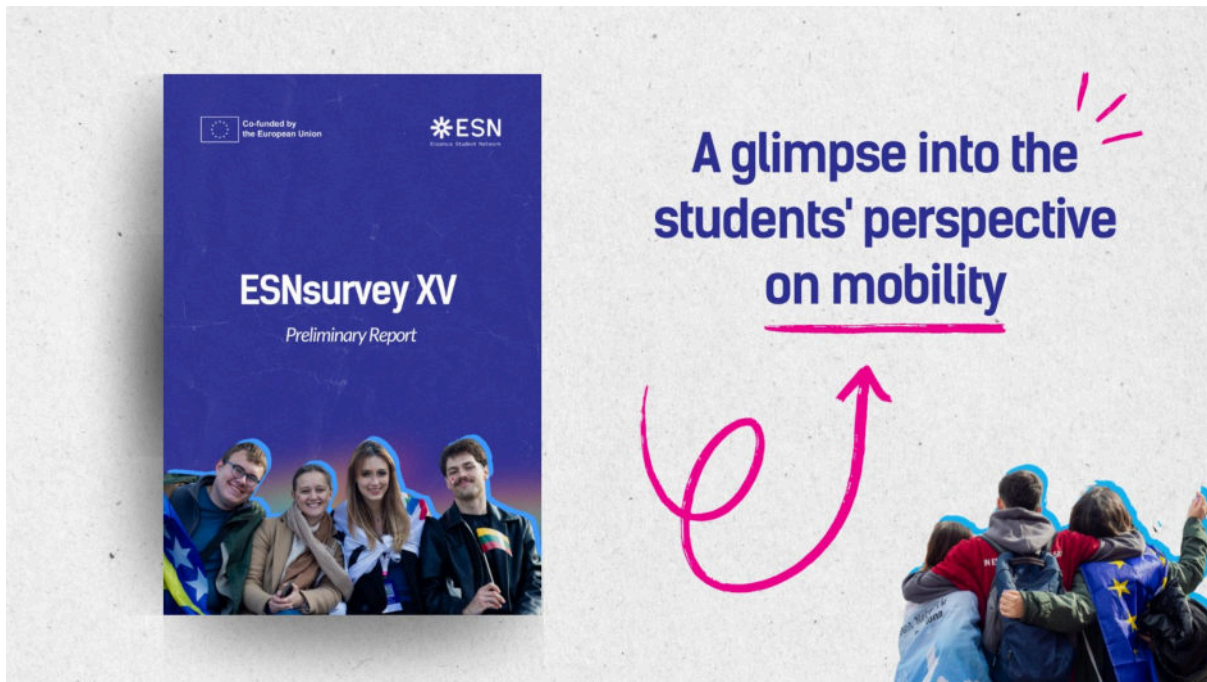
Social Inclusion & Engagement in Mobility (SIEM)



The SIEM project delivered an extensive [research report](#) on the inclusiveness of the Erasmus+ programme to ensure that students can overcome barriers to mobility. Financial support was a recurring topic as a result of the research.

The project also delivered a factsheet on [factsheet on students from low-income backgrounds](#) and was the inspiration for the [Erasmus Generation](#) portal, which now hosts a [grant simulator](#).

ESNsurvey



In 2023, ESN launched the new edition of its flagship research project, the XV ESNsurvey. The data collection was open until the 31st of July, and it targeted students who have participated in exchange programmes or mobilities abroad during the last two years, as well as students who have not taken part in mobility yet.

The XV ESNsurvey collected 17,855 answers from exchange students, 1,856 answers from full-degree students and 3,064 from non-mobile students. The success of this data collection effort can be attributed to the support and collaboration of numerous stakeholders such as the European Commission, the European Parliament, National Agencies, Higher Education Institutions, Networks of Universities and European Alliances.

You can find the preliminary results here: [Launch of the Preliminary Results of the XV ESNsurvey | Erasmus Student Network](#)

Campaign partners



The **Erasmus for All consortium** is spearheaded by the University of Porto, supported by the following partners that are actively engaged in promoting the Erasmus+ Overshoot Day: the European University Foundation; the

European Students Union, France Universités, Trinity College Dublin, La Sapienza University of Rome, University of Pécs, Université de Versailles Saint-Quentin-en-Yvelines.



The **Erasmus Student Network** is the largest student network in Europe, with over 500 local branches spread across 45 countries and present in more than 1,000 Higher Education Institutions. The organisation works to create a more mobile and flexible education environment by

supporting and developing student exchange from different levels and providing an intercultural experience to those students who cannot access a period abroad ("internationalisation at home"). Thus, ESN involves around 15,000 volunteers, offering its services to around 350,000 international students every year.



OVERSHOOT DAY

Annex 1 - Erasmus Overshoot Day - Calculation based on the Country of the Sending Institution

Sending Country	Respondents Numbers	Average Grant per month	Average Cost of Living	Average Duration	Total Average Grant	Total Cost of Living	% of grant covered living costs	Number of Days covered	Start Date	Erasmus Overshoot Day for sending
Austria	655	463 €	932,45 €	5	2.313,88 €	4.662,24 €	50%	75	1/2/2024	16/4/2024
Belgium	389	417 €	914,32 €	5	2.085,17 €	4.571,61 €	46%	69	1/2/2024	10/4/2024
Bulgaria	110	544 €	793,19 €	5	2.717,79 €	3.965,94 €	69%	104	1/2/2024	15/5/2024
Croatia	199	636 €	832,82 €	5	3.178,89 €	4.164,11 €	76%	116	1/2/2024	27/5/2024
Czech Republic	977	577 €	825,92 €	5	2.885,11 €	4.129,61 €	70%	106	1/2/2024	17/5/2024
Finland	229	501 €	1.126,84 €	5	2.505,56 €	5.634,21 €	44%	68	1/2/2024	8/4/2024
France	946	361 €	861,84 €	5	1.804,19 €	4.309,19 €	42%	64	1/2/2024	4/4/2024
Germany	1628	498 €	915,29 €	5	2.490,88 €	4.576,44 €	54%	83	1/2/2024	23/4/2024
Greece	602	524 €	831,91 €	5	2.618,68 €	4.159,53 €	63%	96	1/2/2024	6/5/2024
Hungary	221	607 €	773,38 €	5	3.036,61 €	3.866,91 €	79%	119	1/2/2024	30/5/2024
Ireland	222	348 €	968,50 €	5	1.739,47 €	4.842,50 €	36%	55	1/2/2024	26/3/2024
Italy	2912	428 €	775,75 €	5	2.141,96 €	3.878,75 €	55%	84	1/2/2024	24/4/2024
Netherlands	326	333 €	933,52 €	5	1.662,62 €	4.667,59 €	36%	54	1/2/2024	26/3/2024
Norway	137	486 €	1.250,73 €	5	2.428,03 €	6.253,64 €	39%	59	1/2/2024	31/3/2024
Poland	893	510 €	760,96 €	5	2.551,98 €	3.804,82 €	67%	102	1/2/2024	12/5/2024
Portugal	532	353 €	699,07 €	5	1.762,92 €	3.495,34 €	50%	77	1/2/2024	17/4/2024
Romania	550	568 €	749,73 €	5	2.840,80 €	3.748,66 €	76%	115	1/2/2024	26/5/2024
Slovakia	129	517 €	659,88 €	5	2.584,09 €	3.299,40 €	78%	119	1/2/2024	30/5/2024
Slovenia	168	624 €	801,91 €	5	3.120,78 €	4.009,54 €	78%	118	1/2/2024	29/5/2024
Spain	1664	339 €	817,45 €	5	1.696,77 €	4.087,25 €	42%	63	1/2/2024	4/4/2024
Sweden	236	401 €	1.215,49 €	5	2.006,22 €	6.077,47 €	33%	50	1/2/2024	22/3/2024
Switzerland	356	472 €	1.239,96 €	5	2.360,90 €	6.199,82 €	38%	58	1/2/2024	29/3/2024
Turkey	545	465 €	683,06 €	5	2.323,42 €	3.415,31 €	68%	103	1/2/2024	14/5/2024
United Kingdom	238	586 €	830,64 €	5	2.930,20 €	4.153,21 €	71%	107	1/2/2024	18/5/2024
Total	15225	460 €	847,21 €	5	2.302,17 €	4.236,03 €	54%	83	1/2/2024	23/4/2024

The above spreadsheet showcases the averages per country of the sending institution. In the first column you will find the number of respondents coming from a sending institution in that country, followed by the average grant per month those students received, and their average cost of living abroad. If we assume the mobility lasted 5 months, then we can calculate the total average grant and the total cost of living, indicate the % of their costs the grant will cover, and a final day when they run out of financial support based on the grant they receive to cover the cost of living. All data mentioned detail the situation of the Host Country of the mobility.

data from ESNsurvey XV - find more information on ensurvey.org

Annex 2 - Erasmus Overshoot Day - Calculation based on the Country of the Hosting Institution

HOST Country	Number of respondents	Average Grant per month	Average Cost of Living	Average Duration	Total Average Grant	Total Cost of Living	% of living cost covered	Number of Days covered	Start Date	Erasmus Overshoot Day for Host
Austria	457	495,26 €	836 €	5	2.476,28 €	4.178,91 €	59%	90	1/2/2024	1/5/2024
Belgium	723	456,20 €	911 €	5	2.280,98 €	4.557,22 €	50%	76	1/2/2024	17/4/2024
Bulgaria	98	446,07 €	720 €	5	2.230,36 €	3.601,32 €	62%	94	1/2/2024	5/5/2024
Croatia	299	450,51 €	618 €	5	2.252,53 €	3.088,59 €	73%	111	1/2/2024	21/5/2024
Czech Republic	882	435,76 €	699 €	5	2.178,80 €	3.495,02 €	62%	95	1/2/2024	5/5/2024
Denmark	238	489,73 €	1.013 €	5	2.448,64 €	5.063,32 €	48%	74	1/2/2024	14/4/2024
Estonia	148	499,26 €	732 €	5	2.496,31 €	3.659,62 €	68%	104	1/2/2024	14/5/2024
Finland	476	508,44 €	953 €	5	2.542,22 €	4.766,35 €	53%	81	1/2/2024	22/4/2024
France	1054	466,73 €	879 €	5	2.333,65 €	4.396,98 €	53%	81	1/2/2024	21/4/2024
Germany	1472	499,29 €	807 €	5	2.496,46 €	4.034,33 €	62%	94	1/2/2024	5/5/2024
Greece	346	473,95 €	710 €	5	2.369,77 €	3.550,08 €	67%	101	1/2/2024	12/5/2024
Hungary	170	429,90 €	753 €	5	2.149,48 €	3.764,84 €	57%	87	1/2/2024	27/4/2024
Ireland	251	514,83 €	1.231 €	5	2.574,15 €	6.154,88 €	42%	64	1/2/2024	4/4/2024
Italy	1906	466,17 €	926 €	5	2.330,86 €	4.627,91 €	50%	77	1/2/2024	17/4/2024
Lithuania	171	450,55 €	621 €	5	2.252,77 €	3.103,00 €	73%	110	1/2/2024	21/5/2024
Netherlands	491	445,94 €	971 €	5	2.229,72 €	4.853,01 €	46%	70	1/2/2024	10/4/2024
Norway	444	462,54 €	1.019 €	5	2.312,70 €	5.093,11 €	45%	69	1/2/2024	10/4/2024
Poland	635	405,54 €	609 €	5	2.027,69 €	3.042,84 €	67%	101	1/2/2024	12/5/2024
Portugal	1053	495,42 €	796 €	5	2.477,10 €	3.979,57 €	62%	95	1/2/2024	5/5/2024
Romania	191	484,58 €	640 €	5	2.422,92 €	3.197,59 €	76%	115	1/2/2024	26/5/2024
Slovakia	137	425,58 €	608 €	5	2.127,90 €	3.041,25 €	70%	106	1/2/2024	17/5/2024
Slovenia	193	450,45 €	659 €	5	2.252,23 €	3.297,23 €	68%	104	1/2/2024	14/5/2024
Spain	2192	484,60 €	814 €	5	2.423,01 €	4.070,38 €	60%	90	1/2/2024	1/5/2024
Sweden	523	497,18 €	1.004 €	5	2.485,90 €	5.018,77 €	50%	75	1/2/2024	16/4/2024
Switzerland	161	502,09 €	1.362 €	5	2.510,44 €	6.807,63 €	37%	56	1/2/2024	28/3/2024
Turkey	248	566,49 €	627 €	5	2.832,43 €	3.137,16 €	90%	137	1/2/2024	17/6/2024
United Kingdom	322	472,90 €	1.086 €	5	2.364,52 €	5.431,46 €	44%	66	1/2/2024	7/4/2024
Total	15554	474,28 €	846 €	5	2.371,39 €	4.230,01 €	56%	85	1/2/2024	26/4/2024

The above spreadsheet showcases the averages per country of the hosting institution. In the first column you will find the number of respondents doing an exchange in said country, followed by the average grant per month those students received from their sending institution, as well as their average cost-of-living in their host country. If we assume the mobility lasted 5 months, then we can calculate the total average grant and the total cost of living, indicate the % of their costs the grant will cover, and a final day when they run out of financial support based on the grant they receive to cover the cost of living. All data mentioned detail the situation of the Host Country of the mobility.

data from ESNsurvey XV - find more information on esnsurvey.org