


* *For use of private car, please include:

Itinerary - distance driven for each journey, listed by destination and speedometer reading -reason for detours - local mileage at destination

## Calculating subsistence

 allowanceTravel period in connection with a course ends when the course starts. New travel period is initiated at the time course concludes

If subsistence allowance is to be calculated on the basis of days exceeding 6 hours, the number of days should be entered on the reverse side under «Subsistence/allowance with overnight stay», TT code 1086/1087/1052

Subsistence and accommodation by voucher Enter here food and
accommodation expenses documented by vouchers. If in addition to recovering these expenses you are entitled to a course allowance, enter the number of days under TT code 1057 on the front. The total course allowance should be entered in the "amount" column


## Overnight stay

Name and address of hotel, boarding
house, etc. (not private lodgings)

## Remarks

## How to fill out and submit the form

1. Start by filling out personal and journey information on the front page

- Surname and forename
- Norwegian national identity number (date of birth if you don't have a Norwegian ID number)
- Home address
- Bank account number
- Your private bank
- Name and account number: + SWIFT + IBAN-number (if the account is in an EU/EØS-country) should be written on the reverse side of the form (Remarks).
- Agency/Institution NMBU
- Department/Division HH
- Claim in connection with (type of journey)
- Destination, including town
- Purpose of journey
- Date and time of departure and return
- Overnight stay (type of board)

2. Fill out the reverse page

- Journey specification and expenses
- Specification and expenses to be reimbursed for transport etc.
- Expenses for accommodation, food, etc.
- List all expenses for accommodation (hotel, hostel, apartment), food and other expenses such as parking etc.
- Remember to provide name and address of all accommodation that has caused expenses.
- If you have spent one or more nights in private accommodation, this is to be specified in the next section «Overnight stay».
- Overnight stay

This section is to be filled out for accommodation you have not had any expenses for:

- Provide the name and address of the hotel, hostel or other accommodation.
- If you have stayed in a private place, enter «Lived private». You do not have to enter your address.
- Remarks

If your claim form is not self-explanatory, please add any additional information here.
3. Complete filling out the front page

- Total expenses from the reverse side

Transfer from the reverse page the sum of «Travel Expenses» and «Expenses for accommodation, food, etc..»

- Sub-total

Enter the sum of all listed expenses and allowances in the row «Subtotal» and column «Amount».

- Deductions
- Enter meal deductions for food expenses if certain meals have been paid by others.
- Row «614» refers to meal deductions on day trips, row «610» to travel with overnight stays.
- Signature

Enter date and your signature in the row «Claimant's signature».

## 4. Submit the form and required documentation

Submit the completed and signed travel expenses claim form together with the original receipts to the PhD-coordinator.

