

MLA and foreign exchange rates accurate as of January 2022

All values in USD

Well-being differential not included

Specialist and Expert include one dependent for insurance

Donor proforma assumes a GMS rate of 10%

Global charges and insurance premiums updated November 2021

Proforma cost components and their definition and costing methodology can be found [here](#)

For more information on how to engage UN Volunteers in implementation of UNDP programmes and projects, go to:

<https://toolkit.unv.org>

	Expert			Specialist			Youth			University			Community full time			Community part time		
	AFP	Mission	Donor (10% GMS)	AFP	Mission	Donor (10% GMS)	AFP	Mission	Donor (10% GMS)	AFP	Mission	Donor (10% GMS)	AFP	Mission	Donor (10% GMS)	AFP	Mission	Donor (10% GMS)
	12 months			12 months			12 months			6 months			12 months			12 months		
Average	28867	26618	31754	22447	20337	24692	19217	17176	21139	8165	7044	8981	8490	7652	9339	5285	4517	5814
AFG Afghanistan	19890	17835	21879	16564	14580	18220	14419	12482	15860	6284	5203	6912	6405	5613	7046	4243	3497	4668
ALB Albania	29640	27374	32605	23012	20889	25313	19715	17663	21686	8356	7230	9191	8710	7867	9580	5395	4625	5935
DZA Algeria	19842	17788	21827	15856	13888	17442	13880	11955	15268	6099	5022	6709	6067	5282	6674	4074	3332	4482
AGO Angola	28233	25998	31057	21984	19884	24183	18877	16844	20765	8032	6914	8835	8331	7496	9164	5205	4439	5726
AIA Anguilla	37551	35114	41307	28790	26542	31669	24425	22271	26867	10178	9013	11196	10843	9954	11927	6462	5668	7108
ATG Antigua & Barbuda	41537	39013	45691	31701	29390	34871	26799	24594	29479	11096	9911	12206	11917	11005	13109	6999	6194	7699
ARG Argentina	31294	28992	34423	24220	22070	26641	20699	18626	22769	8737	7603	9610	9155	8303	10071	5618	4843	6180
ARM Armenia	19763	17710	21739	15798	13831	17378	13833	11908	15216	6081	5005	6689	6046	5261	6650	4063	3322	4470
AUT Austria	78483	75160	86332	58684	55789	64552	48801	46120	53681	19606	18237	21567	21881	20753	24069	11981	11068	13179
AZE Azerbaijan	26238	24045	28861	20527	18458	22579	17691	15683	19460	7571	6463	8328	7791	6969	8570	4936	4175	5430
BHS Bahamas	30291	28011	33320	23487	21354	25836	20095	18035	22104	8506	7377	9356	8884	8038	9772	5483	4710	6031
BHR Bahrain	47696	45039	52465	36199	33790	39818	30483	28199	33532	12514	11299	13766	13582	12634	14940	7832	7008	8615
BGD Bangladesh	18665	16636	20531	14996	13047	16496	13179	11269	14497	5828	4757	6410	6984	6179	7682	4532	3780	4986
BRB Barbados	49879	47174	54866	37793	35350	41572	31767	29454	34943	13017	11791	14319	14167	13206	15584	8124	7294	8936
BLR Belarus	26112	23922	28724	20435	18368	22479	17611	15605	19372	7543	6436	8298	7758	6936	8534	4920	4160	5412
BEL Belgium	82862	79444	91149	61882	58918	68070	51409	48671	56550	20615	19224	22676	23061	21908	25368	12571	11645	13828
BLZ Belize	27099	24888	29809	21156	19073	23272	18200	16181	20020	7771	6658	8548	8024	7196	8827	5053	4290	5558
BEN Benin	19305	17262	21235	15464	13504	17010	13560	11642	14916	5975	4901	6573	5922	5140	6515	4002	3261	4402
BTN Bhutan	11636	9760	12800	9863	8025	10849	8993	7174	9893	4209	3173	4630	3854	3117	4240	2968	2250	3265
BOL Bolivia	25280	23108	27808	19827	17773	21810	17119	15123	18830	7351	6248	8086	7534	6717	8287	4807	4049	5288
BIH Bosnia and Herzegovina	25665	23485	28232	20109	18049	22120	17345	15345	19080	7440	6335	8184	7638	6819	8402	4859	4100	5345
BWA Botswana	19774	17721	21752	15806	13839	17387	13840	11916	15224	6083	5007	6692	6049	5264	6654	4065	3323	4472
BRA Brazil	21599	19507	23759	17139	15144	18853	14925	12977	16418	6504	5419	7154	6541	5745	7195	4311	3564	4742
VGB British Virgin Islands	36300	33889	39929	27875	25647	30663	23680	21543	26048	9890	8731	10879	10505	9624	11556	6293	5503	6922
BGR Bulgaria	26152	23961	28767	20464	18396	22511	17639	15632	19403	7552	6444	8307	7769	6947	8546	4925	4164	5417
BFA Burkina Faso	20737	18663	22810	16509	14527	18160	14412	12476	15854	6305	5224	6935	6308	5518	6939	4195	3450	4614
BDI Burundi	15476	13516	17024	12667	10768	13934	11280	9411	12408	5093	4039	5603	4890	4130	5379	3485	2756	3834
KHM Cambodia	19585	17536	21543	15668	13704	17235	13730	11808	15103	6040	4965	6644	5998	5214	6597	4040	3298	4444
CMR Cameroon	22974	20852	25272	18143	16126	19958	15745	13779	17320	6820	5728	7502	6912	6108	7603	4496	3745	4946
CPV Cape Verde	23587	21452	25946	18541	16564	20450	16110	14137	17721	6962	5866	7658	7077	6270	7785	4579	3826	5037
CAF Central African Republic	21768	19672	23945	17263	15264	18989	15027	13077	16530	6543	5457	7197	6587	5790	7245	4334	3586	4767
TCD Chad	19877	17822	21864	15881	13913	17469	13900	11975	15290	6107	5030	6718	6077	5291	6684	4079	3337	4487
CHL Chile	34125	31761	37537	26287	24093	28916	22385	20276	24624	9389	8241	10328	9919	9050	10911	6000	5216	6600
CHN China	35612	33217	39173	27373	25156	30111	23272	21143	25599	9731	8576	10704	10320	9443	11352	6200	5412	6820
CHN China-HongKong	48221	45552	53043	36582	34165	40240	30780	28489	33858	12635	11418	13899	13720	12769	15092	7900	7075	8691
COL Colombia	28249	26012	31073	21995	19895	24195	18886	16852	20775	8035	6917	8839	8334	7500	9168	5208	4441	5728
COM Comoros	18694	16665	20564	15018	13068	16519	13196	11286	14516	5834	4764	6418	5758	4979	6333	3919	3181	4311
COG Congo	23305	21176	25636	18385	16362	20224	15942	13972	17536	6897	5803	7586	7001	6196	7701	4541	3789	4995
COD Congo - Dem Rep	30111	27835	33122	23356	21225	25691	19994	17937	21994	8464	7336	9311	8837	7991	9720	5458	4686	6004
COK Cook Islands	15521	13561	17073	12700	10801	13970	11303	9434	12433	5104	4049	5614	4902	4142	5392	3491	2762	3841
CRI Costa Rica	23856	21715	26242	18788	16756	20666	16270	14293	17897	7024	5927	7726	7150	6341	7865	4615	3862	5077
CIV Cote D'Ivoire	24827	22665	27310	19497	17450	21446	16848	14859	18533	7247	6146	7972	7411	6597	8153	4746	3990	5221
HRV Croatia	35965	33561	39561	27631	25408	30394	23480	21347	25828	9813	8656	10794	10415	9535	11456	6248	5459	6873
CUB Cuba	22191	20086	24410	17571	15566	19328	15276	13320	16804	6640	5552	7304	6700	5901	7370	4391	3642	4830
CYP Cyprus	42961	40407	47257	32741	30407	36015	27647	25424	30412	11424	10232	12567	12302	11381	13532	7191	6382	7910
DJI Djibouti	31563	29255	34719	24416	22263	26858	20860	18783	22945	8799	7664	9678	9228	8374	10151	5654	4878	6220
DMA Dominica	36300	33889	39929	27875	25647	30663	23680	21543	26048	9890	8731	10879	10505	9624	11556	6293	5503	6922
DOM Dominican Republic	19505	17458	21455	15609	13647	17170	13679	11758	15047	6021	4946	6623	5976	5193	6574	4029	3287	4432
ECU Ecuador	27675	25451	30442	21576	19485	23734	18544	16518	20399	7903	6788	8693	8179	7348	8997	5130	4365	5643
EGY Egypt	21343	19256	23478	16952	14961	18647	14774	12829	16251	6445	5361	7089	6472	5678	7119	4277	3530	4704
SLV El Salvador	21446	19357	23590	17027	15034	18730	14840	12894	16324	6468	5384	7115	6500	5705	7150	4291	3544	4720
GNQ Equatorial Guinea	35481	33088	39029	27277	25062	30005	23193	21066	25512	9701	8547	10671	10284	9408	11313	6183	5395	6801
ERI Eritrea	19476	17429	21423	15588	13626	17147	13661	11741	15028	6014	4940	6616	5968	5185	6565	4025	3284	4427
SWZ Eswatini	18721	16691	20593	15037	13087	16541	13212	11301	14533	5841	4770	6425	5765	4986	6341	3923	3184	4315
ETH Ethiopia	19902	17846	21892	15900	13931	17490	13920	11993	1									

		Expert			Specialist			Youth			University			Community full time			Community part time		
		AFP	Mission	Donor (10% GMS)	AFP	Mission	Donor (10% GMS)	AFP	Mission	Donor (10% GMS)	AFP	Mission	Donor (10% GMS)	AFP	Mission	Donor (10% GMS)	AFP	Mission	Donor (10% GMS)
		12 months			12 months			12 months			6 months			12 months			12 months		
NPL	Nepal	17063	15069	18769	13826	11902	15209	12225	10336	13447	5459	4396	6005	5318	4549	5850	3720	2985	4092
NLD	Netherlands	73268	70057	80595	54875	52062	60362	45695	43081	50265	18405	17062	20245	20474	19377	22522	11278	10380	12405
NIC	Nicaragua	19159	17120	21075	15357	13400	16893	13473	11557	14820	5942	4868	6536	5883	5102	6471	3982	3242	4380
NER	Niger	19233	17192	21157	15411	13453	16953	13517	11600	14869	5959	4885	6555	5903	5121	6493	3992	3252	4391
NGA	Nigeria	20516	18447	22568	16348	14370	17983	14281	12347	15709	6254	5174	6880	6249	5460	6874	4165	3421	4582
NIU	Niue	15521	13561	17073	12700	10801	13970	11303	9434	12433	5104	4049	5614	4902	4142	5392	3491	2762	3841
MKD	North Macedonia, Rep. of	36131	33724	39744	27752	25527	30527	23583	21448	25941	9851	8693	10836	10460	9580	11506	6270	5480	6897
OMN	Oman	53057	50284	58363	40114	37621	44126	33660	31306	37026	13750	12508	15125	15024	14045	16527	8553	7714	9408
PAK	Pakistan	13679	11758	15047	11355	9484	12490	10210	8364	11231	4679	3634	5147	4405	3656	4846	3243	2519	3567
PLW	Palau, Republic of	26474	24276	29121	20699	18627	22769	17831	15820	19614	7626	6517	8389	7855	7031	8640	4969	4207	5465
PSE	Palestine	35732	33334	39305	27461	25242	30207	23343	21213	25677	9759	8603	10735	10352	9474	11387	6217	5428	6838
PAN	Panama	34699	32323	38169	26707	24504	29377	22727	20611	25000	9521	8370	10473	10074	9202	11081	6077	5292	6685
PNG	Papua New Guinea	18129	16112	19942	14605	12664	16066	12858	10955	14144	5705	4637	6275	5605	4830	6166	3843	3106	4228
PRY	Paraguay	38776	36312	42653	29684	27416	32652	25155	22986	27670	10460	9289	11506	11173	10277	12290	6627	5830	7290
PER	Peru	29726	27458	32699	23075	20950	25382	19766	17713	21742	8376	7250	9213	8733	7890	9606	5407	4636	5948
PHL	Philippines	20163	18102	22179	16090	14117	17699	14071	12141	15478	6173	5095	6790	6154	5367	6769	4117	3374	4529
QAT	Qatar	79804	76452	87785	59648	56733	65613	49587	46889	54546	19910	18535	21901	22237	21101	24660	12159	11242	13375
ROU	Romania	20100	18040	22110	16044	14072	17649	14032	12104	15435	6158	5081	6774	6137	5350	6750	4109	3366	4520
RUS	Russian Federation	27651	25428	30417	21559	19468	23715	18530	16504	20383	7898	6782	8687	8173	7342	8990	5127	4362	5640
RWA	Rwanda	19164	17124	21080	15361	13403	16897	13476	11559	14824	5943	4870	6537	5884	5103	6473	3983	3243	4381
WSM	Samoa	16677	14691	18344	13544	11626	14898	11996	10111	13195	5370	4309	5907	5213	4447	5735	3647	2914	4012
STP	Sao Tome and Principe	20248	18185	22273	16153	14178	17768	14122	12191	15534	6192	5114	6812	6177	5389	6794	4129	3386	4542
SAU	Saudi Arabia	59878	56957	65865	45095	42494	49605	37721	35280	41493	15321	14044	16853	16863	15844	18550	9472	8613	10419
SEN	Senegal	23590	21454	25949	18593	16566	20452	16112	14138	17723	6962	5867	7658	7078	6271	7786	4579	3826	5037
SRB	Serbia	27721	25497	30493	21610	19518	23771	18566	16540	20423	7914	6798	8705	8193	7361	9012	5135	4370	5649
SYC	Seychelles	29741	27472	32715	23085	20961	25394	19775	17722	21752	8379	7253	9217	8737	7894	9610	5409	4638	5950
SLE	Sierra Leone	15112	13160	16623	12401	10508	13642	11063	9199	12169	5009	3956	5510	4792	4034	5271	3436	2708	3780
SLB	Solomon Islands	17436	15434	19179	14099	12169	15508	12447	10553	13692	5545	4480	6099	5418	4647	5960	3750	3015	4125
SOM	Somalia	20299	18235	22329	16190	14215	17809	14149	12218	15564	6205	5126	6825	6191	5403	6810	4136	3392	4549
ZAF	South Africa	27484	25264	30232	21437	19348	23581	17999	15985	19799	7859	6745	8645	8128	7298	8941	5105	4340	5615
SSD	South Sudan	27459	25240	30205	21419	19330	23561	18409	16385	20249	7854	6739	8639	2081	1382	2289	2081	1382	2289
LKA	Sri Lanka	14544	12605	15999	11987	10103	13185	10725	8868	11797	4879	3829	5367	4639	3884	5103	3360	2633	3696
KNA	St Kitts and Nevis	41537	39013	45691	31701	29390	34871	26799	24594	29479	11096	9911	12206	11917	11005	13109	6999	6194	7699
LCA	St Lucia	41537	39013	45691	31701	29390	34871	26799	24594	29479	11096	9911	12206	11917	11005	13109	6999	6194	7699
MAF	Saint Martin	24818	22656	27300	19489	17443	21438	16845	14856	18530	7245	6143	7969	7409	6595	8150	4744	3988	5219
VCT	St. Vincent and the Grenadines	41537	39013	45691	31701	29390	34871	26799	24594	29479	11096	9911	12206	11917	11005	13109	6999	6194	7699
SDN	Sudan	31119	28820	34230	24092	21945	26501	20595	18524	22654	8696	7564	9566	15149	14167	16664	8614	7773	9475
SUR	Suriname	22782	20664	25060	18003	15988	19803	15636	13673	17200	6776	5685	7453	6860	6058	7547	4471	3720	4918
CHE	Switzerland	130118	125677	143130	96394	92683	106034	79550	76203	87505	31500	29873	34649	35805	34376	39385	18943	17879	20837
SYR	Syria	23954	21810	26349	18859	16826	20745	16326	14347	17958	7046	5949	7751	7176	6366	7893	4629	3875	5092
TJK	Tajikistan	14065	12136	15471	11637	9760	12800	10434	8583	11477	4768	3721	5245	4509	3757	4960	3295	2570	3624
TZA	Tanzania, United Rep. of	25502	23325	28052	19989	17932	21988	17250	15252	18975	7402	6298	8143	7593	6775	8353	4837	4079	5321
THA	Thailand	34033	31672	37437	26220	24028	28842	22331	20223	24564	9368	8220	10304	9894	9026	10884	5988	5204	6586
TLS	Timor-Leste	16772	14784	18449	13614	11694	14975	12055	10169	13261	5392	4331	5931	5239	4471	5763	3660	2927	4026
TGO	Togo	19463	17417	21409	15579	13617	17137	13654	11734	15019	6012	4937	6613	5965	5182	6562	4023	3282	4425
TKL	Tokelau	15521	13561	17073	12700	10801	13970	11303	9434	12433	5104	4049	5614	4902	4142	5392	3491	2762	3841
TON	Tonga	24473	22318	26920	19238	17197	21162	10873	9013	11960	5003	3950	5504	7317	6504	8048	4699	3944	5169
TTO	Trinidad and Tobago	40462	37962	44509	30916	28622	34007	26159	23968	28775	10849	9669	11933	11628	10722	12791	6854	6052	7540
TUN	Tunisia	16095	14122	17704	13119	11210	14431	11648	9771	12813	5236	4178	5759	5057	4293	5562	3569	2838	3926
TUR	Turkey	15331	13375	16864	12562	10665	13818	11193	9326	12312	5060	4006	5566	4851	4092	5336	3466	2737	3813
TKM	Turkmenistan	30491	28207	33541	23634	21497	25997	20227	18165	22250	8552	7422	9407	8939	8092	9833	5510	4737	6061
TCA	Turks and Caicos Islands	25783	23601	28362	20195	18133	22215	17412	15411	19154	7468	6362	8214	7669	6849	8436	4875	4115	5363
TUV	Tuvalu	13757	11835	15133	11412	9540	12553	10260	8413	11286	4698	3651	5167	4427	3678	4870	3254	2530	3580
UGA	Uganda	21200	19116	23320	16848	14858	18532	14688	12746	16157	6412	5328	7053	6433	5640	7077	4257	3511	4683
UKR	Ukraine	29321	27062	32253	22779	20661	25057	19525	17478	21477	8283	7159	9111	8623	7782	9485	5352	4582	5887
ARE	United Arab Emirates	86350	82856	94985	64429	61410	70872	53484	50702	58833	21418	20010	23560	24002	22828	26402	13041	12105	14346
GBR	United Kingdom	68596	65487	75456	51463	48724	56609	42913	40360	47205	17329	16009	19062	19214	18145	21136	10648	9763	11713
USA	United States of America	75733	72469	83306	56676	53826	62344	47163	44519	51880	18976	17621	20873	21140	20028	23254	11611	10706	12772
URY	Uruguay	47367	44717	52103	35961	33560	39557	30272	27994	33299	12445	11233	13690	13491	12545	14841	7787	6965	8566
UZB	Uzbekistan	21152	19070	23267	16817	14831	18499	14663	12724	16129	6409	5329	7050	6424	5630	7066	4255	3508	4680
VUT	Vanuatu	25001	22835	27501	19629	17584	21592	16954	14967	18650	7300	6201	8030	7462	6646	8208	4774	4016	5251
VEN	Venezuela	31783	29470	34962	24584	22432	27043	20994	18919	23093	8865	7734	9751	9292	8436	10221	5689	4911	6258
VNM	Viet Nam	22498	20387	24748	17805	15800	19585	15251	13302	16776	66								