



2023 proforma cost estimates for National UN Volunteers  
Issue date: 11 October 2022

MLA and foreign exchange rates accurate as of August 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 updated September 2022

Insurance charges may change Q4 2022 with affect on overall proforma

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	28987	26762	31886	22508	20424	24759	19161	17148	21077	8169	7062	8986	8497	7686	9347	5261	4520	5787
AFG	Afghanistan	19793	17767	21772	16467	14513	18113	14235	12329	15658	6235	5169	6859	6355	5590	6990	4192	3475	4612
ALB	Albania	27370	25180	30107	21328	19269	23461	18237	16245	20061	7807	6707	8587	8073	7271	8880	5051	4315	5557
DZA	Algeria	20130	18096	22143	16040	14095	17644	13925	12026	15318	6139	5075	6753	6120	5361	6732	4075	3360	4483
AGO	Angola	28136	25930	30950	21887	19816	24076	18693	16691	20563	7983	6880	8782	8280	7474	9108	5154	4416	5670
AIA	Anguilla	37454	35046	41200	28693	26474	31562	24241	22119	26665	10130	8980	11143	10792	9931	11871	6411	5645	7052
ATG	Antigua & Barbuda	41440	38945	45584	31603	29322	34764	26616	24442	29277	11048	9878	12152	11867	10983	13053	6948	6171	7643
ARG	Argentina	28872	26650	31760	22425	20342	24667	19131	17120	21044	8153	7045	8968	8478	7667	9325	5254	4513	5779
ARM	Armenia	22756	20666	25032	17958	15972	19754	15489	13557	17038	6744	5667	7418	6828	6054	7511	4429	3707	4872
AUT	Austria	69558	66455	76514	52139	49413	57353	43360	40824	47696	17524	16214	19277	19449	18401	21394	10740	9880	11814
AZE	Azerbaijan	26692	24516	29361	20832	18784	22916	17836	15852	19619	7650	6553	8415	7889	7092	8678	4959	4225	5455
BHS	Bahamas	47289	44668	52018	35875	33501	39463	30099	27849	33108	12395	11196	13634	13444	12526	14788	7737	6943	8511
BHR	Bahrain	49008	46349	53908	37130	34729	40843	31139	28867	34253	12790	11583	14069	13911	12983	15302	7971	7171	8768
BGD	Bangladesh	17386	15412	19125	14036	12135	15440	12291	10428	13521	5507	4457	6058	6507	5739	7158	4269	3549	4695
BRB	Barbados	54846	52061	60331	41394	38901	45534	34599	32253	38059	14135	12898	15549	15482	14520	17030	8756	7939	9631
BLR	Belarus	26015	23855	28617	20338	18300	22372	17427	15453	19170	7495	6402	8244	7707	6913	8478	4869	4137	5356
BEL	Belgium	74190	70986	81609	55522	52723	61074	46118	43522	50730	18591	17258	20450	20698	19623	22768	11364	10491	12501
BLZ	Belize	27002	24820	29702	21059	19006	23165	18016	16029	19818	7722	6624	8494	7973	7174	8771	5002	4267	5502
BEN	Benin	17636	15657	19400	14219	12313	15641	12440	10573	13684	5565	4513	6121	5448	4703	5993	3739	3031	4113
BTN	Bhutan	12153	10293	13369	10214	8396	11236	9175	7379	10093	4302	3278	4732	3969	3256	4366	3000	2308	3300
BOL	Bolivia	25132	22991	27646	19693	17670	21663	16905	14942	18596	7291	6203	8020	7469	6681	8216	4750	4020	5225
BIH	Bosnia and Herzegovina	23298	21196	25627	18353	16359	20189	15810	13870	17391	6869	5789	7555	6975	6197	7672	4502	3778	4953
BWA	Botswana	18922	16915	20814	15158	13232	16674	13207	11323	14527	5861	4803	6447	5794	5042	6374	3912	3201	4304
BRA	Brazil	23320	21217	25652	18370	16374	20207	15824	13883	17406	6874	5794	7562	6980	6202	7678	4505	3781	4956
VGB	British Virgin Islands	36203	33821	39823	27778	25579	30556	23496	21390	25846	9841	8697	10825	10454	9601	11500	6242	5480	6866
BGR	Bulgaria	24612	22482	27073	19314	17298	21245	16596	14640	18256	7172	6085	7889	7329	6544	8062	4679	3951	5147
BFA	Burkina Faso	18910	16903	20801	15149	13223	16664	13199	11316	14519	5858	4800	6444	5791	5039	6370	3911	3199	4302
BDI	Burundi	15669	13732	17236	12782	10908	14060	11269	9427	12396	5112	4070	5623	4917	4184	5409	3474	2772	3821
KHM	Cambodia	19488	17468	21437	15571	13636	17128	13546	11655	14901	5991	4931	6590	5947	5191	6541	3989	3276	4388
CMR	Cameroon	20901	18851	22991	16603	14646	18263	14384	12475	15823	6317	5249	6948	6328	5564	6961	4179	3462	4597
CPV	Cape Verde	21446	19384	23591	17001	15036	18701	14709	12793	16180	6442	5372	7086	6475	5708	7123	4253	3534	4678
CAF	Central African Republic	22385	20303	24623	17687	15706	19456	15268	13340	16795	6658	5583	7324	6728	5956	7401	4379	3658	4817
TCO	Chad	21704	19637	23875	17190	15220	18909	14863	12943	16349	6502	5430	7152	6545	5776	7199	4287	3568	4716
CHL	Chile	35567	33200	39124	27315	25126	30046	23118	21020	25430	9695	8554	10664	10283	9434	11311	6157	5396	6772
CHN	China	33227	30910	36550	25605	23453	28166	21726	19658	23898	9156	8026	10071	9652	8816	10617	5841	5088	6425
CHN	China-HongKong	47975	45339	52772	36376	33991	40014	30508	28250	33559	12553	11350	13808	13629	12707	14992	7830	7033	8613
COL	Colombia	26191	24026	28810	20466	18426	22513	17535	15557	19288	7535	6441	8289	7755	6960	8530	4892	4160	5382
COM	Comoros	17093	15125	18802	13822	11925	15204	12117	10257	13328	5440	4391	5983	5301	4560	5831	3666	2959	4032
COG	Congo	21195	19139	23315	16818	14856	18500	14560	12647	16016	6384	5315	7023	6407	5642	7048	4219	3501	4641
COD	Congo - Dem Rep	30014	27767	33016	23259	21158	25585	19811	17784	21792	8416	7303	9257	8786	7969	9664	5407	4663	5948
COK	Cook Islands	14426	12517	15869	11874	10020	13062	10525	8700	11578	4825	3790	5308	4582	3856	5040	3306	2608	3637
CRI	Costa Rica	23686	21576	26055	18637	16636	20501	16043	14098	17647	6958	5877	7654	7079	6299	7787	4555	3829	5010
CIV	Cote D'Ivoire	22549	20463	24804	17807	15824	19588	15366	13436	16903	6696	5620	7366	6773	5999	7450	4401	3679	4842
HRV	Croatia	32533	30231	35787	25099	22958	27608	21311	19252	23442	8996	7870	9896	9465	8633	10411	5748	4996	6322
CUB	Cuba	22094	20018	24303	17474	15498	19222	15092	13168	16602	6592	5518	7251	6649	5878	7314	4340	3619	4774
CYP	Cyprus	36902	34505	40592	28289	26079	31118	23913	21798	26304	10002	8855	11002	10643	9786	11707	6337	5573	6970
CZE	Czech Republic	31139	28867	34253	24082	21964	26490	20482	18442	22530	8678	7560	9546	9090	8266	9999	5561	4813	6117
DJI	Djibouti	38065	35643	41871	29139	26910	32052	24606	22475	27066	10270	9117	11297	10957	10093	12052	6493	5726	7143
DMA	Dominica	36203	33821	39823	27778	25579	30556	23496	21390	25846	9841	8697	10825	10454	9601	11500	6242	5480	6866
DOM	Dominican Republic	25416	23269	27958	19901	17872	21891	17073	15106	18781	7357	6267	8092	7546	6755	8300	4788	4057	5267
ECU	Ecuador	27578	25383	30336	21479	19417	23627	18361	16366	20197	7855	6754	8640	8129	7326	8941	5079	4343	5587
EGY	Egypt	18806	16801	20686	15073	13149	16580	13137	11255	14450	5834	4777	6417	5763	5011	6339	3897	3185	4286
SLV	El Salvador	22356	20274	24591	17666	15686	19432	15251	13323	16776	6652	5577	7317	6720	5948	7392	4375	3654	4813
GNQ	Equatorial Guinea	32028	29737	35231	24729	22596	27202	21011	18958	23112	8860	7756	9768	9329	8500	10261	5679		

		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		
MRT	Mauritania	20307	18270	22338	16169	14222	17786	14031	12130	15434	6180	5115	6798	6168	5408	6785	4099	3383	4509
MUS	Mauritius	15935	13993	17529	12977	11098	14274	11426	9581	12568	5172	4129	5689	4989	4254	5488	3510	2807	3861
MEX	Mexico	30210	27959	33231	23402	21298	25742	19928	17899	21921	8461	7347	9307	8838	8020	9722	5434	4690	5978
FSM	Micronesia	29663	27423	32629	23002	20907	25302	19603	17581	21563	8335	7223	9168	8691	7876	9560	5360	4617	5896
MDA	Moldova, Republic of	14610	12696	16071	12009	10151	13210	10639	8811	11703	4868	3831	5354	4632	3905	5095	3331	2632	3664
MNG	Mongolia	19887	17858	21875	15862	13921	17448	13780	11884	15158	6083	5020	6691	6055	5297	6660	4042	3328	4447
MNE	Montenegro	29786	27544	32765	23092	20995	25402	19676	17652	21643	8363	7251	9200	8724	7908	9597	5377	4634	5915
MAR	Morocco	26657	24483	29323	20807	18759	22888	17813	15829	19594	7643	6546	8407	7880	7083	8668	4955	4221	5451
MOZ	Mozambique	26242	24076	28866	20504	18462	22554	17565	15587	19321	7546	6452	8301	7768	6973	8545	4899	4166	5389
MMR	Myanmar	22902	20809	25193	18065	16076	19871	15582	13647	17141	6777	5700	7455	6867	6092	7554	4449	3726	4894
NAM	Namibia	23838	21724	26222	18748	16745	20623	16134	14187	17747	6993	5911	7692	7120	6339	7832	4575	3849	5033
NRU	Nauru	34754	32404	38229	26720	24544	29392	22634	20546	24897	9508	8371	10458	10064	9219	11070	6047	5289	6652
NPL	Nepal	16282	14332	17911	13230	11346	14553	11634	9785	12798	5253	4208	5778	5083	4346	5591	3576	2871	3933
NLD	Netherlands	65653	62634	72218	49287	46623	54216	41035	38549	45138	16625	15334	18287	18396	17371	20236	10213	9365	11234
NIC	Nicaragua	20343	18305	22377	16195	14247	17815	14052	12150	15457	6188	5123	6807	6178	5417	6795	4104	3388	4514
NER	Niger	17573	15595	19330	14172	12268	15590	12403	10536	13643	5550	4499	6105	5431	4686	5974	3730	3023	4103
NGA	Nigeria	21838	19768	24022	17288	15316	19016	14943	13022	16437	6533	5460	7186	6581	5812	7239	4306	3585	4736
NIU	Niue	14426	12517	15869	11874	10020	13062	10525	8700	11578	4825	3790	5308	4582	3856	5040	3306	2608	3637
MKD	North Macedonia, Rep. of	31146	28874	34260	24085	21966	26494	20488	18447	22537	8676	7558	9544	9091	8267	10000	5560	4813	6116
OMN	Oman	52960	50216	58256	40017	37553	44019	33476	31154	36824	13701	12474	15071	14973	14022	16471	8502	7691	9352
PAK	Pakistan	12260	10397	13486	10292	8472	11321	9239	7441	10163	4326	3302	4759	3998	3284	4398	3014	2322	3315
PLW	Palau, Republic of	30924	28657	34016	23923	21808	26315	20353	18315	22388	8625	7508	9488	9031	8208	9934	5531	4784	6084
PSE	Palestine	34570	32224	38027	26586	24413	29245	22525	20440	24778	9465	8329	10412	10014	9170	11015	6022	5265	6625
PAN	Panama	34602	32256	38062	26610	24436	29271	22544	20458	24798	9473	8337	10420	10023	9179	11025	6027	5269	6629
PNG	Papua New Guinea	17988	16001	19787	14475	12564	15923	12648	10776	13913	5646	4593	6210	5542	4796	6097	3786	3078	4165
PRY	Paraguay	38458	36027	42303	29425	27191	32368	24840	22704	27324	10361	9205	11397	11062	10196	12169	6546	5778	7201
PER	Peru	30995	28727	34095	23975	21859	26373	20396	18357	22435	8642	7524	9506	9050	8227	9955	5540	4793	6094
PHL	Philippines	18633	16632	20496	14947	13025	16441	13034	11154	14337	5794	4738	6374	5716	4966	6288	3873	3163	4261
POL	Poland	30592	28332	33651	23682	21573	26050	20156	18123	22171	8552	7437	9407	8942	8122	9836	5487	4741	6035
QAT	Qatar	79443	76126	87388	59359	56476	65295	49246	46582	54171	19801	18442	21781	22115	21009	24326	12073	11184	13280
ROU	Romania	30381	28126	33419	23527	21420	25879	20030	17999	22033	8500	7385	9350	8885	8065	9773	5457	4712	6003
RUS	Russian Federation	33834	31504	37217	26048	23887	28653	22086	20010	24295	9296	8163	10225	9816	8976	10797	5923	5168	6515
RWA	Rwanda	18803	16798	20683	15071	13147	16578	13135	11253	14448	5833	4776	6417	5762	5011	6338	3896	3185	4286
WSM	Samoa	15974	14031	17572	13005	11126	14305	11452	9606	12597	5182	4139	5700	4999	4264	5499	3515	2812	3867
STP	Sao Tome and Principe	17541	15564	19296	14149	12406	15564	12384	10518	13622	5543	4492	6097	5422	4678	5964	3726	3019	4099
SAU	Saudi Arabia	59737	56846	65710	44966	42395	49463	37511	35102	41263	15262	14001	16788	16801	15810	18481	9415	8585	10357
SEN	Senegal	21448	19387	23593	17003	15037	18703	14711	12794	16182	6443	5372	7087	6476	5709	7123	4253	3534	4678
SRB	Serbia	26885	24705	29574	20973	18922	23071	17942	15956	19736	7695	6598	8465	7943	7144	8737	4985	4250	5483
SYC	Seychelles	30506	28248	33556	23618	21509	25980	20104	18071	22115	8529	7413	9382	8918	8098	9810	5474	4729	6022
SLE	Sierra Leone	14071	12169	15479	11615	9766	12777	10317	8497	11349	4744	3710	5218	4486	3762	4935	3258	2561	3584
SVK	Slovakia	27011	24829	29713	21067	19015	23174	18024	16037	19826	7727	6630	8500	7977	7177	8774	3744	3036	4119
SLB	Solomon Islands	17677	15696	19444	14248	12342	15673	12464	10597	13711	5574	4522	6131	5459	4714	6004	3744	3036	4119
SOM	Somalia	20202	18167	22223	16093	14147	17702	13965	12065	15362	6156	5092	6772	6140	5380	6754	4085	3370	4493
ZAF	South Africa	26452	24281	29097	20657	18612	22723	17276	15305	19004	7595	6500	8355	7825	7029	8607	4928	4194	5420
SSD	South Sudan	30633	28372	33696	23710	21600	26082	20171	18137	22188	8558	7442	9414	8953	8133	9849	5491	4745	6040
LKA	Sri Lanka	10750	8919	11825	9189	7393	10108	8339	6561	9173	3978	2961	4376	3591	2886	3950	2810	2123	3091
KNA	St Kitts and Nevis	41440	38945	45584	31603	29322	34764	26616	24442	29277	11048	9878	12152	11867	10983	13053	6948	6171	7643
LCA	St Lucia	41440	38945	45584	31603	29322	34764	26616	24442	29277	11048	9878	12152	11867	10983	13053	6948	6171	7643
MAF	Saint Martin	24721	22588	27193	19392	17375	21332	16662	14703	18328	7196	6110	7916	7358	6572	8094	4694	3965	5163
VCT	St. Vincent and the Grenadines	41440	38945	45584	31603	29322	34764	26616	24442	29277	11048	9878	12152	11867	10983	13053	6948	6171	7643
SDN	Sudan	31022	28752	34124	23994	21877	26394	20411	18372	22452	8648	7530	9513	9057	8234	9963	5049	4313	5554
SUR	Suriname	22685	20596	24953	17906	15921	19697	15452	13520	16998	6727	5651	7400	6810	6035	7491	4420	3697	4862
CHE	Switzerland	130021	125609	143023	96297	92615	105927	79366	76051	87303	31451	29839	34596	35754	34353	39329	18892	17856	20781
SYR	Syria	23857	21743	26242	18762	16758	20638	16142	14195	17756	6998	5915	7697	7125	6344	7837	4578	3852	5036
TJK	Tajikistan	15193	13266	16712	12434	10567	13678	10979	9143	12076	5002	3963	5502	4788	4034	5267	3409	2709	3750
TZA	Tanzania, United Rep. of	25188	23046	27707	19734	17710	21708	16938	14973	18631	7304	6215	8035	7484	6695	8233	4757	4027	5233
THA	Thailand	31781	29495	34959	24549	22420	27004	20864	18814	22950	8823	7701	9705	9262	8435	10188	5646	4897	6211
TLS	Timor-Leste	16675	14716	18342	13517	11626	14868	11871	10017	13059	5343	4297	5878	5188	4449	5707	3609	2904	3970
TGO	Togo	17777	15795	19555	14322	12414	15754	12524	10655	13777	5597	4545	6157	5486	4740	6034	3758	3050	4134
TKL	Tokelau	14426	12517	15869	11874	10020	13062	10525	8700	11578	4825	3790	5308	4582	3856	5040	3306	2608	3637
TON	Tonga	24376	22251	26813	19141	17129	21055	10584	8757	11642	4915	3878	5407	7266	6482	7992	4649	3921	5113
TTO	Trinidad and Tobago	40381	37909	44419	30830	28565	33913	25985	23825	28584	10804	9639	11884	11581	10704	12739	6806	6032	7486
TUN	Tunisia	15369	13438	16905	12563	10693	13819	11090	9252	12199	5042	4002	5547	4836	4105	5320</			