



2026 proforma cost estimates for short-term Remote UN Volunteer (1 - 3 Months) - 1 April 2026

MLA and foreign exchange rates accurate as of January 2026

All values in USD

Danger and Differential are not included

Global charges confirmed as of January 2026

Remote proforma assumes a GMS rate of 10%

Does not include UNDP security charge of 3% or 5% of MLA

\$83.86 monthly UK license fee per volunteer applies UNDP only, and is included in proforma table

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://volunteer.un.org](#)

APF	Expert full time			Expert part time			Specialist			Specialist part time			Associate			Associate part time			Community full time			Community part time		
	Mission	Donor (10% GMS)	APF	Mission	Donor (10% GMS)	APF	Mission	Donor (10% GMS)	APF	Mission	Donor (10% GMS)	APF	Mission	Donor (10% GMS)	APF	Mission	Donor (10% GMS)	APF	Mission	Donor (10% GMS)	APF	Mission	Donor (10% GMS)	
7.989	7.810	8.787	4.108	4.013	4.519	5.714	5.585	6.377	3.041	2.970	3.374	4.621	4.515	5.157	2.475	2.416	2.762	2.231	2.461	2.813	1.385	1.349	1.545	
1.102	1.077	1.210	0.578	0.563	0.634	0.811	0.792	0.901	0.439	0.431	0.491	0.661	0.645	0.734	0.365	0.358	0.413	0.293	0.306	0.357	0.176	0.171	0.197	
8.134	7.952	8.947	4.151	4.054	4.577	5.815	5.782	6.602	3.142	3.068	3.506	4.806	4.686	5.384	2.588	2.526	2.887	2.424	2.485	2.841	1.437	1.400	1.603	
5.757	5.626	6.332	3.063	2.991	3.369	4.217	4.120	4.707	2.293	2.238	2.559	3.448	3.367	3.847	1.908	1.863	2.129	1.867	1.821	2.083	1.097	1.068	1.224	
11.293	11.042	12.422	5.811	5.699	6.414	8.172	7.989	9.120	4.270	4.172	4.766	6.611	6.462	7.179	3.490	3.409	3.895	1.448	1.368	1.848	1.888	1.841	2.107	
3.370	3.162	3.607	4.070	4.758	5.357	6.798	6.666	7.588	3.844	3.500	3.999	5.513	5.388	6.132	2.941	2.871	3.281	2.899	2.811	3.235	1.611	1.573	1.800	
9.370	9.182	10.307	4.870	4.758	5.357	6.798	6.666	7.588	3.844	3.500	3.999	5.513	5.388	6.132	2.941	2.871	3.281	2.899	2.811	3.131	1.611	1.573	1.800	
7.071	6.912	7.778	3.720	3.634	4.092	5.156	5.039	5.754	2.762	2.697	3.083	4.199	4.102	4.686	2.284	2.229	2.548	2.242	2.188	2.502	1.285	1.251	1.433	
5.565	5.442	6.212	2.968	2.899	3.265	4.083	3.988	4.556	2.276	2.172	2.484	3.340	3.262	3.727	1.854	1.809	2.069	1.813	1.769	2.020	1.041	1.014	1.184	
21.317	20.850	23.440	10.843	10.603	11.927	15.332	14.994	17.113	7.850	7.675	8.762	12.340	12.067	13.773	6.354	6.211	7.092	6.313	6.170	7.045	3.320	3.243	3.705	
7.452	7.285	8.197	3.910	3.820	4.301	5.428	5.305	6.058	2.889	2.830	3.235	4.416	4.315	4.929	2.393	2.335	2.670	2.351	2.294	2.623	1.339	1.305	1.484	
11.138	10.891	12.252	5.734	5.623	6.328	8.061	7.881	8.991	4.215	4.118	4.704	6.533	6.376	7.280	3.445	3.365	3.845	3.004	3.325	3.799	1.865	1.820	2.082	
12.017	11.803	13.189	6.287	6.179	6.912	8.880	8.684	9.822	4.584	4.479	5.116	7.114	6.954	7.889	3.741	3.655	4.175	3.700	3.614	4.129	2.014	1.964	2.247	
3.206	3.131	3.526	1.787	1.743	1.966	2.995	2.938	3.287	1.842	1.846	1.942	2.590	2.541	2.840	1.179	1.148	1.316	1.138	1.108	1.269	733	711	817	
12.087	12.406	13.956	6.528	6.381	7.181	9.307	8.963	10.252	4.708	4.609	5.321	7.408	7.242	8.268	3.888	3.795	4.339	3.847	3.758	4.291	2.087	2.036	2.329	
5.380	5.270	5.963	2.850	2.782	3.135	3.913	3.822	4.361	2.089	2.089	2.389	3.204	3.129	3.578	1.786	1.747	1.993	1.745	1.702	1.947	1.096	1.068	1.156	
20.227	24.675	27.750	12.758	12.515	14.078	18.125	17.726	20.300	9.247	9.031	10.321	14.574	14.352	16.266	7.471	7.304	8.339	7.430	7.263	8.292	3.789	3.738	4.318	
8.474	8.295	9.321	4.217	4.120	4.684	6.158	6.019	6.873	3.264	3.187	3.642	5.000	4.887	5.581	2.685	2.621	2.996	2.643	2.580	2.949	1.485	1.447	1.657	
1.962	1.948	2.165	1.065	1.047	1.192	1.588	1.562	1.771	1.009	1.060	1.242	1.649	1.623	1.850	1.681	1.639	1.876	1.640	1.598	1.820	983	957	1.097	
3.664	3.579	4.020	2.016	1.967	2.218	2.722	2.658	3.008	1.546	1.507	1.724	2.252	2.197	2.513	1.310	1.276	1.462	1.269	1.236	1.415	738	715	800	
6.909	6.774	7.600	3.639	3.555	4.001	5.040	4.926	5.625	2.705	2.640	3.018	4.106	4.012	4.582	2.238	2.181	2.492	2.196	2.143	2.450	1.262	1.229	1.447	
5.611	5.472	7.281	3.495	3.414	3.884	4.835	4.724	5.396	2.602	2.540	2.901	3.942	3.851	4.399	2.155	2.103	2.405	2.114	2.062	2.399	1.271	1.189	1.382	
4.786	4.671	5.298	2.375	2.319	2.632	3.320	3.248	3.698	1.897	1.872	2.170	2.890	2.812	3.275	1.629	1.589	1.848	1.614	1.588	1.848	971	943	1.068	
8.376	8.189	9.213	4.272	4.272	4.810	6.088	5.951	6.795	3.229	3.153	3.600	4.944	4.832	5.518	2.657	2.593	2.964	2.615	2.553	2.918	1.471	1.434	1.641	
5.966	5.786	6.863	4.668	4.561	5.134	6.510	6.431	7.265	3.439	3.359	3.868	5.282	5.182	5.895	2.825	2.758	3.153	2.784	2.718	3.106	1.536	1.516	1.738	
4.883	4.771	5.381	2.426	2.388	2.693	3.389	3.308	3.881	1.932	1.922	2.208	2.968	2.890	3.326	1.617	1.586	1.826	1.617	1.586	1.826	879	867	993	
5.463	5.339	6.009	2.916	2.847	3.207	4.007	3.915	4.473	2.188	2.135	2.442	3.380	3.303	3.660	1.824	1.779	2.036	1.818	1.739	1.989	1.055	1.027	1.177	
4.714	4.584	5.285	2.771	2.716	3.086	3.913	3.822	4.361	2.089	2.089	2.389	3.204	3.129	3.578	1.786	1.747	1.993	1.745	1.702	1.947	1.096	1.068	1.156	
4.172	4.076	4.589	2.271	2.216	2.498	3.086	3.013	3.443	1.727	1.684	1.927	2.542	2.482	2.857	1.456	1.424	1.624	1.414	1.378	1.578	771	745	851	
5.750	5.620	6.325	3.060	2.988	3.366	4.213	4.126	4.702	2.291	2.236	2.556	3.444	3.364	3.843	1.906	1.860	2.127	1.865	1.819	2.080	1.096	1.067	1.223	
4.938	4.826	5.432	2.654	2.591	2.919	3.633	3.524	4.054	2.001	1.952	2.233	2.980	2.910	3.325	1.674	1.633	1.868	1.633	1.592	1.822	980	953	1.093	
5.454	5.330	5.999	2.911	2.843	3.202	4.001	3.909	4.465	2.185	2.132	2.438	3.274	3.198	3.654	1.822	1.777	2.031	1.780	1.736	1.986	1.044	1.025	1.173	
5.887	5.754	6.475	3.128	3.055	3.441	4.310	4.211	4.830	2.340	2.283	2.611	3.522	3.440	3.930	1.945	1.898	2.171	1.904	1.857	2.124	1.168	1.088	1.244	
10.104	9.879	11.114	5.236	5.117	5.760	7.322	7.158	8.147	3.846	3.757	4.298	5.932	5.797	6.620	3.150	3.076	3.516	3.109	3.036	3.449	1.718	1.675	1.917	
5.038	4.836	5.441	2.703	2.616	2.974	3.746	3.651	4.131	2.322	2.265	2.588	3.402	3.320	3.792	1.846	1.799	2.074	1.846	1.799	2.074	1,044	1,016	1,166	
11.367	11,075	12,475	5,738	5,626	6,331	8,064	7,884	9,000	4,215	4,118	4,704	6,533	6,376	7,280	3,445	3,365	3,845	3,004	3,325	3,799	1,865	1,820	2,082	
7.005	7.728	8.695	4.317	4.042	4.551	5.752	5.621	6.419	3.060	2.988	3.415	4.447	4.345	4.963	2.408	2.350	2.680	2.480	2.421	2.768	1.404	1.368	1.566	
4.753	4.643	5.236	2.560	2,499	2,816	3,599	3,418	3,905	1,934	1,887	2,158	2,873	2,805	3,206	1,621	1,580	1,809	1,579	1,540	1,762	953	927	1,063	
6.392	6.247	7.011	3.880	3.801	4.318	5.471	5.364	6.133	3.123	3.020	3.460	4.812	4.692	5.380	2.690	2.630	2.940	2.680	2.620	2.980	1,528	1,506	1,723	
7.821	7.645	8.601	4.095	4.000	4.506	5.692	5.563	6.307	3.000	2.950	3.382	4.627	4.513	5.164	2.498	2.438	2.785	2.498	2.438	2.785	1,392	1,365	1,553	
2.453	2.392	2.686	1.410	1.374	1.551	1.856	1.810	2.075	1.112	1.083	1.241	1.658	1.618	1.838	1.627	1.587	1.824	1.627	1.587	1.824	608	589	682	
8.100	7.919	8.910	4.235	4.137	4.658	5.891	5.738	6.575	3.130	3.057	3.499	4.787	4.678	5.342	2.578	2.516	2.877	2.536	2.476	2.820	1,432	1,395	1,597	
6.273	6.132	6.901	3.231	3.144	3.653	4.586	4.481	5.138	2.478	2.418	2.765	3.734	3.656	4.177	2.056	2.006	2.294	2.044	1.965	2.248	1,171	1,140	1,306	
6.777	6.581	7.654	3.573	3.468	4.030	5.074	4.921	5.621	2.731	2.672	3.053	4.173	4.056	4.714	2.771	2.705	3.062	2.730	2.665	3.046	1,528	1,4		

SYC	Seychelles	7.363	7.198	8.099	3.866	3.777	4.253	5.365	5.243	5.987	2.867	2.799	3.199	4.366	4.265	4.872	2.367	2.310	2.642	2.326	2.270	2.595	1.327	1.292	1.480
SLE	Sierra Leone	2.670	2.606	2.937	1.519	1.481	1.671	2.012	1.963	2.245	1.191	1.159	1.328	1.684	1.641	1.878	1.026	998	1.145	985	958	1.098	656	636	731
SVK	Slovakia	8.900	8.710	9.790	4.635	4.528	5.098	8.969	8.832	9.941	4.369	4.269	4.876	5.243	5.124	5.852	2.896	2.760	3.131	2.766	2.699	3.086	1.547	1.507	1.726
SVN	Slovenia	11.572	11.313	12.729	5.971	5.834	6.568	6.462	6.316	7.111	3.415	3.336	3.811	6.769	6.617	7.555	3.569	3.486	3.983	3.530	3.446	3.939	1.930	1.880	2.113
SUB	Solomon Islands	5.011	4.897	5.513	2.690	2.626	2.959	3.685	3.600	4.112	2.027	1.977	2.262	3.022	2.951	3.372	1.695	1.653	1.892	1.654	1.612	1.845	991	964	1.105
SOM	Somalia	4.348	4.246	4.784	2.359	2.302	2.595	3.212	3.137	3.564	1.790	1.746	1.998	2.643	2.581	2.950	1.506	1.468	1.680	1.465	1.427	1.634	896	871	999
ZAF	South Africa	7.393	7.227	8.132	3.881	3.791	4.269	5.386	5.264	6.011	2.877	2.809	3.211	4.382	4.282	4.891	2.376	2.319	2.651	2.334	2.278	2.605	1.331	1.295	1.485
SSD	South Sudan	6.618	6.469	7.280	3.494	3.412	3.843	4.833	4.723	5.394	2.601	2.530	2.902	3.940	3.849	4.397	2.154	2.102	2.404	2.113	2.062	2.358	1.220	1.188	1.381
LKA	Sri Lanka	2.978	2.908	3.276	1.673	1.632	1.841	2.233	2.179	2.491	1.301	1.267	1.451	1.860	1.814	2.075	1.114	1.085	1.243	1.073	1.044	1.197	700	679	781
RNA	St Kitts and Nevis	9.370	9.162	10.307	4.870	4.758	5.357	6.798	6.646	7.588	3.584	3.500	3.999	5.513	5.388	6.152	2.941	2.871	3.281	2.899	2.831	3.235	1.613	1.573	1.800
LCA	St Lucia	9.370	9.162	10.307	4.870	4.758	5.357	6.798	6.646	7.588	3.584	3.500	3.999	5.513	5.388	6.152	2.941	2.871	3.281	2.899	2.831	3.235	1.613	1.573	1.800
MAF	St Martin	5.027	4.911	5.525	2.698	2.633	2.968	3.695	3.609	4.124	2.032	1.982	2.267	3.030	2.959	3.382	1.700	1.657	1.896	1.658	1.616	1.850	991	966	1.107
VCT	St Vincent and the Grenadines	9.370	9.162	10.307	4.870	4.758	5.357	6.798	6.646	7.588	3.584	3.500	3.999	5.513	5.388	6.152	2.941	2.871	3.281	2.899	2.831	3.235	1.613	1.573	1.800
SDN	Sudan	8.108	7.927	8.919	4.239	4.141	4.663	5.897	5.764	6.583	3.133	3.060	3.496	4.791	4.682	5.348	2.580	2.519	2.879	2.539	2.478	2.833	1.433	1.396	1.599
SUR	Suriname	5.188	5.070	5.707	2.779	2.713	3.056	3.811	3.723	4.253	2.090	2.039	2.332	3.123	3.049	3.485	1.746	1.702	1.948	1.704	1.662	1.901	1.016	988	1.133
SWE	Sweden	13.627	13.325	14.990	6.908	6.840	7.698	9.838	9.610	10.981	5.004	4.987	5.696	7.944	7.787	8.867	4.157	4.061	4.639	4.116	4.020	4.584	2.223	2.168	2.480
CHE	Switzerland	36.356	35.562	39.991	18.362	17.959	20.188	26.074	25.503	29.103	13.221	12.929	14.577	20.533	20.473	23.384	10.651	10.414	11.889	10.605	10.374	11.842	5.468	5.344	6.109
SYR	Syria	4.824	4.714	5.306	2.596	2.535	2.856	3.551	3.469	3.963	1.960	1.912	2.187	2.915	2.846	3.253	1.642	1.603	1.832	1.600	1.560	1.785	964	937	1.075
TKM	Tajikistan	5.173	5.099	5.490	1.771	1.727	1.948	2.312	2.215	2.647	1.270	1.236	1.529	1.971	1.923	2.199	1.170	1.139	1.265	1.129	1.098	1.259	728	707	812
TZA	Tanzania, United Rep. of	5.781	5.651	6.360	3.075	3.003	3.383	4.235	4.138	4.776	2.302	2.246	2.569	3.462	3.381	3.863	1.915	1.868	2.137	1.874	1.828	2.091	1.101	1.071	1.238
THA	Thailand	8.829	8.623	9.701	4.594	4.489	5.053	6.405	6.260	7.148	3.887	3.808	3.780	5.079	4.901	5.801	2.783	2.717	3.106	2.742	2.677	3.060	1.535	1.496	1.712
TLS	Timor-Leste	4.821	4.711	5.303	2.595	2.533	2.855	3.549	3.467	3.951	1.955	1.911	2.186	2.913	2.844	3.251	1.641	1.600	1.831	1.599	1.559	1.784	983	937	1.074
TGO	Togo	4.895	4.783	5.384	2.632	2.569	2.895	3.602	3.518	4.039	1.985	1.937	2.215	2.955	2.886	3.298	1.662	1.620	1.854	1.621	1.580	1.808	934	847	1.086
TKL	Tokelau	2.451	2.392	2.696	1.410	1.374	1.551	1.856	1.810	2.071	1.112	1.083	1.241	1.558	1.518	1.738	963	937	1.074	922	897	1.028	625	606	697
TON	Tonga	6.959	6.802	7.655	3.664	3.579	4.030	5.076	4.960	5.665	2.722	2.658	3.038	3.982	3.933	4.513	2.211	2.175	2.444	2.111	2.070	2.357	1.269	1.236	1.415
TTO	Trinidad and Tobago	12.711	12.423	13.985	6.541	6.384	7.195	9.186	8.992	10.751	4.778	4.668	5.337	7.613	7.516	8.746	3.896	3.806	4.348	3.854	3.765	4.301	2.091	2.040	2.313
TUN	Tunisia	4.318	4.219	4.750	2.343	2.287	2.578	3.190	3.115	3.560	1.779	1.735	1.985	2.636	2.583	2.930	1.497	1.459	1.670	1.456	1.419	1.624	892	867	994
TUR	Turkiye	8.193	8.010	9.013	4.281	4.181	4.709	5.958	5.823	6.649	3.163	3.089	3.530	4.840	4.729	5.402	2.604	2.547	2.906	2.563	2.502	2.860	1.445	1.408	1.612
TKM	Turkmenistan	4.895	4.783	5.385	2.632	2.569	2.895	3.602	3.518	4.039	1.985	1.937	2.215	2.955	2.886	3.298	1.662	1.621	1.854	1.620	1.580	1.808	934	847	1.086
TCA	Turks and Caicos Islands	5.253	5.134	5.779	2.811	2.745	3.092	3.858	3.769	4.309	2.113	2.062	2.338	3.139	3.085	3.521	1.764	1.720	1.968	1.723	1.680	1.922	1.005	997	1.143
TUV	Tuvalu	2.694	2.630	2.964	1.532	1.493	1.685	2.030	1.980	2.265	1.199	1.168	1.338	1.698	1.655	1.894	1.033	1.005	1.153	992	965	1.106	660	640	735
UGA	Uganda	5.053	5.474	6.161	2.985	2.915	3.284	4.106	4.012	4.583	2.238	2.184	2.497	3.359	3.280	3.748	1.864	1.818	2.085	1.822	1.777	2.033	1.075	1.046	1.199
UKR	Ukraine	6.772	6.620	7.450	3.571	3.488	3.928	4.943	4.830	5.536	2.656	2.593	2.964	4.028	3.955	4.495	2.198	2.145	2.453	2.157	2.105	2.407	1.242	1.210	1.386
ARE	United Arab Emirates	23.572	23.055	25.929	11.970	11.705	13.167	16.842	16.570	18.910	8.656	8.462	9.661	13.627	13.326	15.210	6.998	6.841	7.810	6.957	6.800	7.764	3.642	3.558	4.064
GBR	United Kingdom	17.127	16.750	18.840	8.748	8.553	9.623	12.339	12.066	13.772	6.354	6.211	7.091	9.945	9.724	11.100	5.157	5.039	5.755	5.115	4.999	5.709	2.721	2.657	3.037
USA	United States of America	19.931	19.493	21.926	10.150	9.834	11.166	14.341	14.025	16.007	7.355	7.190	8.309	11.547	11.281	12.888	6.928	6.821	7.649	6.916	6.783	7.603	3.723	3.649	4.144
URY	Uruguay	14.423	14.103	15.865	7.397	7.229	8.137	10.406	10.375	11.615	5.387	5.265	6.013	8.399	8.211	9.374	4.384	4.283	4.892	4.342	4.243	4.946	2.315	2.279	2.605
UZB	Uzbekistan	5.213	5.092	5.734	2.733	2.723	3.072	3.827	3.738	4.271	2.098	2.047	2.341	3.135	3.062	3.499	1.752	1.709	1.955	1.710	1.668	1.908	1.019	991	1.136
VUT	Vanuatu	6.139	5.997	6.753	3.256	3.176	3.582	4.488	4.385	5.008	2.428	2.370	2.710	3.664	3.579	4.089	2.016	1.967	2.250	1.975	1.927	2.204	1.151	1.121	1.284
VEN	Venezuela	6.671	6.516	7.338	3.523	3.436	3.875	4.967	4.756	5.432	2.618	2.556	2.921	3.967	3.876	4.429	2.168	2.116	2.419	2.127	2.075	2.373	1.227	1.195	1.389
VNM	Viet Nam	4.686	4.573	5.155	2.531	2.464	2.784	3.448	3.368	3.848	1.909	1.862	2.130	2.833	2.766	3.161	1.603	1.560	1.786	1.559	1.520	1.740	943	917	1.052
YEM	Yemen	7.092	6.925	7.801	3.714	3.640	4.107	5.166	5.048	5.795	2.767	2.702	3.098	4.206	4.110	4.694	2.288	2.233	2.551	2.246	2.192	2.506	1.287	1.253	1.435
ZMB	Zambia	15.571	15.376	16.931	8.476	8.366	9.424	12.225	12.084	13.947	6.297	6.229	7.079	9.653	9.508	10.640	5.211	5.067	5.925	5.270	5.106	5.979	3.498	3.460	3.972
ZWE	Zimbabwe	7.323	7.149	8.055	3.851	3.752	4.236	5.329	5.208	5.948	2.849	2.782	3.179	4.337	4.238	4.840	2.353	2.296	2.626	2.312	2.256	2.579	1.319	1.285	1.472