

TRAINING ALLOWANCES GUIDE 2026

01/01/2026

From 1st January 2026, the standard training allowance is equivalent to the DSP BTEA rate of €254 and will be paid to **NEW ENTRANTS** and **COURSE PARTICIPANTS** who have current personal entitlement (per F103/DA103/DB103) in one of the following categories:

CATEGORY	AGE	ALLOWANCE
<u>Job Seekers Allowance</u>	N/A	Where F103/DA103/DB103 indicates a personal entitlement. PARTICIPANT RECEIVES: A training allowance of €254* per week adjusted as follows: PLUS Qualified Adult and Child Support Payment amounts per Form F103/DA103/DB103 and MINUS Means amount per Form F103/DA103/DB103 (Qualified Adult Payment rate is €168.60 and Child Support Payment rates are €58.00 under 12 and €78.00 over 12) effective from the 1st of January 2026.
<u>Job Seekers Benefit</u>	18+	
<u>Supplementary Welfare Allowance (SWA)</u>	N/A	
<u>Occupational Injuries Benefit</u>	N/A	
<u>Disability Allowance</u>	18+	
<u>Beneficiary of Temporary Protection</u> (Applicants living outside Designated/State Serviced Accommodation)	18+	
<u>Jobseekers Pay-Related Benefit</u>	18+	€254.00 only (see Note 9 below)
<u>One Parent Family Payment</u>	N/A	Travel & Meal Allowance only
<u>Deserted Wife Benefit</u>	N/A	Travel & Meal Allowance only
<u>Widows/Widowers Pension</u>	18+	Travel & Meal Allowance only
<u>Illness Benefit & Invalidity Pension</u>	N/A	Travel & Meal Allowance only
<u>Farm Assist</u>	N/A	Travel & Meal Allowance only
<u>Fish Assist</u>	N/A	Travel & Meal Allowance only
<u>Dependant on Partner's Claim</u>	18+	Travel & Meal Allowance only
<u>Credits Only</u>	18+	Travel & Meal Allowance only
<u>Young person with no SW Entitlement</u>	16-17	€45.00 pw - Full-time *
	16-17	€25.90 pw - Part-time *
<u>Beneficiary of Temporary Protection</u> (Applicants living inside Designated/State Serviced Accommodation)	18+	€254.00 only (see Note 7 below)
	16-17	€45.00 pw - Full-time *
	16-17	€25.90 pw - Part-time *

*	If a participants' personal Social Welfare entitlement exceeds this amount, a training allowance equivalent to their personal entitlement will be paid on receipt of certified evidence to this effect. Evidence of Social Welfare entitlement must be in the form of a duly completed 'Training Allowance Entitlement' form (F103/DA103/DB103).
*	On all FET programmes, where a person qualifies for a training allowance, they also automatically qualify for the travel and accommodation allowances, in accordance with regulations concerning where they are domiciled. Also where a person on a FET programme where training allowances are paid does not qualify for a training allowance, they still qualify for the accommodation and travel allowances in accordance with regulations depending on where they are domiciled.
①	Effective 1st Jan 2026, it is agreed that a training allowance of €254 will be paid to participants who turn 18 while in training for the remaining duration of their participation on the programme.
①	Where a participant progresses direct from one course to another then the original F103/DA103/DB103 applies unless an updated F103/DA103/DB103 is received.
①	When there is an approved increase in the standard Training Allowance, the rate for Qualified Adult and Child Support Payments should also be increased to the published new rates for these allowances by DSP.
NB:	A training allowance is not to be paid to participants commencing training who are pending status with DSP until their status is resolved.
NB	Full-time rates are based on 33.25hr/pw (except VTOS 22hr/pw and Youthreach 28hr/pw); Part-time rates are calculated on a pro rata basis.
NB	Verification of a participant's entitlement to an allowance on all FET programmes (except for those under 18) continues to be determined by their F103/DA103/DB103.
Notes:	
1.	The Jobseeker's Transitional Payment (JST) is a special arrangement under the Jobseeker's Allowance scheme that aims to support lone parents of young children. This payment is available to applicants who are not cohabiting and whose youngest child is aged between 7 and 13 years inclusive. <u>From 16th November 2016, JST customers will continue to be paid by the DSP while attending an ETB course.</u>
2.	Applicants who are in receipt of the One-Parent Family Payment will continue to be paid by the DSP while attending an ETB course.
3.	Max Pay: Where both of a couple are in receipt of Jobseeker's Allowance in their own right the family rate is divided between them. Where one member of a couple is claiming Jobseeker's Allowance and the other is in receipt of certain PRSI based payments their combined payments cannot exceed the amount which would be payable if only one person made a claim. Where the combined payments exceed this maximum amount, the Jobseeker's Allowance payment must be reduced by the amount of the excess (i.e. the Jobseeker's Allowance payment is reduced by the difference between the maximum amount payable and the amount of the other payment).
4.	An applicant is considered long term for Jobseeker's Allowance or Supplementary Welfare Allowance in line with the Department of Social Protection (DSP) guidelines. All applicants must also satisfy the other qualifying conditions for the Fuel Allowance scheme.
5.	Learners qualifying for a Fuel Allowance payment may apply for a weekly payment or two instalment payments over the fuel allowance season or alternative arrangements in line with the Department of Social Protection (DSP) guidelines.
6.	The date of birth of child dependants is required to ascertain the correct entitlements as there is a difference in the rates for children over 12 and under 12 as determined by the National Budget.
7.	Beneficiaries of the Temporary Protection (BOTP) Payment will be entitled to a full Adult Training Allowance only (no dependents, travel, meal or other allowances as per the Learner Allowance Guidelines). The payment rate is in line with the Standard Training Allowance rate and is available to BOTP learners in state accommodation taking up a full time FET course.
8.	Please note that International Protection Applicants are NOT eligible for Training Allowances . They are entitled to Daily Expense Allowances (DEAs) which are made via the Department of Social Protection (DSP) and should not be taken over by ETBs if an International Protection Applicant starts a FET programme.
9.	Learners who were previously in receipt of the Jobseeker's Pay Related Benefit (PRB) will get a FET learner allowance at the personal rate of €254 per week only and will not receive additional payments for qualified dependents. Supplementary allowances (travel, meals, accommodation) may still be payable.