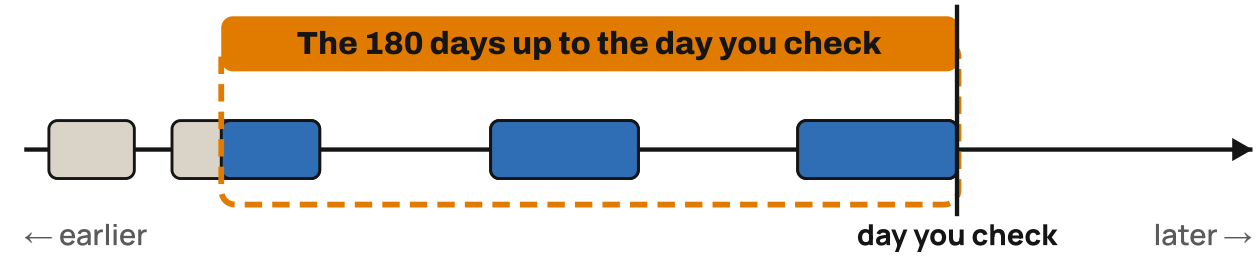
Traveloffsy

EXPLAINED · SCHENGEN AREA

The 90/180-day rule, explained

"You must count back **180 days** from each day of your stay and ensure the total number does not exceed **90**."

The European Commission's rule for short stays in the Schengen area.



Days in the area inside the window count: at most 90 in total. Days outside it do not. Check again on each day of your stay: the window moves with it.

How our calculator counts. Each stay counts every calendar day from the day you enter to the day you leave, both days included. This is our method; the Commission's page we cite does not spell it out.

Does not count. Time on an EU residence permit or a long-stay (D-type) visa: long stays are not subject to the rule.

The 29 Schengen countries

Austria	Belgium	Bulgaria	Croatia	Czechia
Denmark	Estonia	Finland	France	Germany
Greece	Hungary	Italy	Latvia	Lithuania
Luxembourg	Malta	Netherlands	Poland	Portugal
Romania	Slovakia	Slovenia	Spain	Sweden
Iceland *	**Liechtenstein ***	**Norway ***	**Switzerland ***	

* Not in the EU. In the EU but not in the Schengen area: Cyprus and Ireland.

Count your own days: traveloffsy.com/schengen-90-180-calculator. The official check is the European Commission's short-stay calculator.

Source: European Commission, Migration and Home Affairs (Short-stay calculator; Schengen area) and Your Europe (Travel documents for non-EU nationals), © European Union, CC BY 4.0, summarised and modified by Traveloffsy. Day counting: our calculator's method. Checked 5 Oct 2026. Figures change: check the latest at **traveloffsy.com/schengen-90-180-calculator**. General information, not advice.