

Travel history record

Record one trip outside Spain per row.

Under the standard five-year route to long-term residence in Spain, total absences must not exceed 10 months during the relevant five-year period, with no single absence exceeding six consecutive months. For this checklist, Upsticks uses 30-day months as a cautious working calculation, giving a maximum total of 300 days outside Spain over five years. This is a checklist guide, not a statutory conversion of months into days; exceptions may apply.

Client name

NIE number

Period covered - from (DD/MM/YYYY)

Period covered - to (DD/MM/YYYY)

Departure from Spain	Return to Spain	Days away	Destination	Transport	Departure location	Return location	Passport stamp?	Supporting notes
				Select			Select	
				Select			Select	
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TOTAL DAYS OUTSIDE SPAIN FOR ALL PAGES

Enter Days away for each trip. Total covers ALL THREE pages. Use Adobe Acrobat Reader for calculations.
Dates: DD/MM/YYYY. Save the completed PDF and return it to Upsticks.

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