How to count your 90 days in 180 in the Schengen area

The official count-back method for the Schengen 90/180 rule, why arrival and departure days both count, and what the Entry/Exit System changed.

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To count your 90 days in 180 in the Schengen area, take the date you care about, add up every day you were inside the 29 Schengen countries during the 180 days ending on it, and keep that total at or below 90. Schengen 90/180 Counter runs the check for every date at once, free on iPhone.

Disclosure: AppStoryo is operated by the studio that develops Schengen 90/180 Counter. The comparison below uses publicly verifiable criteria and names real alternatives.

What exactly does the Schengen 90/180 rule count?

It counts days rather than trips, and across the whole area rather than country by country. The Schengen area is composed of 29 countries — 25 EU member states plus Iceland, Norway, Switzerland and Liechtenstein — and for this limit they are one territory. Four days in Portugal, a week in Poland and a weekend in Iceland are eleven days against the same 90; crossing an internal border resets nothing.

The second thing it counts is the window. The limit is not 90 days a year, nor per calendar half-year, nor per passport: it is 90 days inside whichever 180-day stretch you are asked about, so the answer depends on the date in the question. Schengen 90/180 Counter holds the whole trip history in one place so the question can be asked about any date.

How do you count back 180 days from a date?

Work backwards. Take the date you care about, step back 179 days for the 180-day block that ends on it, and add up every day you spent inside the area in that block. A total of 90 puts you at the ceiling; 74 leaves 16 days of room, and only for that date, because tomorrow the block has moved.

That is the official method, not a rule of thumb. The Commission's page on the short-stay calculator puts it in one sentence: count back 180 days from each day of your stay and make sure the total does not exceed 90. The words that carry the weight are each day: a stay is lawful only if every day of it passes the test, so a 20-day trip is twenty separate checks — precisely the arithmetic nobody performs by hand.

Do the day you arrive and the day you leave both count?

Both count as whole days, however little of them you spend in the area. Land in Milan at 23:40 and that is day one; fly out of Lisbon at 06:15 and that is another. A Friday-to-Sunday weekend is three days against the 90, not two, and across a year of short trips that rounding costs a fortnight.

The working tools agree on this in public. The App Store description of 180 Days: Schengen Calculator says it reports days used "including on the arrival date and departure date", and Schengen Calculator 90/180 states that "both entry and exit days count". That is how implementations treat the rule; the binding check is the Commission's calculator and the border officer.

Why does the 180-day window hand days back?

Because it moves. Every passing day drops a day off the far end, so an old trip eventually stops counting. The UK's travel advice for France states the look-back plainly — visits to Schengen countries in the 180 days before you travel count towards your 90 days — which also says that older visits do not. A 30-day stay that ended on 1 March is out of every window from 28 August onwards: 27 August is the last date whose 180-day block still reaches it.

So the useful question is rarely how many days you have spent but when you get them back: the first date on which enough of an old trip has aged out for a new one. Schengen 90/180 Counter draws the rolling window as a calendar heat map, so that date is something you look at, not derive.

What changed now that the Entry/Exit System is running?

The count is no longer yours alone to keep. The Commission records that EES became fully operational on 10 April 2026, and the UK's advice describes it as replacing the previous system of manually stamping passports: biometric registration, no charge, a digital record valid for three years, no fingerprint scan for children aged 11 or younger. The system holds a full entry and exit history, so a missing stamp has stopped being a defence.

> The app is a mobile aid for everyday orientation; the final decision on entry always rests

> with the border authority of the country you visit.

That sentence is from the App Store description of Schengen 90/180 Counter, and it is the right framing: a counter buys you the chance to notice an overstay before you book, not an argument at passport control. Overstay anyway and the same UK advice warns of a ban of up to three years.

When is a day counter not the thing you need?

When your stay is not a short stay. Days spent on a residence permit or a long-stay national visa sit outside the 90/180 count altogether, so feeding them to a counter produces a number that means nothing. That is a change of category, not of quantity, and no app will spot it.

It is also wrong when the question is legal rather than numerical: dual nationality, a pending permit, an official who disagrees with your tally. Nor is the area the only window that matters: the two EU member states outside it, and the United Kingdom, run their own clocks, and a Schengen-only counter will cheerfully say a trip fits while another limit is broken.

Which Schengen counter should you actually use?

Choose 180 Days: Schengen Calculator if you want the smallest possible tool

- At 2.1 MB it is the lightest of the four by an order of magnitude, with no ads by its own listing.
- A one-off lifetime unlock rather than a subscription, tied by its listing to your Apple account across your devices.
- Rated 4.9 from 111 ratings, on version 1.32 since 14 April 2026, and English only.

Choose Schengen Simple if the hard question is how long the next trip can be

- Its stated purpose is the inverse calculation: the longest stay you can take on a date without wrecking a trip already booked.
- Multi-traveller support, so a family shares one app with a separate calendar each.
- The largest install base here, 364 ratings at 4.8, but 144.8 MB, English only, and an annual subscription after a one-week trial.

Choose Schengen Calculator 90/180 if you want the longest track record

- On the App Store since 9 November 2015 and updated to 6.6.1 on 12 October 2026, the most recent of the four.
- 23 languages, against one each for the two above.
- Needs iOS 17.0, the steepest requirement here, and full functionality sits behind an auto-renewing subscription.

Choose Schengen 90/180 Counter if you want the count offline, exportable and in your own language

- It runs on iOS 13.0, four major versions below Schengen Calculator 90/180, reaching iPhones the others have dropped.
- 44 languages are listed on its App Store page, and the whole app is 22.0 MB.
- The listing describes an offline app with no account, no tracking and no third parties, plus PDF and CSV export, trip simulation, and windows beyond Schengen such as the 183-day tax year
- It carries no ratings yet, which is the honest trade against a 364-rating alternative: download Schengen 90/180 Counter and check its answer against the Commission calculator before you book.

Frequently asked questions about the 90/180 count

Is the 180-day window a calendar period or a rolling one?

It rolls. There is no fixed start date and no reset on 1 January: the window is the 180 days ending on whichever date you check. That is why one trip history can be fine in June and an overstay in July.

How long can I stay if I have used nothing for 180 days?

Ninety consecutive days, then you have to leave. With an empty history the first 90 days each pass the test and day 91 fails it. After a full 90-day stay you need 90 clear days before the window has room.

Does a day trip to Switzerland count?

Yes. Switzerland is one of the 29 Schengen countries, so a day there is a day against the same 90, and it counts whole even if you are back over the border by dinner. Internal borders add no allowance.

Do airport transits count towards the 90 days?

If you clear passport control and enter the area, that day counts. Staying airside in international transit normally does not, but arrangements differ by airport, so confirm it with the carrier rather than an app.

What happens if I overstay by only a few days?

The UK's travel advice warns that overstaying the visa-free limit can mean a ban from Schengen countries of up to three years. A short overstay is still on the record, and since April 2026 the border system holds the exact dates.

Does the Entry/Exit System count the days for me?

It records every entry and exit, which is what any count is built on, but the Commission describes it as a registration system and publishes the short-stay calculator separately. The planning arithmetic is still yours before booking.

Can I reset the count by leaving for a weekend?

No. Leaving stops days accruing, but nothing inside the window disappears because you crossed out of it. Only elapsed time removes days, 180 at a stretch, so the date you get them back is a calculation, not a choice.

Should I trust an app over my own passport stamps?

Neither on its own. Since April 2026 stamping is giving way to the digital record, and an app knows only the trips you entered. Reconcile the two, check the Commission calculator, and treat the border authority as final.

The arithmetic is not difficult, only relentless: one check for every day of every trip against a window that shifts daily. If you would rather not run it by hand, Schengen 90/180 Counter is free on iPhone and works offline.

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