Opportunities for people:

networking, mobility, internationalisation, career development and its consolidation

HOW TO PARTICIPATE IN COST ACTIONS

GENERAL GUIDELINES
ENTRY POINT

FCT WEBPAGE DEDICATED TO COST:

https://www.fct.pt/apoios/cooptrans/cost/index.phtml.pt
https://www.fct.pt/apoios/cooptrans/cost/index.phtml.en

IMPORTANT NOTE: Matters related to COST, USE ONLY THE EMAIL BOX cost@fct.pt. Do not send documents by mail.

List of all the National Contact Points in COST:
https://www.cost.eu/who-we-are/whos-who/#tabs|Name:national-coordinators-cnc
COST: Low entry barrier | Focus on Young Scientists

- Career development | Entry point to the ERA
- Mobility | Internationalisation | Networking
- Complementary to ongoing research
- Attract and develop the best talents
- Institutional visibility and networking
- Joint initiatives and training
Minimise the Fragmentation of Knowledge

Maximise European Limited Resources

High Quality Research

Contribute to the Completion of the European Research Area (ERA)

Early Career Investigators

Gender Equality

Basic Research

Applied Research

Innovation
WHAT IS COST? A pan-European intergovernmental framework dedicated to networking activities for researchers, enabling them to jointly develop their own ideas and new initiatives across all scientific disciplines through transnational coordination of nationally funded research activities.

COST ADDED-VALUE? An opportunity for young researchers, a decisive step towards the leadership in your scientific field, a chance to create a network to discuss cutting-edge research. A steppingstone towards other H2020 programmes, instant access to top quality researchers and facilitated access to premium labs and specific equipment that may not be available at National Institutions.
COST: Low entry barrier | Focus on Young Scientists

- **Bottom-Up**
  - All fields of Science and Technology
  - Interdisciplinary and Emerging Fields
  - All Partners
  - Public or Private, Big or Small
  - All Countries
  - COST Neighbour Countries and International Partner Countries

- **Open Access**
  - Novel and Original Ideas
  - Innovative
  - All Career Stages
  - Young and Senior Investigators

- **Inclusiveness**
  - Public or Private, Big or Small
  - All Career Stages
  - Young and Senior Investigators
Open spaces where you can grow

COST Networking Activities:
COST Actions (networks on a particular topic, collaborating across borders).
Other networking instruments are available for those participating (or not) in COST Actions.

INNOVATOR GRANT
ACADEMY
CROSS CUTTING ACTIVITIES
CONNECT

SUBMIT A PROPOSAL FOR A NEW COST ACTION
EXPRESS INTEREST IN JOINING A RUNNING COST ACTION
COST: Low entry barrier | Focus on Young Scientists

SUBMIT A PROPOSAL FOR A NEW COST ACTION

Proposal

Network of Researchers and Innovators

Complementary to Ongoing Individual R&I Projects

Breakthrough and Cutting-Edge Science and Technology

Main Proposer

Group of Proposers

▪ Minimum of 7 COST Member Countries and Cooperating State (out of which 4 must be Inclusiveness Target Countries);

▪ COST is comprised of 39 COST Members out of which 22 are ITCs.

▪ Example: 5 people from 5 different institutions from 3 different COST Member Countries or Cooperating State means 3 countries. Israel counts as non-ITC.

▪ Activity Plan: 4 years duration
COST: Low entry barrier | Focus on Young Scientists

OPEN CALL CALENDAR HERE:
https://www.cost.eu/funding/how-to-get-funding/open-call/

Activity Plan: 4 years to make use of COST tools

- MC & Core Group Meetings
- Short Term Missions
- Training Schools
- Dissemination
- WG Meetings
- Workshops & Conferences

COST does not fund Human Resources*, Consumables and Equipment
OPEN CALL CALENDAR HERE:
https://www.cost.eu/funding/how-to-get-funding/open-call/

IMPORTANT COMPLEMENTARY LINKS:
https://www.cost.eu/cost-actions/how-to-participate/
https://www.cost.eu/cost-actions-event/browse-actions/
EXPRESS INTEREST IN JOINING A RUNNING COST ACTION

Join a Running COST Action
Browse Actions: https://www.cost.eu/cost-actions/browse-actions/

Approved Action
- COST Officer
- Chair and Vice-Chair of the Action
- Grant Holder Institution
- Management Committee (Country Representative)
- Financial Management
- Working Group 1
- Working Group 2
- Working Group X
- Researchers and Institutions from Represented Countries in the Action
1. **SUBMIT A PROPOSAL FOR A NEW ACTION**
   - Check the collection dates in the COST or FCT websites.

2. **SUBMIT YOUR EXPRESSION OF INTEREST TO FCT TO BE PART OF THE MANAGEMENT COMMITTEE OF ANY RUNNING ACTION**
   - Check the FCT website regarding the type of documentation needed to submit your expression of interest.

3. **SUBMIT YOUR EXPRESSION OF INTEREST TO THE ACTION CHAIR OR THE NATIONAL DELEGATES OF THE MANAGEMENT COMMITTEE OF ANY ACTION WITH PORTUGUESE PARTICIPATION TO BE PART OF THE WORKING GROUPS**
   - Check the Memorandum of Understanding of the COST Action you are interested in ([https://www.cost.eu/cost-actions/browse-actions/](https://www.cost.eu/cost-actions/browse-actions/)) to evaluate how you can contribute.
Reimbursement is done against actual participation:

✓ Following predefined max amounts (COST Vademecum)
✓ Travel Expenses:
  ✓ All participants in meetings,
  ✓ Trainers in Training Schools
  ✓ Travel, accommodation, meals and local transport
✓ Fixed Grant:
  ✓ All participants in STMS
  ✓ Trainees in Training Schools
USEFUL AND PRACTICAL INFORMATION
**General Information**

*FCT webpage dedicated to COST* contains all the essential information and guidelines to participate in COST activities:


**Videos & Tutorials**

A important entry point for beginners and for all of those who would like to know how to participate in COST Activities.

*Info Days organised by PT National Contact Points:*


*COST Youtube Channel:*

[https://www.youtube.com/user/COSTOffice](https://www.youtube.com/user/COSTOffice)
COST ACTIONS AND HOW TO PARTICIPATE

Links to understand what are COST Actions and the different ways you can participate in COST (links to slide 12 of this presentation)

https://www.cost.eu/cost-actions/what-are-cost-actions/

https://www.cost.eu/cost-actions/how-to-participate/
Understand the strategic framework of COST and its role in the European Research Area. It is completely bottom-up, but it is important to understand the political and strategic context.

https://www.cost.eu/who-we-are/mission-vision-and-values/
https://www.cost.eu/who-we-are/cost-strategy/,
http://www.cost.eu/about_cost/strategy/excellence-inclusiveness
http://www.cost.eu/about_cost/strategy/international_cooperation