

## *Opportunities for people:*

*networking, mobility, internationalisation,  
career development and its consolidation*

# HOW TO PARTICIPATE IN COST ACTIONS GENERAL GUIDELINES

**FCT** Fundação  
para a Ciência  
e a Tecnologia



## **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>

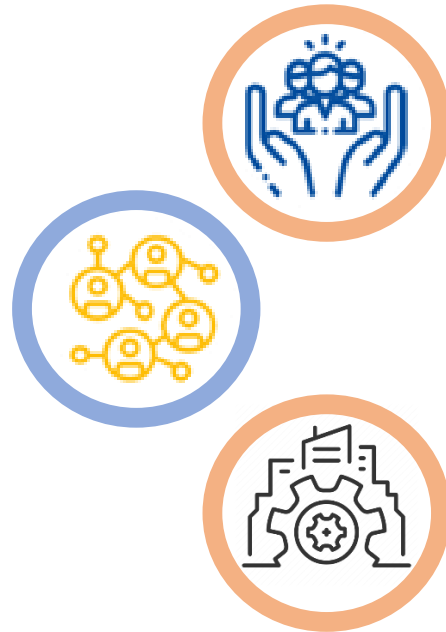
**IMPORTANT NOTE: Matters related to COST,**

**USE ONLY THE EMAIL BOX [cost@fct.pt](mailto: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>



- 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**

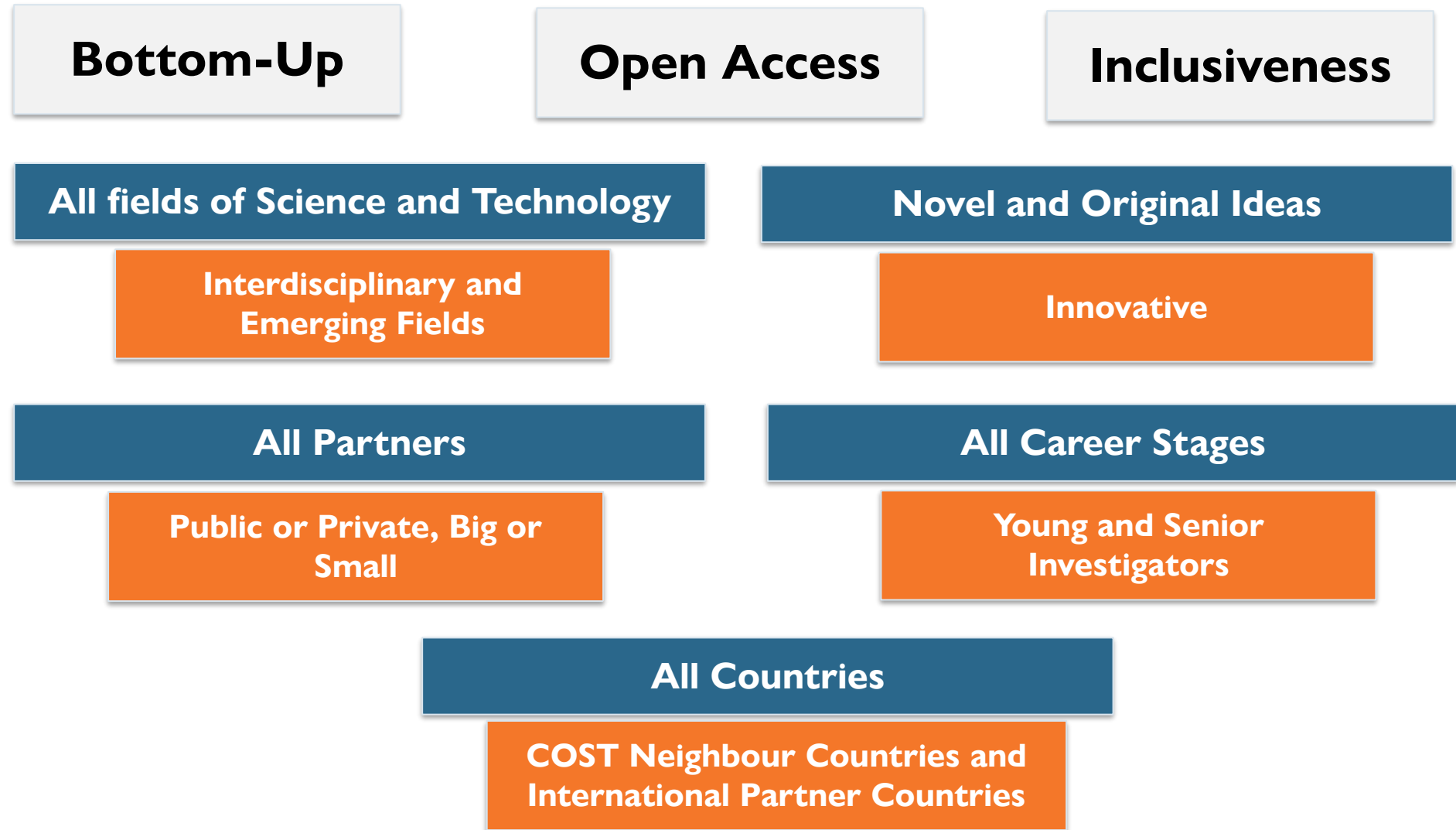
**Applied Research**

**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.





## *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**



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**

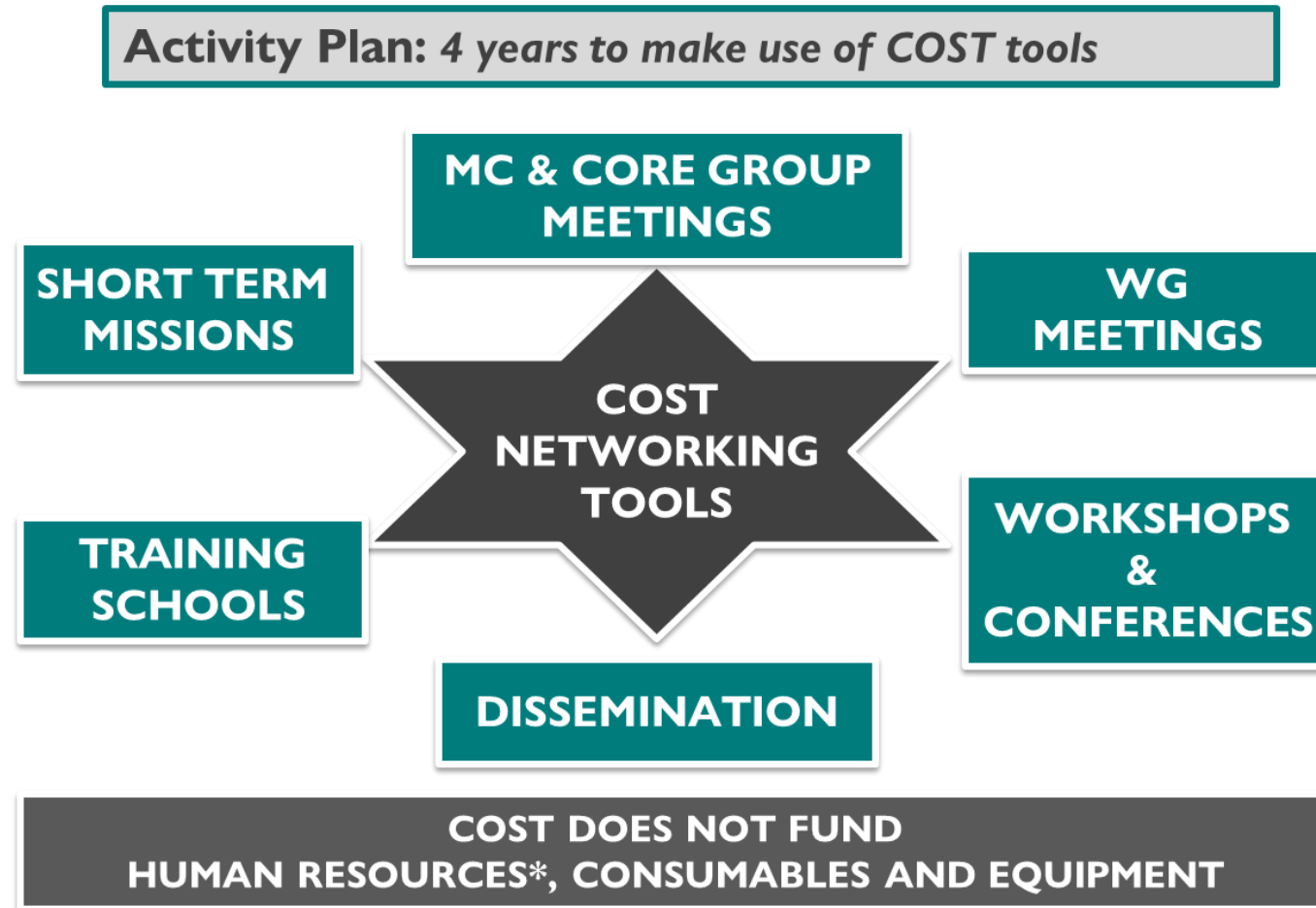
- Minimum of **7 COST Member Countries and Cooperating State (out of which 4 must be Inclusiveness Target Countries)**;
- COST is comprised of 39 COST Members out of which 22 are ITCs.
- **Example:** 5 people from 5 different institutions from 3 different COST Member Countries or Cooperating State means 3 countries. Israel counts as non-ITC.
- Activity Plan: **4 years duration**





## OPEN CALL CALENDAR HERE:

<https://www.cost.eu/funding/how-to-get-funding/open-call/>





## **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/funding/how-to-get-funding/documents-and-guidelines/>

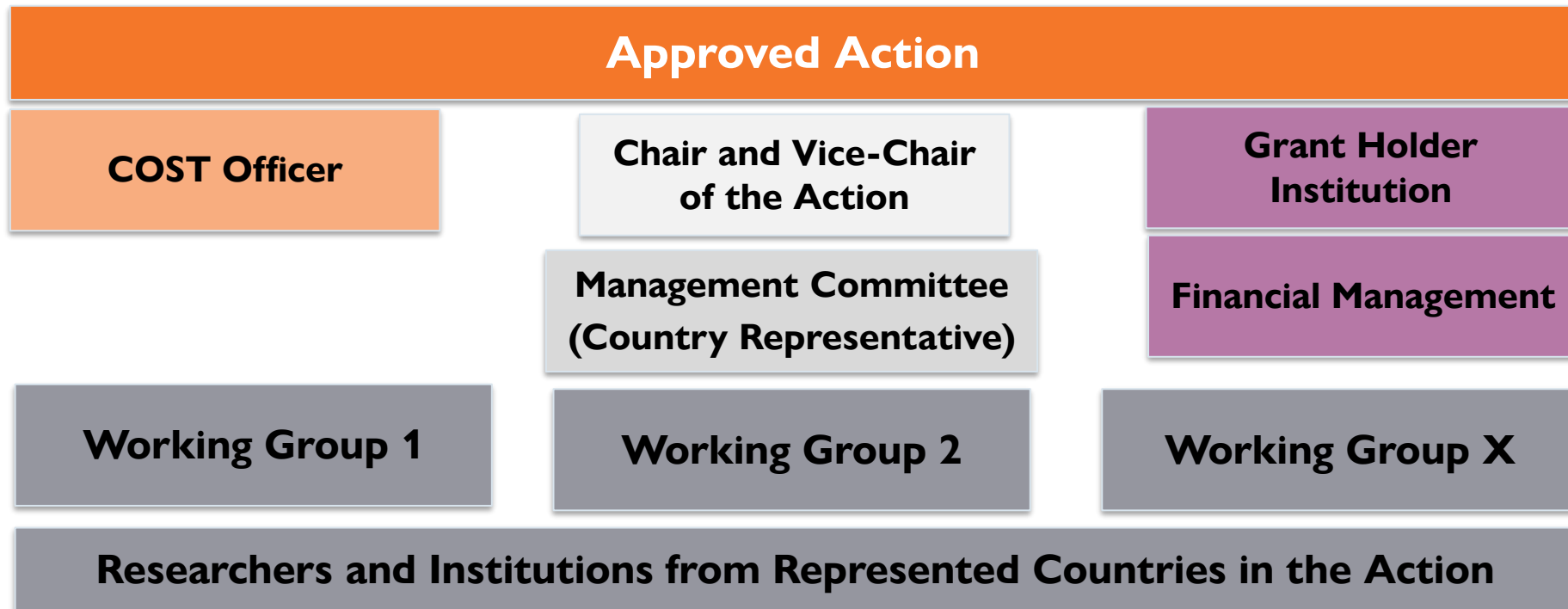
<https://www.cost.eu/cost-actions-event/browse-actions/>



EXPRESS  
INTEREST IN  
JOINING A  
RUNNING COST  
ACTION

Join a Running COST Action  
Browse Actions:

<https://www.cost.eu/cost-actions/browse-actions/>





**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/>) to evaluate how you can contribute**



**Institution that  
complies with COST  
rules.**





**FINANCIAL  
ASPECTS**

**DETAILED INFORMATION HERE:**

<http://www.cost.eu/download/COSTVademecum>

## **HOW DOES THE GRANT HOLDER REIMBURSE PARTICIPANTS?**

**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:*

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

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

## 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:***

<https://educast.fccn.pt/vod/clips/599nv17f/streaming.html?locale=pt>

***COST Youtube Channel:***

<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/>



## STRATEGIC DOCUMENTS

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/>,

[https://www.cost.eu/wp-content/uploads/2018/08/COST\\_StrategicPlan\\_WEB.pdf](https://www.cost.eu/wp-content/uploads/2018/08/COST_StrategicPlan_WEB.pdf)

[https://www.cost.eu/wp-content/uploads/2021/05/COST\\_Ministerial\\_Declaration.pdf](https://www.cost.eu/wp-content/uploads/2021/05/COST_Ministerial_Declaration.pdf)

[http://www.cost.eu/about\\_cost/strategy/excellence-inclusiveness](http://www.cost.eu/about_cost/strategy/excellence-inclusiveness)

[http://www.cost.eu/about\\_cost/strategy/international\\_cooperation](http://www.cost.eu/about_cost/strategy/international_cooperation)

[https://ec.europa.eu/info/funding-tenders/opportunities/docs/2021-2027/horizon/wp-call/2021-2022/wp-11-widening-participation-and-strengthening-the-european-research-area\\_horizon-2021-2022\\_en.pdf](https://ec.europa.eu/info/funding-tenders/opportunities/docs/2021-2027/horizon/wp-call/2021-2022/wp-11-widening-participation-and-strengthening-the-european-research-area_horizon-2021-2022_en.pdf)