

Funding opportunities during and after your PhD

How to know what to apply for, and when

Marie Mohn Eide and Ingunn Voster – Division of Research and Innovation

PsykSTIP day 2025

Apply – but why? And when?

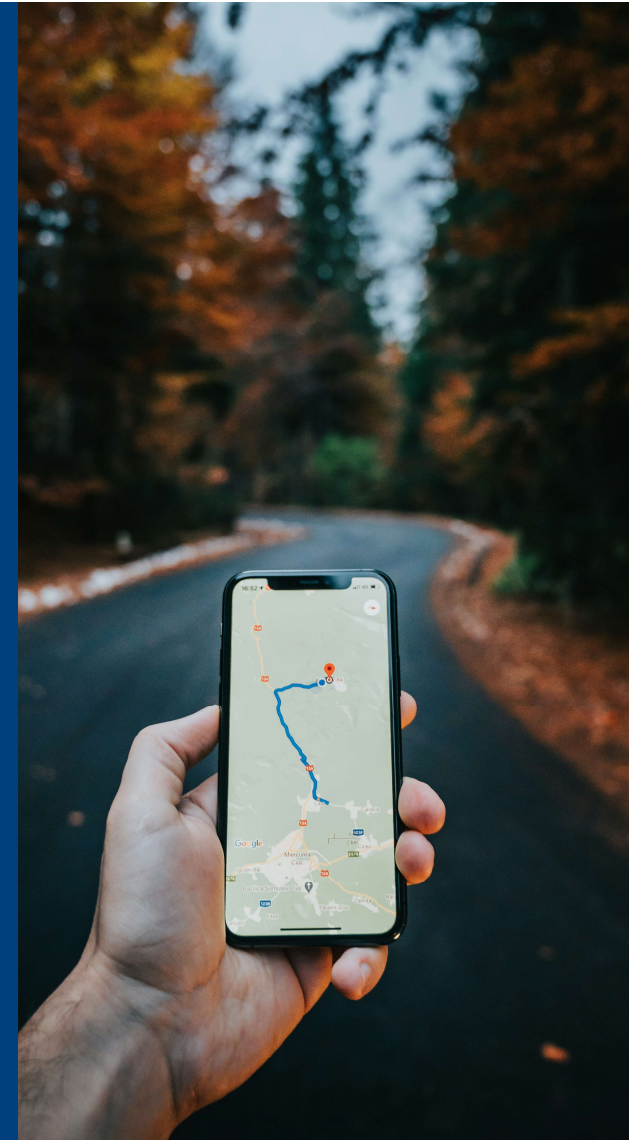
A strategic take on the funding system

Funding opportunities during PhD – small grants and seed money

Funding opportunities after PhD – early career grants

Career Development Plans as a planning tool

Getting started

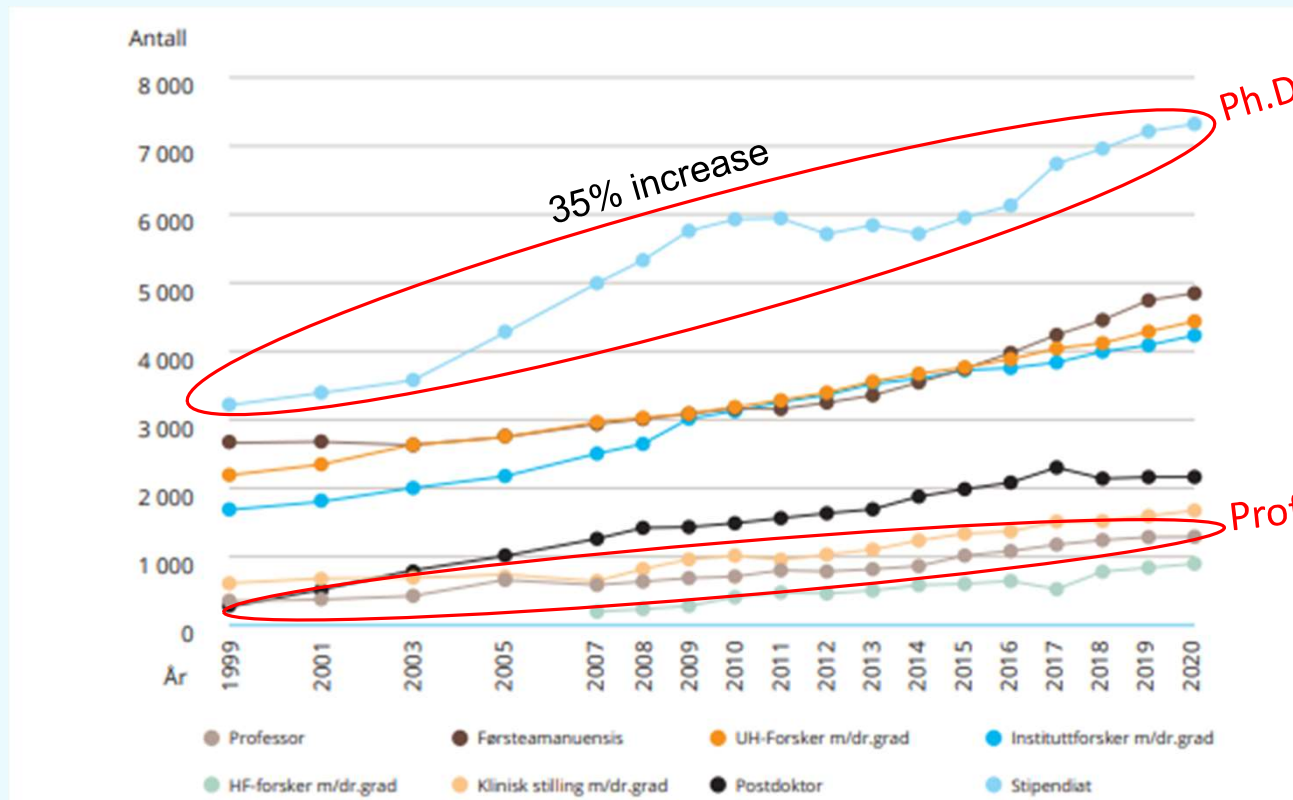


Norway:

Development in academia 2000 - 2020

Position/year	2000	2020	% Growth
PhD	600	1550	160 %
Postdoc	250	1350	470 %
Researcher	200	900	370 %
Associate professor	1350	2150	55 %
Professor	1800	2700	50 %

International trend: large increase in Ph.D.s



- 35% increase between 2000-2020 (OECD-countries)
- Consequence: harder competition and high use of temporary employments

Competitive Grants

Travel Grants

Conference
grants

Individual
Fellowships/
scholarships

Programmes/
Centres

Seed Funds

Networking
Grants

Research Project
Grants

Research
Infrastructure

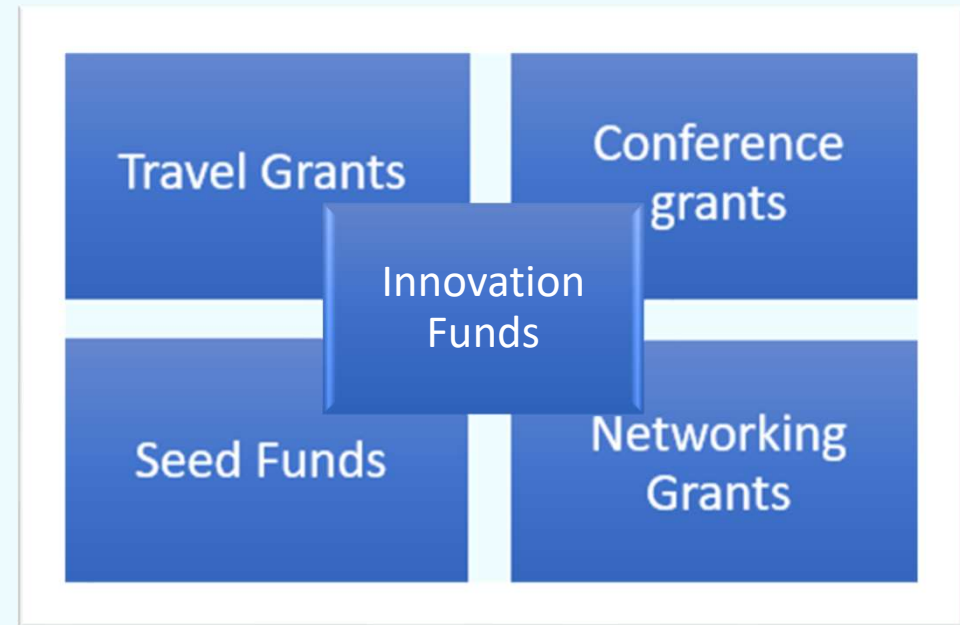
Innovation Funds

Keywords: Career Stage + Purpose



Small grants & Seed money

- Small grants to fund different activities – also during your PhD
 - Training or teaching
 - Building networks
 - Travel to conference or collaborators
 - Fieldwork or pilot research
 - Organize conferences or meetings
 - Outreach initiatives
 - Develop mobility
- Small grants help build your CV and develop grant writing skills
- Use small grants as part of your career strategy – functional pieces to a big puzzle



UiB funding opportunities

- [L. Meltzers Universitetsstiftelse](#)
 - Academic research activities including travel
 - Deadline 1st December 2025
- [The Strategic Programme for International Research \(SPIRE\) Seed money](#) *
 - Seed funding to initiate and develop new international research collaborations as a foundation for project proposals for external funding.
 - Annual deadline, March
- [UiB Idea](#)
 - Seed funding for developing and testing innovative ideas with societal impact, up to 100.000 / 500.000 NOK
 - Annual deadline, February
- Find more at the [UiB Funds and Bequests](#) or contact the research adviser at your faculty or department to learn more about opportunities in your field

*Not during PhD



Funding through UiB partners

Employee Pages

Employment conditions ▼
Work support ▼
Service functions ▼
Competence ▼
Policy and strategy ▼

UiB > Employee Pages >

Offers to employees through UiBs national and international collaborations

UiB is a member of several national and international networks, organisations and centres that offer opportunities for funding, training, mobility and networking for UiB employees.

Financing opportunities - Project and research activities ▼
Financing opportunities - International mobility ▼
Partner search and networking ▼
Infrastructure and resources ▼

mental friends plan n
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tion interaction multi

- International networks and organisations
- Nordic Centres abroad e.g Paris, Athens, Makere
- Bilateral collaborations
- [The CHARM-EU Alliance](#)

[UiB has an office in Brussels](#)



<https://www.uib.no/en/foremployees/162864/offers-employees-through-uibs-national-and-international-collaborations>

Funding through UiB partners - examples

- [CHARM-EU](#)
 - Seed funding for academic collaborations with CHARM partners (up to NOK 50.000)
 - Annual deadline, October
- [Research exchange with University of Washington](#)
 - Deadline: Ongoing
 - Amount: Cover travel costs
- [Nordic Centre, Fudan University](#) (Shanghai, China)
 - Funding for research visits 2-4 weeks, covering expenses up to € 400 per week
 - No deadline
- [The Nansen Fund](#)
 - Funding for research equipment, travel, publication, scientific assistance
 - Max 50.000 NOK, annual deadline January
 - PhD students can only apply for funding as part of a larger project



Selection of other funding opportunities

- [Erasmus+ staff mobility for training](#) (e.g. take methods course abroad)
- [Erasmus+ mobility for teaching](#) (teach a course abroad)
- [Research Council of Norway: Funding for Research Stays Abroad](#) (3-12 months)
- [Fulbright Norway](#) (scholarships during and after PhD)
- [University of the Arctic - North2North](#) (Short visits max 14 days)
- [The Norway-America Association \(NORAM\)](#) (exchange programme 3-12 months)



Early Career Grants

Fellowships or research projects to fund your own job

- Eligibility: do you qualify?
- Independence: Lead yourself – or lead a team?
- Mobility: Are you willing to leave Bergen?
- Prestige: Big grants and low success rates.

Key: understand the funders motivation and how that fits your career perspective

Individual
Fellowships/
scholarships

Research Project
Grants



Non-profitable / Charity foundations

- Fund research aligned with the scope of the organization's interests
- Promoting a research agenda

Examples:

- [The Kavli Trust Programme on Health research](#) – funded research on mental health in children and adolescent (2017-2024)
- [Trond Mohn Research Foundation](#) – support research and initiatives that promote research at the University of Bergen.
 - TMF Starting Grant programme: Aid UiB in recruiting excellent young researchers and give them the opportunity to lead a research project



Home - Who Can Receive Funding?

- ❖ TMF Starting Grant
- ❖ 10m NOK for 4 years
- ❖ <40 years, non-tenured
- ❖ Nominations by Faculty
- ❖ Annual 2-stage call;
 - ❖ 1st stage in March
 - ❖ 2nd stage in August
 - ❖ Results in December



Who Can Receive Funding?

Trond Mohn Research Foundation gives grants towards research and research supporting activities at the University of Bergen (UiB), Haukeland University Hospital (HUS) and the University of Tromsø, and other Norwegian research institutions who cooperate with institutions in Bergen. The foundation also gives grants to support translational research at UiB and HUS.

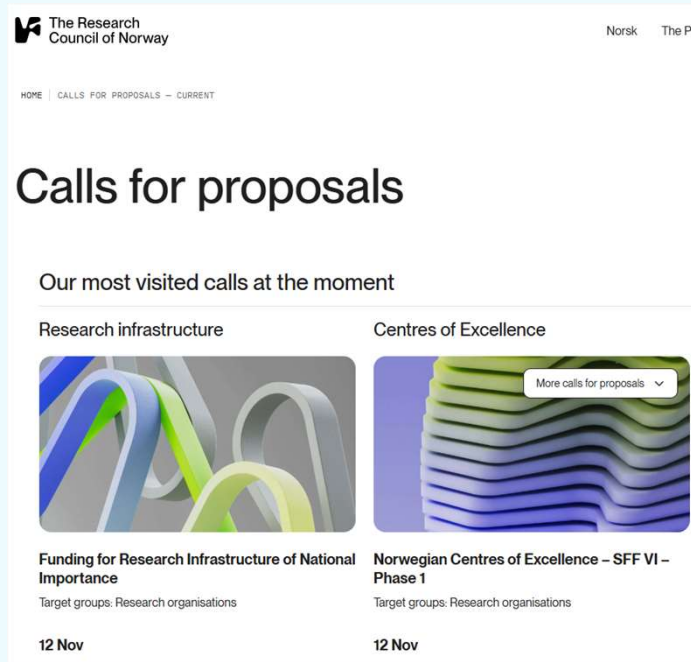
The Foundation contacts relevant partners itself, either directly and/or indirectly through calls for applications. In both cases, the process leading up to a possible allocation comprises a number of steps, generally as follows: call for applications/invitation to apply, consideration of applications with external quality assurance, meetings/interviews and signing of agreement. TMS has appointed an

Awarded

Since the foundation was established i 1996, a total of 1256 million nok has been allocated for statutory purposes.

Public funders of research and fellowships

- National and international policy instruments
- Funding agencies realize political agendas and long-term goals



The Research Council of Norway

Norsk The Pr

HOME | CALLS FOR PROPOSALS – CURRENT

Calls for proposals

Our most visited calls at the moment

Research infrastructure

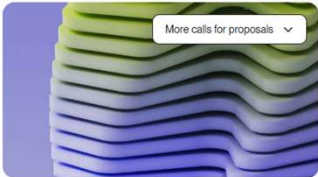


Funding for Research Infrastructure of National Importance

Target groups: Research organisations

12 Nov

Centres of Excellence



More calls for proposals ▾

Norwegian Centres of Excellence – SFF VI – Phase 1

Target groups: Research organisations

12 Nov



European Commission | EU Funding & Tenders Portal

Home Funding ▾ Procurement ▾ Projects & results ▾ News & events ▾ Work as an expert Guidance & do



Discover the funding & tenders opportunities

Find out how to participate by following [these key steps](#).

Find calls for proposals

Explore the available EU funding opportunities by searching for calls for proposals within your topics of interest, find partners and submit a proposal.





The Research Council of Norway (RCN)

Grants for ground-breaking research within all disciplines

- [Researcher Project with International Mobility \(FRIPRO\)](#)
 - 4.7-7.4m NOK, 3-4 years
 - 0-7 years after PhD
 - No deadline
 - 1-2 years abroad and 1-2 years in Norway.
- [Researcher Project for Early Career Scientists \(FRIPRO\)](#)
 - 4-10m NOK, 3-4 years
 - 2-7 years after PhD
 - No deadline



● COMPLETED ● SEE RESULT

Researcher Project for Early Career Scientists (Thematic Call)

Welfare and education

EDUCATION

PUBLISHED 07 JAN 2025 | LAST UPDATED 22 SEP 2025

Financial scheme: Researcher Project

Funding scale: NOK 4 000 000-10 000 000

Application deadline: 5 March 2025, 13:00 CET

Amount of funding presumed available for this

Relevant thematic areas for this call: [Food and bioresources](#), [Welfare and education](#)

Project duration: 36-48 months

Target groups: Research organisations

Contact for the call: ResearcherProject | Res

- ❖ Thematic call
- ❖ 2-7 years after PhD
- ❖ Expected: March 2026

Up to NOK 30 million for research for and about the education sector

[Share](#)

Funding is available for research on and about the education sector. Funding is available for projects relating to teaching and learning, the content and forms of assessment of education, professional education, educational technology, governance and organisation of the education sector, and the role of the education system for the individual and in society and working life. The call is open for projects on all levels of the education system, from kindergarten to higher education and competence in working life. Projects that look at transitions between levels are also relevant.

The aim is to generate high-quality research that is of particular interest to actors and stakeholders related to policymaking, administration and fields of practice in education, learning and competence development. The projects are intended to contribute to knowledge-based development. We encourage projects that are interdisciplinary and multidisciplinary when this serves the purpose.

The purpose of this call is to give researchers the opportunity to pursue their own ideas and to lead a research project within the topics specified in the call.



Relevant plans



Portfolio plan for Education and competence



EU funded research

Programs most relevant for early career scientists are found in the Horizon Europe framework programme for research



1. Marie Skłodowska-Curie Actions (MSCA)

Postdoctoral Fellowships – comparable to RCN FRIPRO Mobility Grant

2. European Research Council (ERC)

Starting Grant – comparable to RCN FRIPRO Early Career Scientists and TMF StG



Evaluation criteria in EU and RCN are similar to make Norway more competitive in Europe.

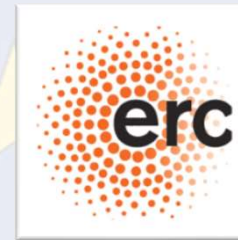




MSCA Postdoctoral Fellowship

Main objectives: mobility and career development

- 0-8 years after PhD
- Any nationality, any field
- Deadline: Annually, September
- 2-3 year postdoc fellowship
 - European Fellowship (2y; € 267 418)
 - Global Fellowship (2+1y)
- Moving country is mandatory. European Fellowship: to an EU MS/AC state
- Host institution and supervisor is required



ERC Starting Grant

Early Career Grant
Public funder - EU

Main objective: Ground-breaking research to move the research frontier.

- From 2027 calls:
 ~~2-7~~ **0 – 10** years after PhD for StG
- Any nationality, any field
- Deadline 2027 call: Autumn 2026
- **€ 1.5 million** for a period of **5 years**
- **Individual researcher** + team (you become the supervisor)
- EU MS/AC host institution



Timeline and planning

- It may take **one year** from the call deadline to your project can start – if you are successful.
- What do you need funds for → what are the funding opportunities?
 - Resubmission & Upcycling?
- When do you need the funds → when do you need to apply?
- **Planning is important:** one helpful tool is using a Career Development Plan

Why career development planning matters



Clarifies your career goals

Helps you define both short-term and long-term objectives – spanning research ambitions and professional growth



Outlines concrete steps to reach your goals

Includes planning when to complete relevant courses, apply for scholarships or pursue other development opportunities

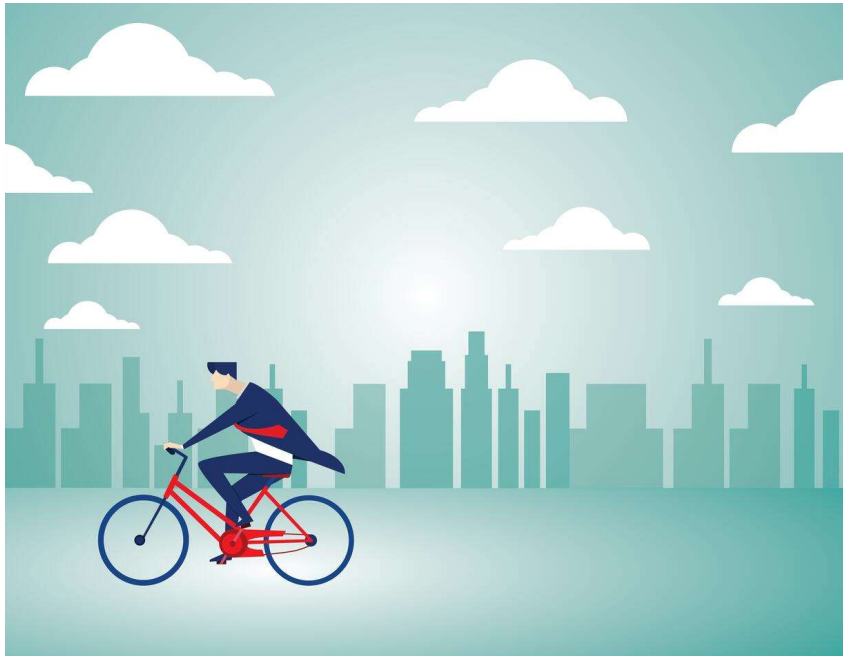


Strengthen self-awareness and ownership

The process enhances your understanding of your own competencies and fosters a stronger sense of agency in shaping your career path



Career development plans



Photo/ill.: Colourbox

A career development plan shall be prepared, specifying the competencies the doctoral candidate is expected to acquire. The institution is responsible for ensuring that the career plan is followed up and that the candidate has access to career guidance throughout the doctoral education.

Unofficial translation of § 3-19 in the Regulation to the University and University College Act (Forskrift til UH-loven)

Formulating a career development plan

A career development plan should

- Help you reflect on personal and professional aspirations
- Define steps to achieve these goals
- Identify and address potential challenges along the way
- Ensure systematic documentation of competencies and achievements
- Create space for continuous reflection and adjustment

It is a living document that should follow you throughout your career

It is an addition to your PhD project description



Getting started

How you can benefit from UiB Ferd career center



The first dedicated career center for academic staff in Norway, and one of few in the Nordic region.

[UiB Ferd Career Center for Early Stage Researchers | University of Bergen](#)



UiB support services

 UNIVERSITY OF BERGEN Norsk
Education Research Innovation Library For students For employees About UiB

BOA

UiB > FIA > BOA >

RESEARCH SUPPORT

Who does What? LCP - Local Contact Points and BOA experts

Overview of advisors in the BOA team with responsibility for information and work support for various research, education and innovation programs.

Local Contact Points (LCP) for the individual programs answer general questions about the research program, policy documents, positioning, arranging meetings/courses and other questions. For more information on work programmes click on the program names below.

Horizon Europe	▼
Horizon Europe-related programs	▼
The Research Council of Norway	▼
Trond Mohn Foundation (TMS)	▼
NORHED II	▼

UIB BRUSSELS OFFICE

In addition to LCPs, UiB's Brussels office can be contacted for more information on Horizon Europe and related European funding.

Contact: [Charlotte Eide](#)



Getting started

 UNIVERSITY OF BERGEN Studies Research Innovation Library For students For employees About UiB

Faculty of Psychology

Education ▼ Research ▼ Resources ▼ About the Faculty ▼ Contact us ▼

UiB > Faculty of Psychology > Resources >

EXTERNAL FUNDING

Proposal support at the Faculty of Psychology

Do you need support with your research proposal? Please contact us in the local support team (BOA-team).

We offer support to researchers who wish to apply for external research funding. Feel free to contact us for a conversation about your project idea and possible funding sources.

If you wish to submit a proposal for funding, we will kindly ask you to complete this [proposal registration form](#). This tool aims to ensure the best possible administrative follow-up of your proposal. All applications for funding must be academically and financially approved at your department/centre. You must therefore notify your leader when you plan to submit a proposal.

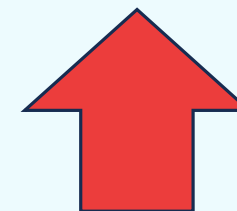
Where can you find information about financing options?

THE FACULTY BOA-TEAM

E-mail to the Faculty BOA-team: boa-teampsyk@uib.no

Proposal support: [Maria Steene Eriksen](#)

Economy: [Kjetil Haugsvær Dyrkolbotn](#) (IBMP, SLATE, IPED), [Wenche Løven](#) (ISP), [Jorunn Sandal](#) (IKP, HEMIL, Sfk)



Read successful UiB proposals

- This autumn, FIA are offering in-person reading sessions where UiB employees can explore a selection of successful proposals submitted by UiB researchers to ERC, MSCA, Horizon Europe, and the Research Council of Norway.

- ~~3 October 2025, at 12.00-15.00~~
- 14 November 2025, at 12.00-15.00
- 5 December 2025, at 12.00-15.00



Contact: [Ingunn Voster](#)

Proposal reading opportunities

Autumn semester 2025 FIA is organizing proposal reading sessions in Nygårdsgaten 5 as a trial offer for UiB researchers applying for external funding. The proposals are only available as paper copies via physical attendance. We have available a selection of successful proposals by UiB researchers to the following funding instruments:

European Research Council (ERC)

For information about ERC Grants, see: <https://www.uib.no/boa/93868/european-research-council-erc>

- Starting Grants (StG) - targeting researchers with 2-7 years experience.
- Consolidator Grants (CoG) - targeting researchers with 7-12 years experience
- Advanced Grants (AdG) - targeting researchers with 12+ years experience

Please see our overview of [ERC funded projects | UiB](#) to see which proposals are potentially available to read.

Marie Skłodowska-Curie Actions (MSCA)

For information about MSCA actions, see: [Marie Skłodowska-Curie Actions \(MSCA\) | Støtte til eksterntfinansierte prosjekter \(BOA\) | UiB](#)

- [Postdoctoral Fellowships \(PF\)](#) - targeting researchers with 0-8 years experience
- Doctoral Networks (DN) - no proposals available at the moment

We have available proposals from the following panels: Social science and Humanities, Environmental and Geosciences, Mathematics and Chemistry.

Collaborative Projects - Pilar 2 in the Horizon Europe Framework Programme

For information about Horizon Europe collaborative projects, see: www.uib.no/foransatte/92374/ria-research-and-innovation-proposals

We have available successful proposals of the following project types:

- Research and Innovation Action (RIA)
- Coordination and Support Action (CSA)

Research Council of Norway

For information about research programmes by the Research Council of Norway, see: [Forskningsrådets søknadstyper og program | Støtte til eksterntfinansierte prosjekter \(BOA\) | UiB](#)

We have available one or more proposals from all faculties from the following RCN-programmes: Researcher projects (FRIPRO*, thematic) for Mobility, Early-Stage Researchers, Experienced Researchers.

*FRIPRO = Groundbreaking Research

How to navigate funding landscapes strategically

Navigate the Funding Landscape (Mitt UiB e-course)

<https://mitt.uib.no/enroll/63BXPX>

From your mobile:

1. Scan the QR code and login to Mitt UiB. This opens Mitt UiB in a new window.
2. Go back to the previous window, and reload the login-page.
3. Press the the button to sign up for the course.
4. The course main page opens and you may start the navigation.



Welcome to the Introduction to the Research Funding Landscape!

This course is designed for **early-stage** researchers who may not be well-versed in **external financing**, as well as those who are interested in gaining a **strategic perspective** on research funding. Whether you're completely new to the topic or seeking specific advice, this course explores the intricacies of external financing and provide valuable insights.

Let's begin with a **moment of reflection**: What does it mean to be strategic about research funding?



(Click on the picture to start the tour)

For those of you who are eager to dive straight into funding opportunities, **filter funding schemes*** according to your interests:

Early Career stage

PhD

Postdoc





Thank you for your attention!