



# Everything You Always Wanted to Know About **Doing a Predoctoral Research Stay** but You Were Afraid to Ask

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# Outline

- Introduction
- Grants
  - Types
  - Instances
- Obstacles in the way
- Bricoadvices
- Summary



\* There might be advertising during this presentation



Research what?

# INTRODUCTION

## What is a Research Stay?

You go somewhere to do stuff surrounded by different people than usual.

... holidays?

NO

Why would I do that?

It is cozy at OEG...



- I want to do research with X, the pope of the field and do synergies.
- I like traveling/meeting different cultures/taking fancy selfies.
- It is good for the CV/networking.
- I need it for the International Mention of the PhD thesis.
- I have to do it, it is compulsory in my grant/contract.
- I want to work focused on Y without being disturbed by everyday duties.
- Everyone should go to Asia at least once in a PhD-time.
- ASun told me so.
- I need to leave for a while so people do not notice I am an impostor (please, visit a previous presentation by Julia if this applies).
- I want to escape from my vane routine, that lacks of motivation, and run away to a country with no extradition where no one can make me come back.
- Bureaucracy looks challenging.
- I have nothing better to do.
- It is part of my master plan to rule the Universe.
- ...

# Huge GRANTS



## ■ Grants can come from:

### ○ UPM:

- Agreements
- PIF Grants
- Consejo Social (of UPM)
- Erasmus+



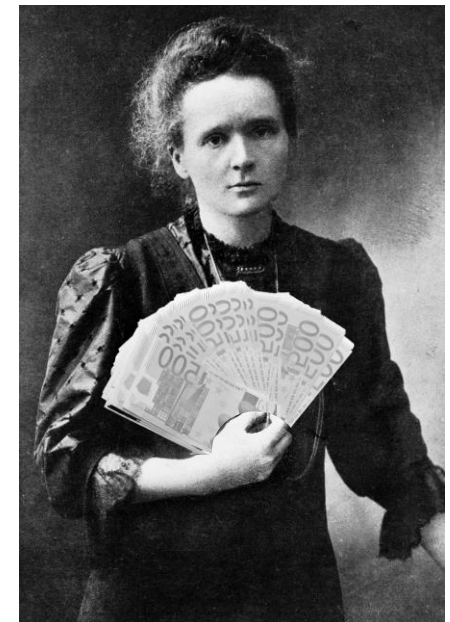
### ○ Host:

- Country
- Institution



### ○ Others:

- Projects
- Actions (Marie Curie, etc)



- Convocatoria Erasmus+ estudios
- (Europe regular ones or KA107 for outside)
  - Some spots for PhD students.
  - Duration depends on the destiny.
  - Travel grant depends on the destiny (around 600e per month).
  - Usually published around September.
  - You contact someone in the host institution.
  
- Deadline: December of the preceding year.



- Ayudas para la formación de doctorandos del Consejo Social de la UPM
- (3-6 months stay for predoc researchers)
  - For PhD students.
  - Always between 3 and 6 months.
  - Stay ( around 1500 euros per month).
  - Deadline: September of the previous year.
  - Stay during a natural year (from January to December)

- Convocatoria de ayudas PIF para realizar Estancias de Investigación Internacional igual o superior a 3 meses
- (3-6 months stay for predoc researchers)
  - For PhD students.
  - Always between 3 and 6 months
  - People with the predoc grant has priority (but never full).
  - Travel grant (500 - 1000 €) + Stay ( max. 1200 € per month).
  - Can be combined with a grant by the destiny institution.
  
  - Deadline: March of the year of the stay (it can be retroactive).
  - Stay during a natural year (from January to December).
- Extra: if you have a FP., you have a dedicated grant!

- **Full list:**

[https://www.upm.es/Estudiantes/BecasAyudasPremios/Becas/Becas\\_Movilidad](https://www.upm.es/Estudiantes/BecasAyudasPremios/Becas/Becas_Movilidad)

- **For specific institutions**

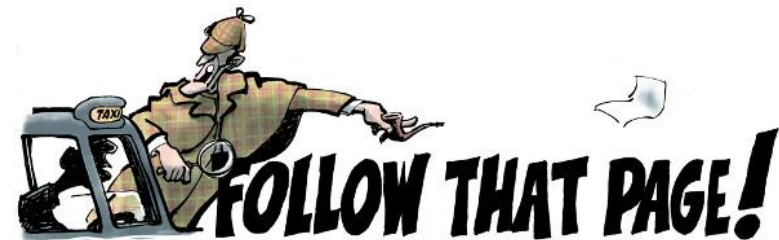
- MIT,
- Harvard,
- TONGJI ...

- **For specific areas**

- Iberoamerica (Santander-UPM)
- EEUU/Canada ...

- **Recommendations:**

- Check in advance, previous calls.
- Use <https://www.followthatpage.com/> (thanks, Julia)

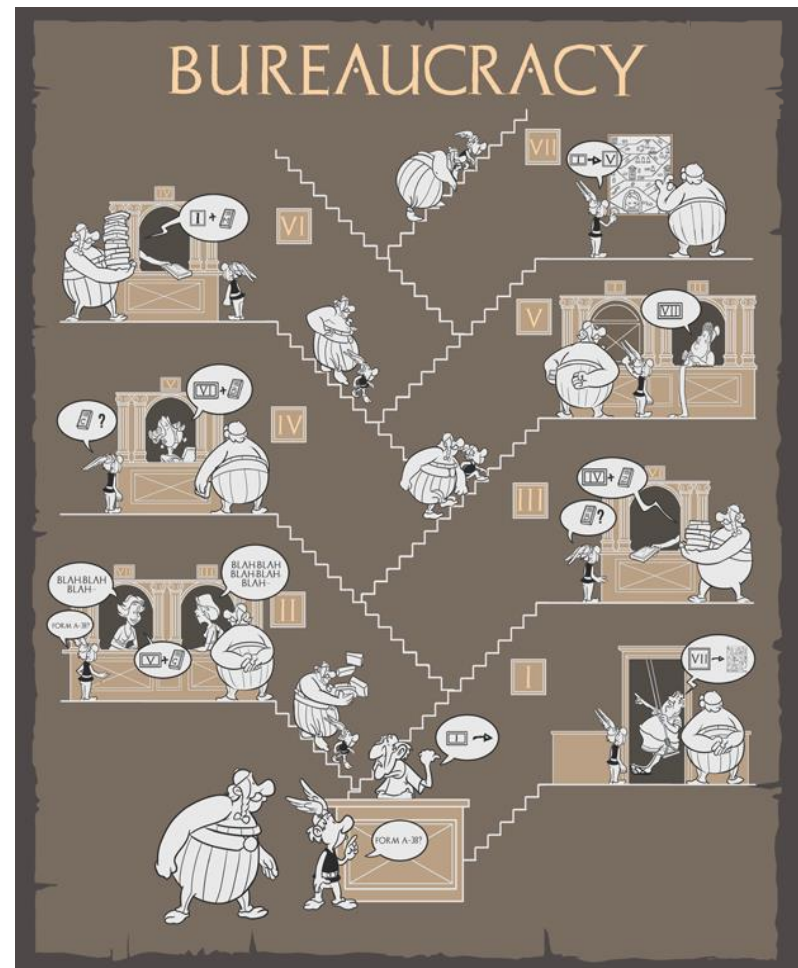


- **NII MOU Grants** (NII, Japan)
  - For PhD students.
  - December/May every year.
  - Topics and supervisors list.
  - Duration depends on the supervisor there (eg, 2/3 months)
- **University South California** (USC, EEUU)
  - Summer Internship program.
  - Topics available in the website.
  - Deadline: February.

Look in the website of your target host!

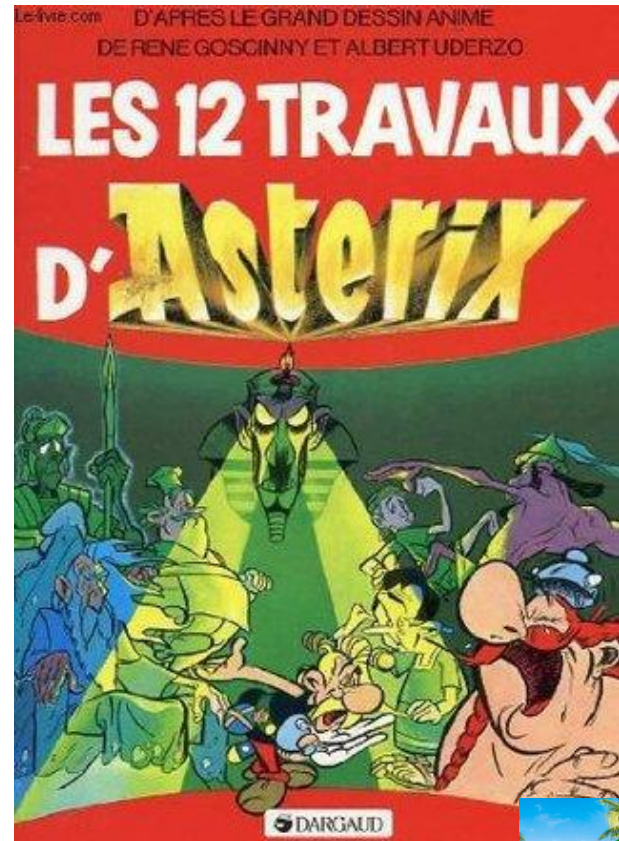
- **JSPS (Japan)**
  - Competitive (as far as I know).
  - Very good brochure in the **lab**.
- Check Embassies!
- Extra: if you want to visit a University but not to do a research stay, there are a lot of Summer Schools ([specially in China, partially funded](#)).
- **Other sources:**
  - European projects.
  - MC Actions.
  - Projects with foreign universities at researcher level.
  - Foreign universities need minions.

OK, let's say I try  
to go for one of  
those... any  
recommendation?



Obstacles

**IN THE WAY**



## ■ Recommended steps:

1. READ GRANT CAREFULLY (previous years if none)  
Check when is the next DIA meeting, and the grant deadline.
2. ASK ANY DOUBT  
To the official channels, and look for previous holders.
3. CHOOSE DESTINY
4. CHECK DATES/CONDITIONS WITH EVERYBODY  
Advisor, projects you are working with...
5. GET OFFICIAL CONFIRMATION FROM HOST  
Usually a letter confirming destiny AND DATES
6. START COLLECTING SIGNATURES  
Ask for the next Consejo del DIA, or the President, or whoever you need to sign your document.



<< ¡que la locura sea nuestro manto, un velo en los ojos del enemigo! Pues él es muy sagaz y mide todas las cosas con precisión, según la escala de su propia malicia >>



Gandalf

<< ¡que la **tenacidad** sea nuestro manto, un velo en los ojos de **la burocracia** ! Pues es muy . . . y mide todas las cosas con **ineficiencia** , según la escala de su propia **ineptitud** >>



Gandalf

## YOUR OWN CONTRACT

- Read incompatibilities CAREFULLY.



## THE GRANT CALL

- Read incompatibilities.
- They can change.
- Some years NO APPLICATION.



## THE DEPARTMENT (aka “El DIA”)

- DIA signatures.
- Time! (at least a month and a half).



## RECTORADO

- Ask doubts and conditions ASAP.
- Pref. By EMAIL.





## Country requirements

- VISA.
- Regulations.



## Host institution requirements

- Any documentation they require.
- Usually send an official email for paperwork.



OK, let's say I do all this and get a grant...  
**now what?**

A few

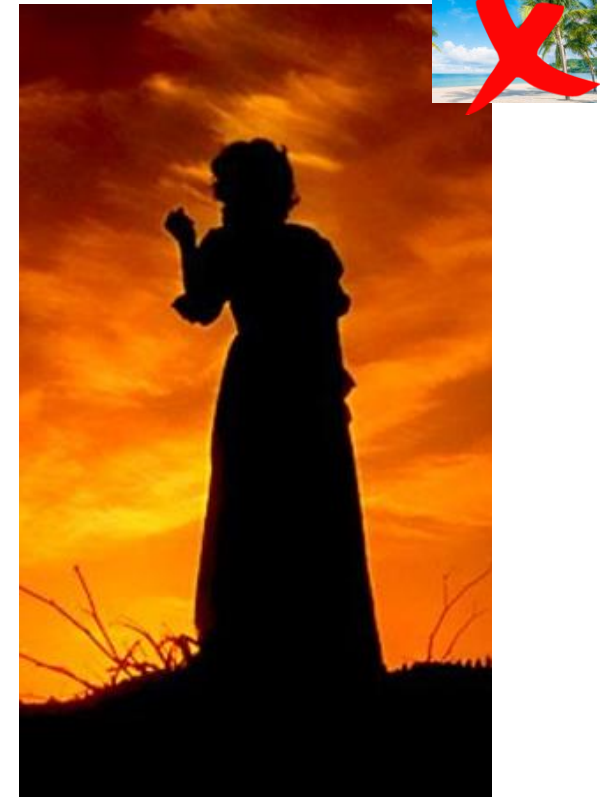
# BRICOADVICES



## ■ Recommended steps:

1. Check Bureaucracy
  - Conditions on dates (day before/after)\*
  - Condition on travel expenses.
  - Conditions on justification of lodgment.
2. Lodgment
3. Travel (sometimes required for getting the first transfer)
4. Culture/Language
5. Enjoy!
6. Come back with all the paperwork you need 😊.

I WILL SUCCED!



\* Advice sponsored by



*Your lifetime temporal friend*



## ▪ Recommendations:

1. Ask your host for help:
  1. University facilities.
  2. University agreements.
  3. Recommendations for areas of the city/websites.
2. Ask people from previous stays (if possible, there).
3. Check forums.

My advice:

1. What the host suggests.
2. Previous grant holders recommendations.
3. Residences.
4. AirBNB/others.

**AGAIN, check conditions of the grant** (sometimes you need invoices).

- **Commonly recommended:**

|               |                                      |
|---------------|--------------------------------------|
| 1st year:     | Do whatever they want in destiny.    |
| 2nd/3rd year: | Mutual collaboration, on your topic. |
| 3rd/4th:      | Write thesis.                        |

- **Non written rule:** Who pays, rules:

- If you (UPM, you, home institution) funds, you choose.
- If host institution pays, agreement.

Obviously, the best is to collaborate in something you are interested in.

- **My advice:**

Discuss in advance what to do (Skype, previous collaboration...)

Prepare in advance what you need:

- Food bills?
- Flight tickets?
- Local paperwork (eg Vienna).
- Certificate signed by host (IN BLUE).
- Report **with stamp**? (always the original!)
- Conditions on paper signature / acknowledgments.



Check the deadlines:

- Usually X days after the return.
- But sometimes also THERE (Erasmus).



**ALSO, KEEP ALWAYS THE ORIGINAL REPORTS/CERTIFICATE.**

## Cultural shocks:

- Inform yourself about cultural differences (eg, two kisses).
- Try to survive.
- Anyway, there are Spaniards/Hispanic-ishs almost everywhere 😊.



## Language:

- ALWAYS TRY TO LEARN IN ADVANCE.
- Even just basics (eg, Japanese syllabaries, basic expressions).



+ Señor Lobo, ¿qué tal la estancia?  
- Lobordao



Conclusions

## SUMMARY



## ■ Summary:

1. Be prepared in advance! (and patient).
2. Check everything carefully.
3. Don't be afraid, ASK (or SPAM).
4. Do preparations ASAP.
5. Profit the stay (do not bring work from home).
6. Travel while there.
7. Learn.
8. Bring all the paperwork you need.
9. Bring junk food for JARG.
10. Don't let the collaboration die after the stay.
11. Sign your papers correctly.
12. Give a presentation about what you did ;)



Recordad, niños: la afiliación, siempre en español, ¡y con tilde en la `e' de "Politécnica"!

# Thank you for your attention





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