Eligibility Criteria

3 beneficiaries from 3 Member States/Associated Countries, except for European Joint Doctorate where minimum is 1 academic and 1 non-academic from 2 Member States/Associated Countries.

Nationality: Any, but vacancies must be internationally advertised.

Mobility: Early Stage Researchers must not have resided or carried out their main activity (work, studies, etc.) in the country of their host organisation for more than 12 months in the 3 years immediately prior to his/her (first) recruitment.

Funding (per month)

<table>
<thead>
<tr>
<th>Early Stage Researcher</th>
<th>Institutional</th>
</tr>
</thead>
<tbody>
<tr>
<td>Living allowance*</td>
<td>3,270 €</td>
</tr>
<tr>
<td>Mobility allowance</td>
<td>600 €</td>
</tr>
<tr>
<td>Family allowance</td>
<td>500 €</td>
</tr>
<tr>
<td>Research, training and networking costs</td>
<td>1,800 €</td>
</tr>
<tr>
<td>Management and indirect costs</td>
<td>1,200 €</td>
</tr>
</tbody>
</table>

*The funding is subject to a country correction coefficient adjusted for the cost of living in the country in which the researcher will work.

Important documents

- This brochure - Tips and Tricks
- Work Programme
- Guide for Applicants (GfA)
- MSCA NCPs Handbook
- Self-evaluation forms
- EC Web streaming sessions
- Innovative training networks FAQ

About Net4Mobility

Net4Mobility is a transnational cooperation project between the National Contact Points (NCPs) of the EU Marie Skłodowska-Curie Actions (MSCA).

The project aims to help NCPs improve the service provided to interested parties all over the world, and increase awareness of the MSCA funding possibilities.

Among our Services
- Explain relevant possibilities
- Help find the best option for you
- Assistance throughout the whole process

WE ARE HERE FOR YOU!
Find YOUR NCP and explore your possibilities

www.net4mobilityplus.eu

Innovative Training Networks (ITN)

ITNs support joint research training and/or doctoral programmes, implemented by European partnerships providing Early Stage Researchers (PhD students) with training and experience inside and outside academia.

- Advancing an area of research whilst at the same time training the next generation of researchers
- Build upon common strengths in research and training
- 100% financing

This project has received funding from the EU Horizon 2020 Research and Innovation programme under the Marie Skłodowska-Curie actions

Who? (Non-) Academic institutions
What? 100% funding up to 4 years
Where? Europe and the world
When? Call deadline every year!
# Tips & Tricks for writing a good Innovative Training Network (ITN) proposal

## General
- **Follow the call description**
  Write into the actions’ objectives and rationale and mind the differences between action types.

- **Less is sometimes more**
  Make it very easy for the evaluators to understand and find the relevant information.

## Excellence
- **Make it specific and to the point**
  Be consistent with the aim of the call and avoid vagueness and generalization when describing your objectives and methods.

- **Describe the added value**
  Describe how the consortium is more than the sum of its parts with complementarity and synergy between partners.

- **Branch out to new sectors or disciplines**
  Get a meaningful contribution from the non-academic sector (or other disciplines) and involve them at the highest possible level.

- **Emphasise original and innovative aspects**
  Use clear and concise language when describing the innovative aspects of the research.

## Impact
- **It's about Impact**
  Think about impact on different levels, for the Early Stage Researcher, the Beneficiaries, European level or others?

- **Focused Dissemination**
  Find ways to engage your target groups (academic circles, general public) and specify how your impact can be measured.

- **Supervision**
  Indicate clearly how each fellow is (co-) supervised and how each individual project is related to the overall scientific deliverables.

- **A strategy for career development**
  Have a career development strategy for each Early Stage Researcher, including complementary and transferrable skills training to increase employability.

## Implementation
- **Highlight the EU-Dimension**
  Outline the potential impact on EU policy or societal challenges being faced in the EU.

- **Get an impartial view**
  Have your proposal proof-read by a colleague and pre-screened by your NCP.

- **Transparent recruitment process**
  Make sure the recruitment process is clear with criteria for judging merit and a strategy for ensuring equal opportunity.

- **Empower Early Stage Researchers**
  Give Early Stage Researchers responsibilities in the project and the chance to have input to the design of training activities.

- **Monitoring and Risk**
  Coherent plans to monitor your projects progress and mitigate risk pay off and can increase the credibility of your proposal.

- **What, how and by who?**
  Be very clear on the parameters of the work, the objectives you aim to achieve and the projects overall management.