Elisabet Göransson from FORMAS gave an overview of what FORMAS funds, and the opportunities for young researchers.

Some of the important things she mentioned was:

- Read the instructions carefully
- Look at the criteria for evaluation, and make sure you answer these.
- Remember that the evaluators are not from FORMAS, but a group of researchers. Explain your ideas and your research carefully.

- The FORMAS handbook contains a lot of important information. Be sure to check that you have the latest version of the instructions when you start to write. The handbook is updated every year!  

[www.formas.se](http://www.formas.se)
A moderated panel with
**Maj Rundlöf** (PhD in Biology)—just received funding from VR to work abroad, and who had been to Uppsala for a first post-doc

**Edith Hammer**—(PhD in Biology) Has recently come back from 2 post-docs, financed by FORMAS and Marie Curie

**Per Persson** (Professor in Molecular Geochemistry at CEC) – is part of the group evaluating post-doc applications for VR

Gave some valuable advise about post-doc planning

Per emphasized that the evaluators need to clearly see that the applicant can demonstrate hers/his independence as a researcher. Think about that when choosing your post-doc environment.

Maj explained that it does take time to write a good application.

- Network already during your PhD, to learn more about what is happening within your field.
- Use the trends within your subject to your advantage – for example the latest methods for analysis, were some of the suggestions from Edith.
At Lund University Research Service (Forskningsservice) there are lots of good information: [http://www5.lu.se/o.o.i.s/3362](http://www5.lu.se/o.o.i.s/3362)

Sophie Hydén Picasso mentioned the database research Professional as a good search tool, and the regular newsletter of funding opportunities

Marie Fernbrandt talked about aspects of coming to Sweden as a post-doc

Teresia Rindefjäll talked about the "Marie Curie" post-doc opportunities.
There were a lot of questions, and some of them we managed to answer!

A big thank you to the audience, and to the engagement shown by all speakers and assisting staff from Centre for Environmental and Climate Research, CEC.

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