

# Going abroad - internationalization in a PhD project

## Financing and practicalities

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# Financing your stay abroad

- International mobility grants at OsloMet
- The Research Council of Norway
- Erasmus+
- Other sources

# International mobility grants for Ph.d.-students and postdocs

Objective:

to strengthen international networks and research collaboration at OsloMet by providing grants for longer stays at research institutions abroad

Annual budget:

app. 2 million kroner – no application deadline

# International mobility grants for Ph.d.-students and postdocs, cont.

The grant:

- covers eligible costs - for you and your family (spouse/partner and/or children):
  - travel costs to/from the host country
  - *settling-in and extra costs* – all additional living costs in the host county (accommodation, electricity, local transport, insurance) based on fixed monthly rates (18 000 kroner without family / 33 000 kroner with family)
  - tuition fees and other necessary additional costs

*All additional costs (except costs for food) must be documented in the travel expense settlement!*

- max. 200 000 without family / 250 000 kroner with family during the Ph.d.-period (for one or more stays abroad)

# International mobility grants for Ph.d.-students and postdocs, cont.

Call text: <https://ansatt.oslomet.no/utlysning-utenlandsstipend-phd-postdoc>

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# The Research Council of Norway

Personal Overseas Research Grants:

<https://www.forskningsradet.no/en/apply-for-funding/funding-from-the-research-council/utenlandsstipend/>





## Erasmus + grants for PhDs

- Erasmus + staff exchange (4 days to 60 days)
  - Training (language, method, statistics and summer courses; observation periods, job shadowing)
  - Teaching (at least 8 hours per week; Erasmus + partner institution)
- Erasmus + student exchange
  - Studies (Erasmus + partner institution, minimum 90 days, educational component: thesis research)
  - Practice placement (minimum 60 days, supervised/tutored research activities: in a research institute/organisation)

## Useful links

- <https://ansatt.oslomet.no/en/gjennomforing>
- <https://ansatt.oslomet.no/en/erasmus-staff-exchange>
- <https://student.oslomet.no/erasmus-og-nordplus>



# Financing your stay, cont.

- **Additional resources to explore:**
  - OsloMet website on external funding: <https://ansatt.oslomet.no/en/external-funding>
  - Euraxess – funding search: <https://euraxess.ec.europa.eu/funding/search>
- **A few examples North America (for Norwegian citizens):**
  - Fulbright (<https://fulbright.no/stipend-for-nordmenn/studentstipend/>):  
USA, min. 4 months
  - Noram (<https://noram.no/graduate-stipender/>):  
USA, min. 3 months
  - Mitacs Accelerate International (<https://diku.no/en/programmes/mitacs-accelerate-international2>)  
Research Internship in Canada, 16-24 weeks

# The practicalities:

**Euraxess - Researchers in Motion: Doing research abroad (world wide)**

<https://www.euraxess.no/no/norway/forske-et-annet-sted> (in Norwegian only)

Info on: How to get started, costs and financing, immigration and visas, taxes, social security and insurance, travelling with family and more!

**Traveling within Europe?: Host country EURAXESS National Portals:**

<https://www.euraxess.no/no/node/95826>