

Proposed Seminar Programme for Momentum 5 February – October 2023

Seminar 1 Excellence – February 2023 (date TBC)

Location: Solstrand Hotel

Day one – Introduction to the programme and the theme of ‘excellence’

Time	Session title	Content/learning outcomes	Responsible	Comments
0900-1000	Introduction to Momentum	Introduction to the programme and its objectives; overarching themes; learning outcomes and training/facilitating team	Coordinators (FIA) Trainers/facilitators (FIA; KA; HR)	Coordinators ansvarlig
1000-1200 (with break)	Forsker grand prix/speed dating*	Plenary exercise: Introduction of cohort participants via <i>forsker grand prix</i> style plenary exercise (elevator pitch + questions) or facilitated speed dating.	Facilitated by KA	*exercise will depend on cohort size
1200 1300	LUNCH			
1300- 1430	Building trusting teams	Participative workshop: Psychological safety in teams: how to build a group where members feel safe to contribute and share. Plenary exercise: building the Momentum cohort contract to establish trust in the group.	Bård Fyhn (Ext/NHH)	HR ansvarlig
1430- 1445	BREAK			
1445 1615	Excellence in research	Facilitated discussion: Intro to theme one: excellence. What does <i>excellence</i> mean in academic policy & rhetoric. Why is it important to researchers (particularly ECRs). How do ideas about	Roger Strand (SVT/UiB) (TBC)	Coordinator ansvarlig

		excellence inform funding instruments (with a focus on early career stipends – TMS, MSCA, YRT, ERC StG) and their evaluation criteria?		
1615-1815	Spa(re) time			
1815-1915	Candlelight lecture	<i>“How I used my Momentum stipend/mentor to develop my research agenda/career ”</i>	Momentum alum (UiB/TBC)	Coordinators ansvarlig
1915 -	Dinner			

Day two - Developing your academic career

Time	Session title	Content/learning outcomes	Responsible	Comments
0900-1000	Building a competitive CV and track record	Active workshop: How can you plan, develop and curate a competitive academic CV and track record for upcoming employment and funding opportunities?	FIA	FIA ansvarlig
1000-1200 (with break)	Career development toolkit	Active workshop: Building on the CV workshop; identify gaps in your CV and begin planning practical steps to address them. Begin work on your career development plan (CDP)	HR	HR ansvarlig Incl. CDP / publication strategy (light touch/resources)
1200-1300	LUNCH			
1300-1330	Peer mentoring	Walking session: <i>(topic TBC)</i>	HR ansvarlig	HR ansvarlig
1330-1400	Career development toolkit	Plenary & wrap	HR ansvarlig	HR ansvarlig
1400-1530 (with break)	Early career stipends	TMS; NFR (YRT/Mobility); MSCA mobility grant; ERC Starting Grant	Guest speaker(s) (UiB) / FIA	FIA ansvarlig

		Guest researchers present their experience of applying for and winning an early career stipend. Overview of key instruments, evaluation criteria, deadlines and support for candidates		
1530-1545	Wrap & close			
1600	Bus to Museeplassen			

Online course

Time	Session title	Content/learning outcomes	Responsible	Comments
2 hrs, between seminar 1-2, at participants' convenience	'Landscapes of research'	Introduction to the research funding landscape: what you can get funding for; where you can find out about upcoming opportunities: local, national, international	FIA	FIA ansvarlig

Seminar 2 Practical grant writing – April 2023 (date TBC)

FIA: Stor Møterom

Time	Session title	Content/learning outcomes	Responsible	Comments
0900-1130 (with breaks)	Writing the excellence section of a research proposal	Interactive workshop: how to write clear, relevant text; how to bring the different elements of a proposal (objectives, methodology, design) together to form a cohesive, compelling narrative	FIA	
1130-1215	Lunch			
1215-1345	Writing the impact section of a research proposal	How to write strong impact sections for different funding instruments.	FIA / KA	
1345-1400	Break			
1400-1600	Writing the implementation section of a proposal	Interactive workshop: how to build and write a strong implementation section covering key elements including project	FIA/UB	

		design; milestones & deliverables; risk, resources and timing of tasks. A group activity will put participants in the role of evaluator.		
--	--	--	--	--

Brown bag lunch seminar – May 2023 (date TBC)

FIA Stor Møterom

Time	Session title	Content/learning outcomes	Responsible	Comments
1130-1300	Making the most of your research ideas	How to make best use of your research ideas: identifying a portfolio of funding instruments; recycling and re-purposing ideas; managing rejection and re-applying. managing rejection; resubmitting & recycling proposals	TBC (FIA & guest from fagmiljø)	FIA ansvarlig

Seminar 3 International research perspectives and opportunities – June 2023 (dates TBC - Week 23)

UiB Brussels, Norwegian House of Research and Innovation, Belgium

Day One – Introduction to research and innovation in the European context

Time	Session title	Content/learning outcomes	Responsible	Comments
TBC	Welcome lunch			
TBC	Introduction & 'EU for dummies'		UiB Brussels	
TBC	Research and innovation politics in the European Union		European Universities Association (EUA)	
TBC	Break			
TBC	A guide to Horizon Europe – the EU's programme for research and innovation		TBC	
TBC	Strategy for Norway's participation in Horizon Europe and the European Research Area		Forskningsråd Norges delegation to the EU (NFR)	

TBC	Interdisciplinarity and the societal impact of research – the example of SHH growing momentum in EU R&I		European Association for Social Sciences and Humanities (EASSH)	
-----	---	--	---	--

Day Two – Building your international network

Time	Session title	Content/learning outcomes	Responsible	Comments
TBC	'Openness to the world': the EU and international collaboration		The COIMBRA group	
TBC	Networking coffee break			
TBC	Erasmus + - a way to grow your network; Synergies in Horizon Europe and opportunities for early stage researchers		HK Direktorat	
TBC	Lunch			
TBC	Visit to European Parliament			

Day Three – European funding opportunities for early stage researchers

Time	Session title	Content/learning outcomes	Responsible	Comments
TBC	Welcome, coffee, introduction to the day		UiB Brussels	
TBC	European Research Council (ERC)		Advisory Board, European Research Council	
TBC	Marie Skłodowska Curie Actions (MSCA)		MSCA unit, DG EAC, European Commission	
TBC	How can you use the Brussels Office?		UiB Brussels	
TBC	Plenary: what have we learned?		UiB Brussels	

Seminar 4 Generating impact with your research - August 2023 (dates tbc)

Media City Bergen

Day one - Communicating your research to academic and non-academic audiences

Time	Session title	Content/learning outcomes	Responsible	Comments
0900-1000	Introduction to the day; Why is it important to communicate your research?	Why and how to communicate your research effectively to non-specialists	KA	
1000-1230	Break			
1015-1200	Working with the media	Learn how to frame and present your research for non-academic audiences; practice your interview skills in the MCB camera studio and receive feedback from your peers	KA	
1200-1245	Lunch			
1245-13:30	Disseminating your research using social media	A researcher's perspective on how to build a social media strategy to effectively communicate and disseminate your research	Guest (UiB)	
13:50-14:00	Break			
14:00-16:00	Making effective digital presentations	Learn to harness the increasingly popular medium of video-conferencing and deliver impactful presentations for digital and hybrid events	Speaklab	

Day two – Enhancing your impact on science and society

Time	Session title	Content/learning outcomes	Responsible	Comments
0900-1015	What is impact?	Interactive workshop: What is 'impact' and how is it operationalised? How to plan for, and generate, scientific, social and economic impact with your research.	FIA (INNOV)	FIA ansvarlig
	BREAK			

1030-1200	Publication statistics and research visibility	Interactive workshop: Learn how to ensure that your research outputs and interests are visible. Get to know the common metrics used to evaluate your research and find out how you can use them (responsibly) in your CV and track record.	UB	UB ansvarlig
	LUNCH			
1245-1400	Societal impact: doing innovative research and generating real-world impact	Presentation/interactive session: A researcher's perspective on generating 'real world' impact. Group work problematising and discussing impact.	FIA / Guest researcher (UiB)	FIA ansvarlig
1400-1415	BREAK			
1415-1530	Personal impact	How to develop and curate a strong online profile	UB	

Seminar 5 Project implementation and scientific leadership – October 2023 (dates TBC)

Solstrand

Day One

Time	Session title	Content/learning outcomes	Responsible	Comments
0900-1145 (with breaks)	Managing yourself	Interactive workshop exploring self-management covering: how to identify, prioritise and achieve goals; holding yourself accountable; time-management; managing work-life balance; self-care and planning for success	Laura S Miles / HR	
1145-1230	LUNCH			
1230-1315	Peer mentoring	Walk & talk: reflecting on the morning's topic		

1315-1600	Leading others	Building, leading and participating in research groups; group dynamics; Start Smart leadership methodology; building and leading interdisciplinary teams.	HR / Guest (UiB)	
1600-1800	Spa(re) time			
1800-1900	Candlelight lecture	<i>My journey from postdoc to PI</i>	Momentum alumnus/a (TBC)	
1900	Dinner			

Day two

Time	Session title	Content/learning outcomes	Responsible	Comments
0900-1030	Navigating research landscapes and cultures	Interactive workshop exploring how you can get to know the institutional frameworks within which we work. Taking an institutional, national and international approach. Discussion around how to build strategies to understand and navigate research cultures as an early career researcher	HR + (Guest speaker)	
1030-1045	BREAK			
1045-1145	Career Development Plan – follow up session	Facilitated plenary discussion: how are you using your Career Development Plan?	HR	
1145-1230	LUNCH			
1230-1300	Walk & talk	Navigating research landscapes and cultures		
1300-1530 (with break)	Project management	Part A: Practical project management methodologies and tools for researchers Part B: A researcher's view of project management: successes and	FIA / IT / Guest speaker (UiB)	

		challenges associated with managing academic projects and teams		
1530-1600	Momentum programme wrap & close			