

Popular Science Activities - Category	Short Description	ECTS Credits per Contribution	Documentation Requirements	Specific Requirements / Notes
General role	Workload according to ECTS rules: min 25 hours = 1 ECTS		Approval from supervisor based on a work description covering the scope requirement and documentation of popular science dissemination according to the intention	
Popular Science Article	Popular science article / op-ed / Store norske leksikon / Wikipedia article	1 credit	The article, op-ed, Wikipedia article with documentation showing how it looked when published, including date	Usually only one credit per article. The article cannot be part of admission requirements or included in the dissertation.
Popular Science Lecture	Lecture / presentation / workshop	1 credit	Confirmation from course organizer/host, must include scope, date, lecture title, audience, and time log	One credit per lecture
Popular Science in Broadcasting and Digital Media	TV or radio production / podcast / video or similar	1 credit	Confirmation of scope, date, title of contribution, target audience, and time log	
Researcher Grand Prix	Includes 5 sessions with individual coaching	1 credit for participation in the first round, 1 additional credit for the national final	Confirmation of participation	
Popular Science Websites	Development of popular science websites for projects and similar	1 credit	Confirmation from project manager and supervisor approval	
Science Festival Dissemination	Active dissemination can include lectures, workshops, science shows, planning and staffing of stands, etc.	1 credit	Confirmation from scientific responsible person with description of participation type and time spent. Approved by supervisor	Not approved if part of career-promoting work. Granted only once
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Examples of Activities not Approved for Training Component	Activities that are part of career-promoting work and/or regular departmental activities are not approved			
Practical Help at Science Festivals	Preparations and stand setup, etc.			Practical work is not dissemination of science. Simple stand staffing is not automatically considered creditable academic dissemination
Website Administration	Administration, maintenance, and technical follow-up of websites			Not dissemination
Internal Lecture on own Research	e.g., at department seminar			Not dissemination to audiences outside academia