

COST ONLINE INFO DAY

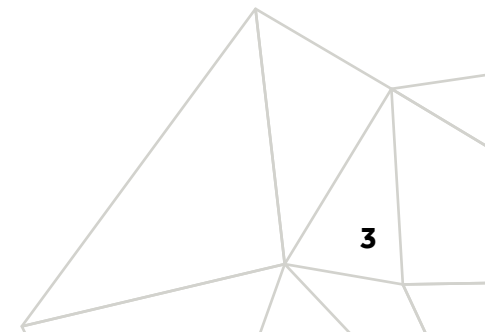
16.06.2026





Practicalities

- The webinar is being **recorded** and the **live streaming** can be viewed on COST's YouTube channel ([@costoffice](#))
- The recording will be available on COST's YouTube channel after the webinar
- The slides will be made available on the COST **event page** after the webinar
<https://www.cost.eu/cost-events/online-cost-info-day-2026/>
- Questions during the session?
 - Zoom attendees can post their questions in the Q&A chat **at the end of COST presentations**
 - YouTube viewers can post their questions on the live streaming chat
- Questions after the session? Contact us at events@cost.eu



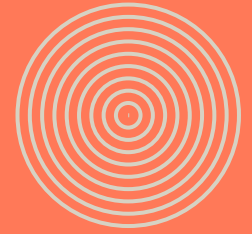


Programme

- 10:00 **Welcome words**
Ms Salomé Moezzi-Gacon, COST Governance Officer
- 10:05 **Introduction about COST**
Mr Bart Veys, COST Head of the Policy Unit
- 10:25 **How to participate in a COST Action ? How to submit an application ?**
Dr Elif Dogan Arslan, COST Science Officer
- 11:00 **Which activities are funded ?**
Ms Carmencita Malimban, COST Administrative Officer
- 11:15 **What are the benefits of participating in COST ?**
Mr Amil Orahovac, University of Donja Gorica ([CA22146](#))
- 11:35 **Q&A**
- 11:50 **Conclusion and end of the session**

Introduction about COST

Mr Bart Veys, Head of the Policy Unit



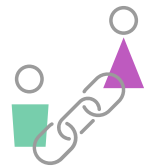
European Cooperation in Science & Technology

COST provides networking opportunities for researchers and innovators in order to strengthen Europe's capacity to address scientific, technological and societal challenges



ALL FIELDS OF S&T

(mono- or interdisciplinary, new and emerging fields)

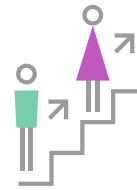


ALL PARTNERS

(academia, public organisation, industry, NGO, International Organisations)



BOTTOM-UP APPROACH



ALL CAREER STAGES

(young and experienced researchers)



ALL COUNTRIES

- 41 COST Members + 1 Cooperating Member
- 14 Near Neighbour Countries
- Global cooperation

COST Membership

41 Full COST Members

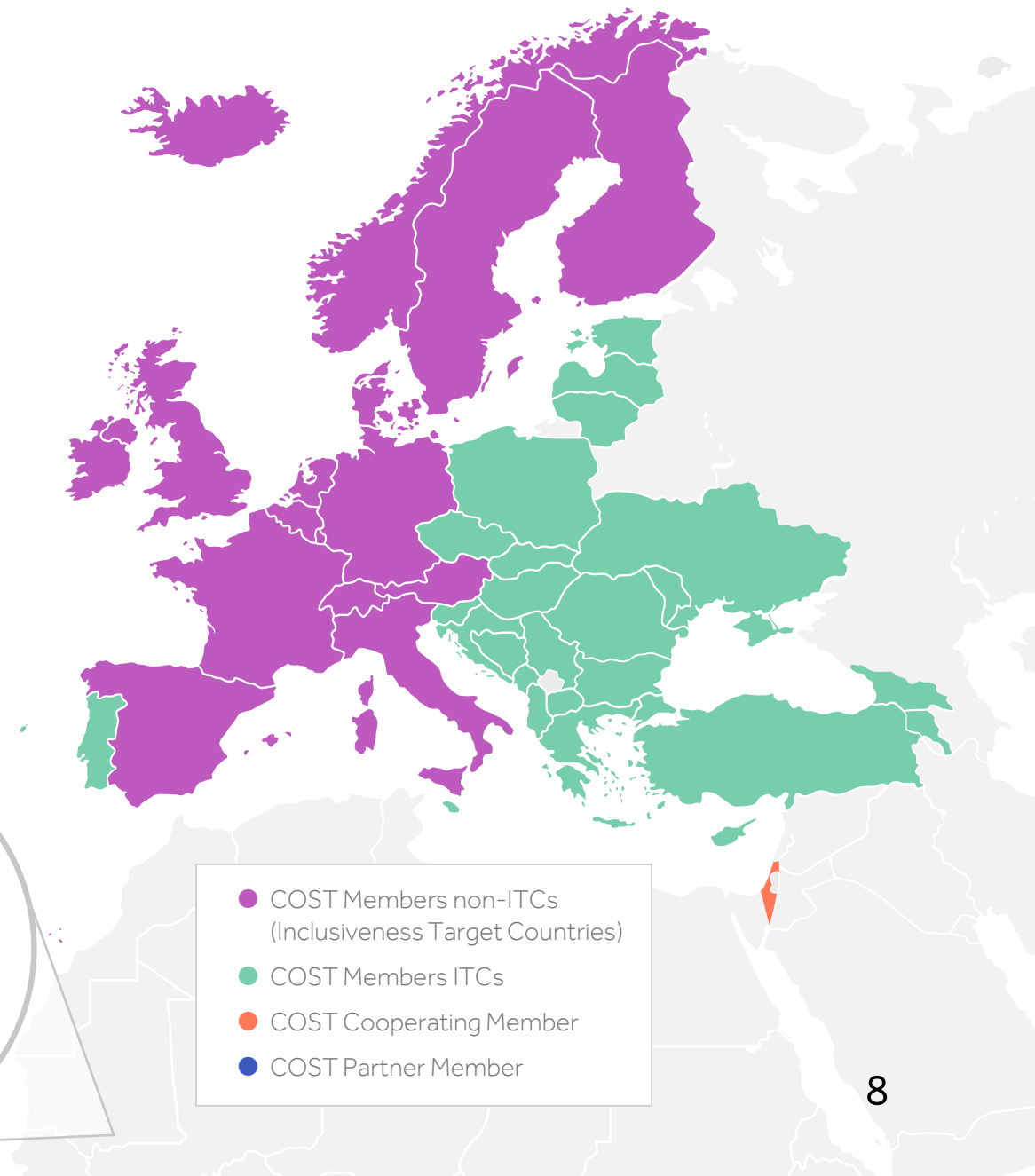
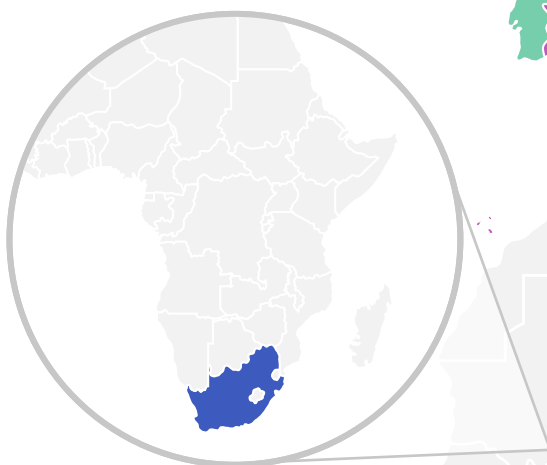
- | | | |
|--------------------------|-----------------------------------|------------------|
| ● Albania | ● Germany | ● Norway |
| ● Armenia | ● Greece | ● Poland |
| ● Austria | ● Hungary* | ● Portugal |
| ● Belgium | ● Iceland | ● Romania |
| ● Bosnia and Herzegovina | ● Ireland | ● Serbia |
| ● Bulgaria | ● Italy | ● Slovakia |
| ● Croatia | ● Latvia | ● Slovenia |
| ● Cyprus | ● Lithuania | ● Spain |
| ● Czech Republic | ● Luxembourg | ● Sweden |
| ● Denmark | ● Malta | ● Switzerland |
| ● Estonia | ● The Republic of Moldova | ● Türkiye |
| ● Finland | ● Montenegro | ● Ukraine |
| ● France | ● The Netherlands | ● United Kingdom |
| ● Georgia | ● The Republic of North Macedonia | |

1 Cooperating Member

- Israel

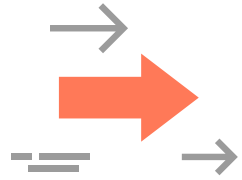
1 Partner Member

- South Africa



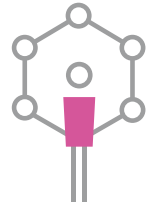
- COST Members non-ITCs (Inclusiveness Target Countries)
- COST Members ITCs
- COST Cooperating Member
- COST Partner Member

Key figures



277

Running Actions



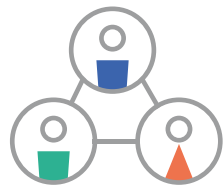
70,000

Researchers involved
in COST Actions



200+

Average number of
researchers per Action



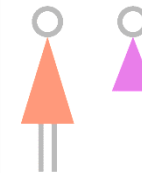
42%

Share of young
researchers in COST
Actions



19

Average number of widening
countries per COST Action



52%

Leadership positions
occupied by female
researchers



€ 700.000

Average budget
of a COST Action (4 years)



COST in Horizon Europe



Horizon Europe

Widening participation and strengthening the European Research Area pillar



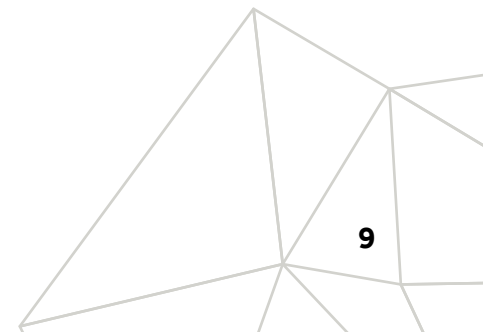
COST activities

are implemented by the COST Association, under a Framework Partnership Agreement and Specific Grant Agreements with the European Commission



COST Actions

receive budget under Third Party Funding



Role of COST in the ERA



3 STRATEGIC PRIORITIES

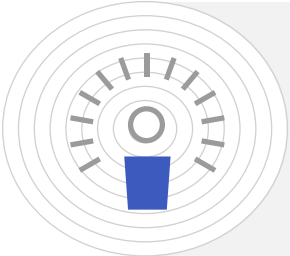


COST Actions and their Impact



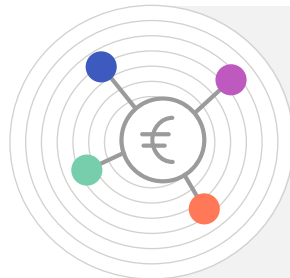
Scientific and societal impact

- Scientific discoveries and breakthroughs, development of new research infrastructures, adoption of common standards, technological applications in the form of products and services, etc.



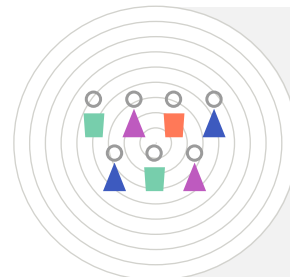
Research careers

- 85% of researchers participating in COST Actions indicate that participation has led to career advancement



Follow-up funding

- Horizon 2020 reported success rate: 39% (on a yearly basis, around €450 million of approved common research projects spin off from ending Actions)



Co-Publications

- Co-publications between active COST Action participants see an increase of about 55% compared to general co-publications



Success stories

Raising awareness of greener chemistry

June 5, 2026



Success stories

A shared memory for Europe's rarest plants

May 22, 2026



Success stories

From hidden wounds to healing systems

April 28, 2026



Success stories

Understanding why we move and why we don't

April 15, 2026



Success stories

Working Together to Better Protect Children in Europe

March 24, 2026



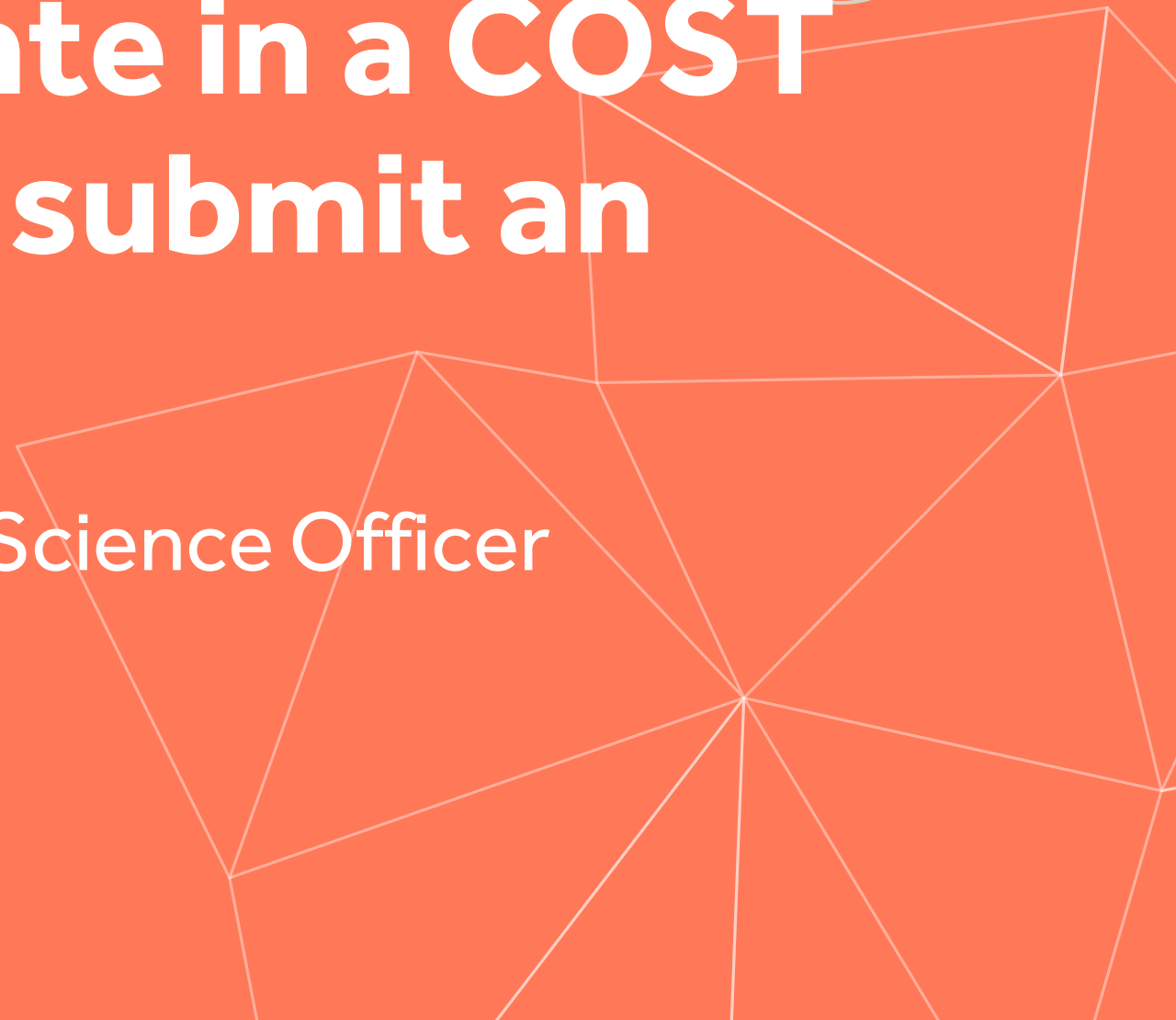
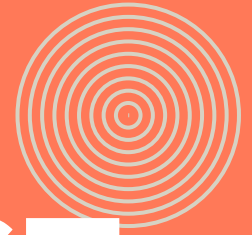
COST Action News

Science communication best practice: CLEANFOREST

January 30, 2026

How to participate in a COST Action ? How to submit an application ?

Dr Elif Dogan Arslan, COST Science Officer



COST Actions

An efficient networking tool

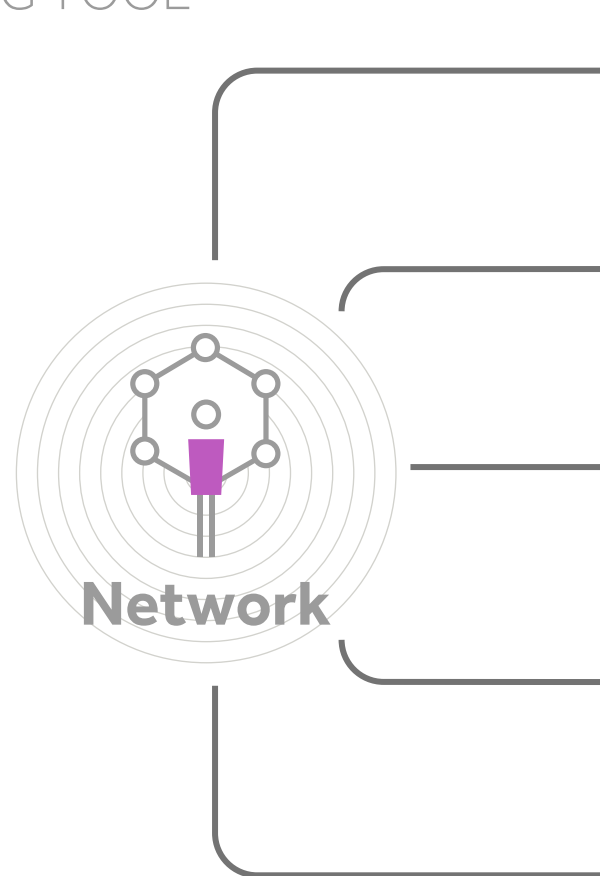


COST Actions

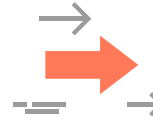
AN EFFICIENT NETWORKING TOOL

COST provides funding for research coordination and capacity building activities

COST is not funding research itself, but pooling resources and research results by networking



Memorandum of Understanding



4 years



Min 7 countries, average participation 34 countries



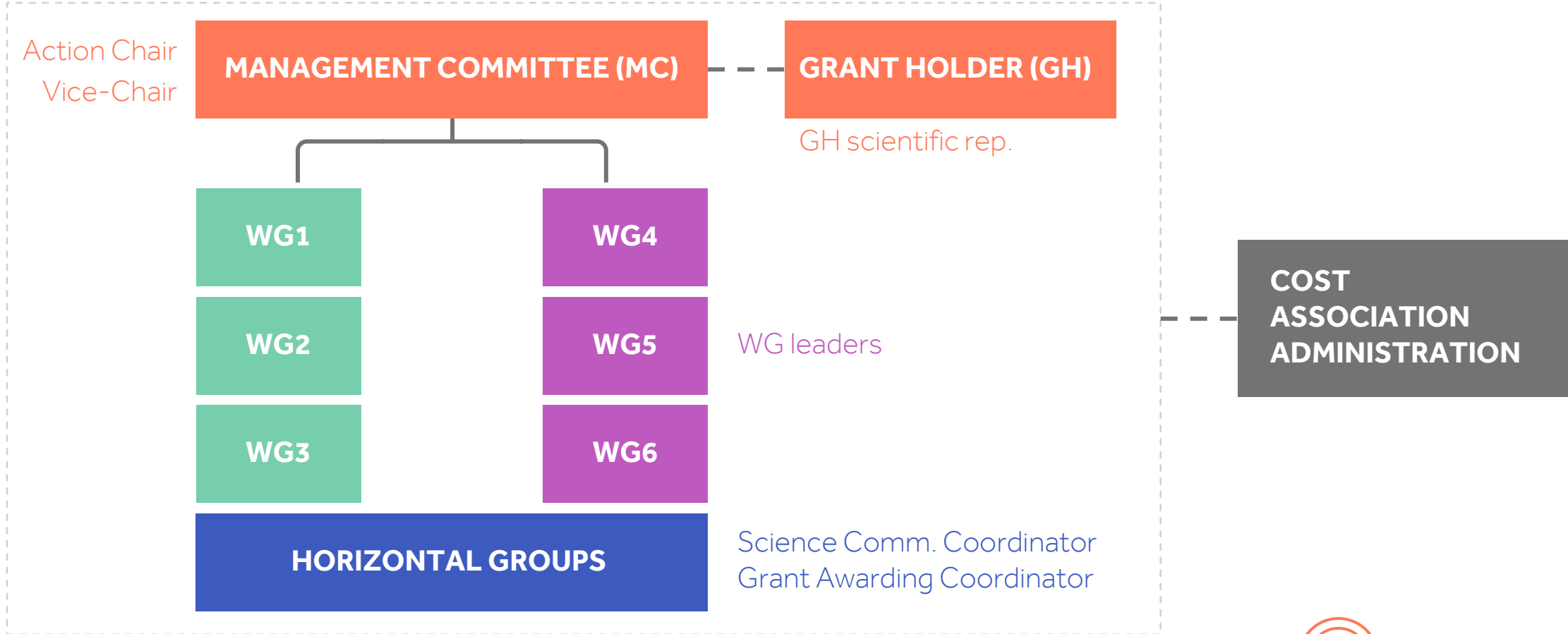
Research coordination and capacity building activities

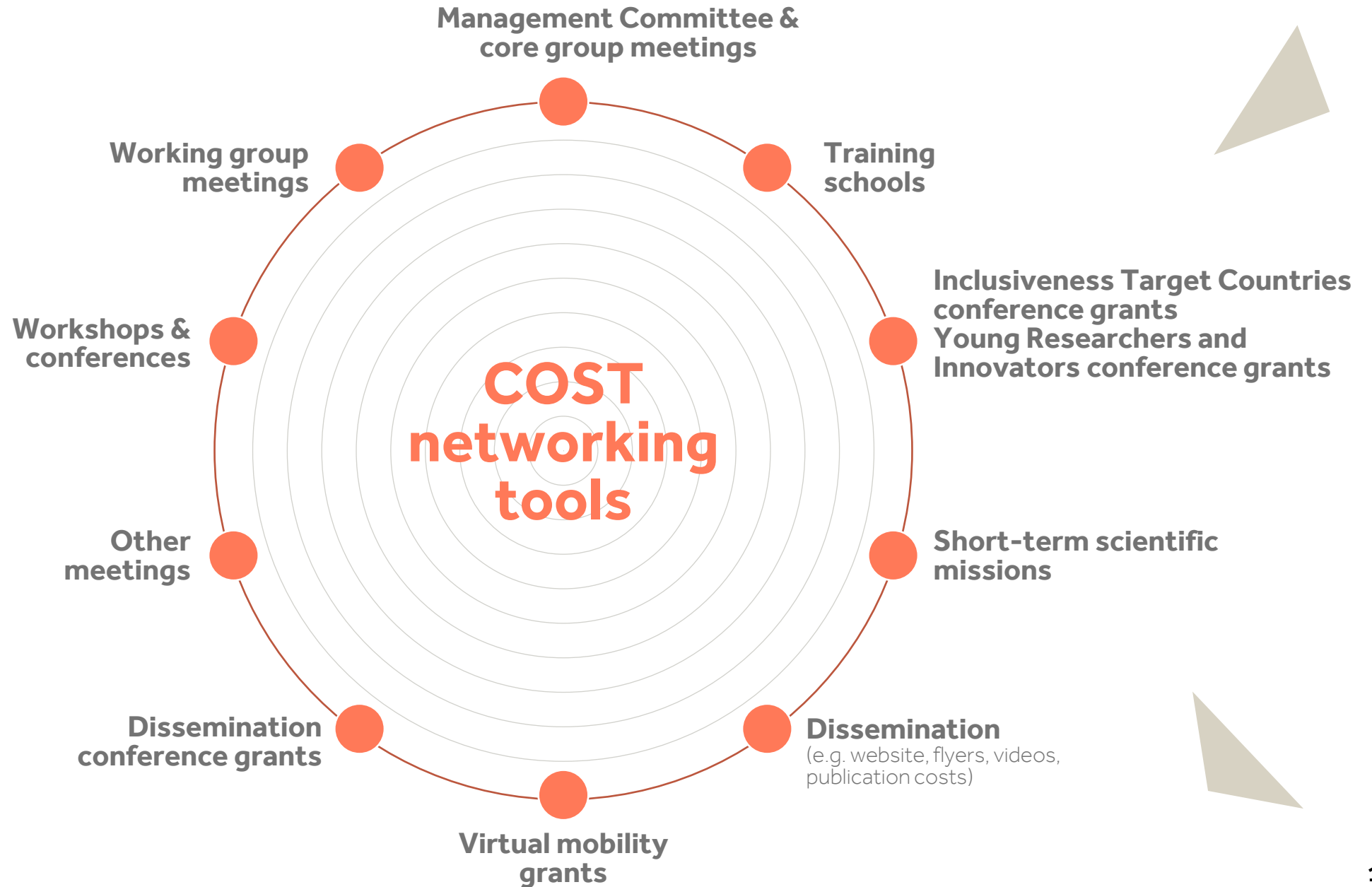
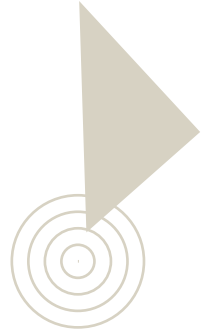


~ €650,000 over lifetime

COST Action structure

LEADERSHIP POSITIONS





Open Research Europe

- ORE is the EC's Open Access publishing platform for scientific outputs stemming from EU funding;
- COST Actions can submit directly to this publishing venue, free of charge;
- ORE is a reliable peer-reviewed publishing service of high scientific quality, with swift publication times;
- Submitted publications must be original, not be submitted anywhere else for publication, and stem from COST Actions. ORE accepts articles in all fields of science;
- Please note that this is complementary to the existing Open Access expenses covered by the COST rules.



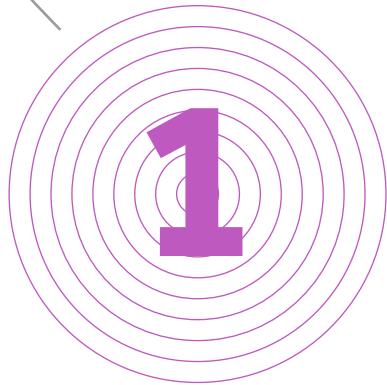
For more info visit the ORE website: <https://open-research-europe.ec.europa.eu/>

Engaging with COST





How to engage with COST?



As a **participant**
of a running Action

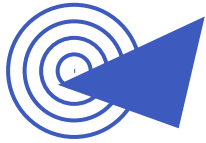


As a **proposer**
of a new COST Action



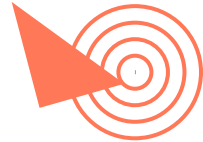
As **expert** to evaluate
submitted proposals

1. As a participant in a running Action (1/2)



FIND THE ACTION IN YOUR FIELD

of interest on the
COST website



READ THE PROJECT PLAN

(MoU) – identify
your potential
contribution



BROWSE THE ACTION'S WEBSITE –

check their
activities



IDENTIFY THE OPPORTUNITIES

to join the Action
and your contact
person

1. As a participant in a running Action (2/2)



AS A MANAGEMENT COMMITTEE (MC) MEMBER

(contact the COST National Coordinator)



AS A WORKING GROUP (WG) PARTICIPANT

(contact the working group leader)



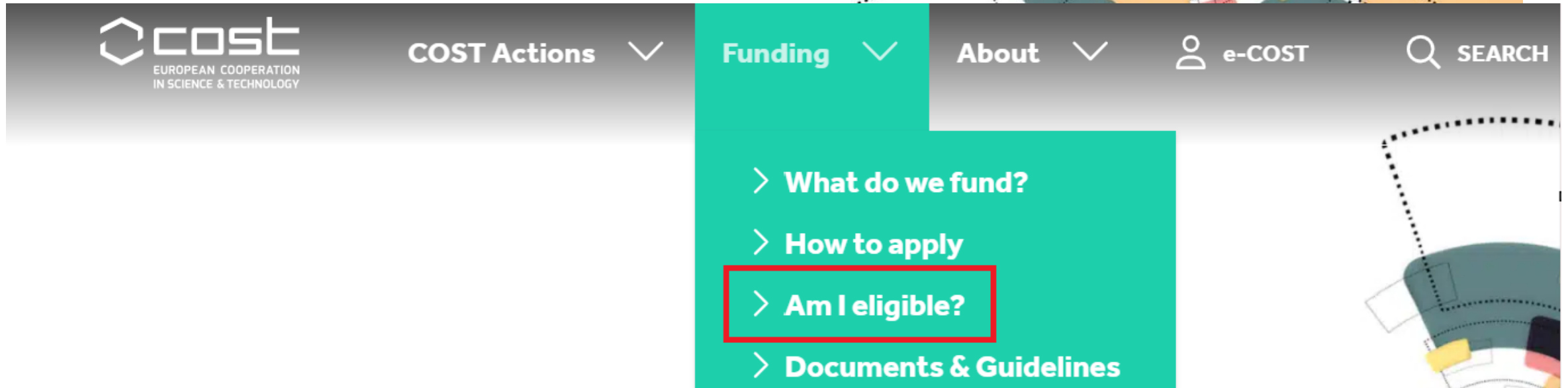
AS A PARTICIPANT IN ACTION ACTIVITIES

Short-term scientific mission, conference grant, training school, workshop/conference,...

(check the Action's website, contact the chair or the national Management Committee member)

Am I eligible?

Find out what opportunities are available



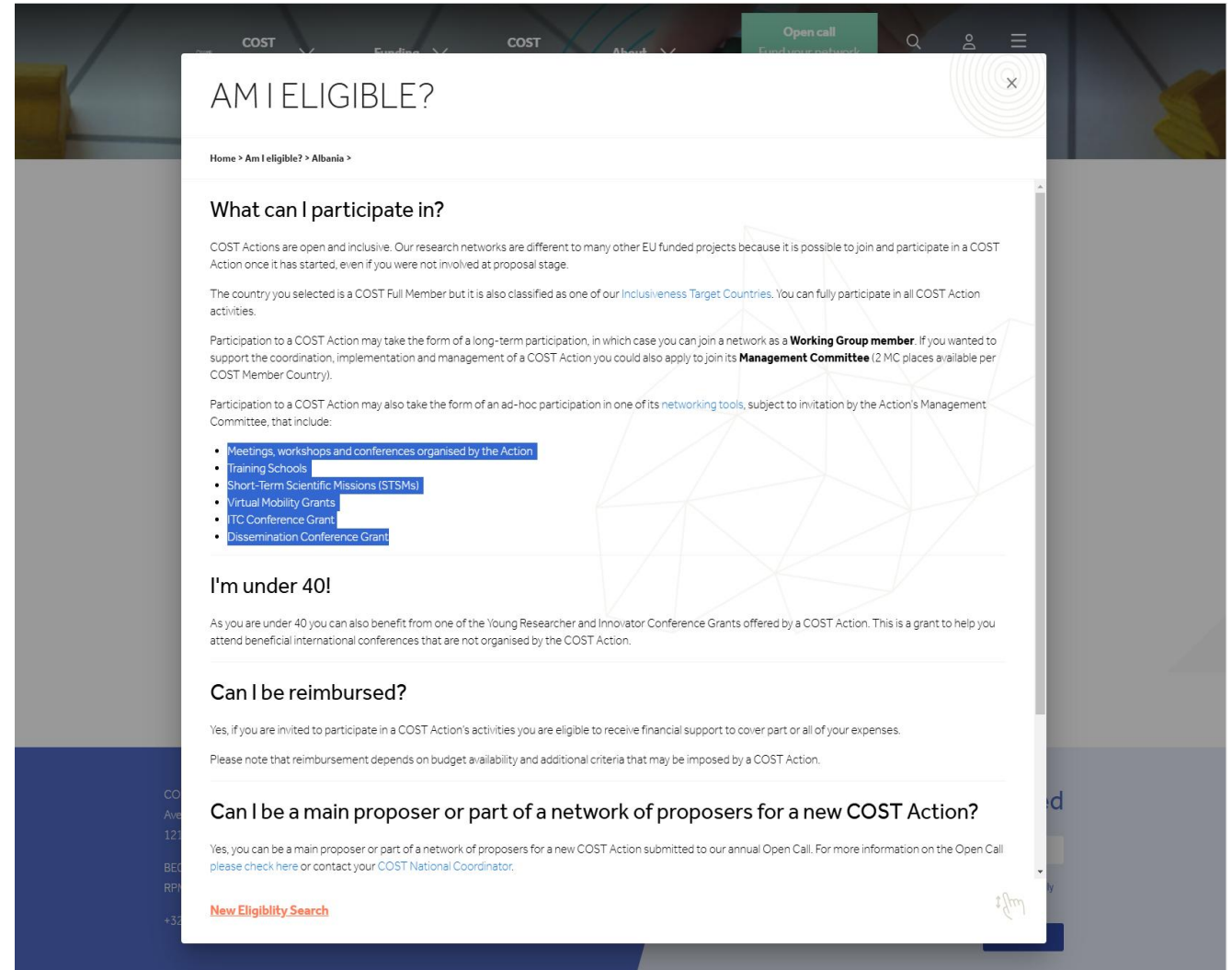
Am I Eligible?

AM I ELIGIBLE?

Country of affiliation

Select Your Birth Year

[Am I Eligible](#)



The screenshot shows the 'AM I ELIGIBLE?' page on the COST website. The page title is 'AM I ELIGIBLE?' and the breadcrumb trail is 'Home > Am I eligible? > Albania >'. The main heading is 'What can I participate in?'. The text explains that COST Actions are open and inclusive, and that the user's selected country (Albania) is a COST Full Member but also classified as an Inclusion Target Country. It lists participation options: long-term participation as a Working Group member, or ad-hoc participation in networking tools. A list of networking tools includes: Meetings, workshops and conferences organised by the Action; Training Schools; Short-Term Scientific Missions (STSMs); Virtual Mobility Grants; ITC Conference Grant; and Dissemination Conference Grant. Other sections include 'I'm under 40!', 'Can I be reimbursed?', and 'Can I be a main proposer or part of a network of proposers for a new COST Action?'. A 'New Eligibility Search' button is visible at the bottom.

The image shows a screenshot of the COST website's navigation menu. The header includes the COST logo (European Cooperation in Science & Technology) and a navigation bar with the following items: **COST Actions** (with a dropdown arrow), **Funding** (with a dropdown arrow), **COST Academy**, and **About** (with a dropdown arrow). On the right side of the header, there is a green button labeled **Open call** with the subtext **Fund your network**.

The **COST Actions** dropdown menu is open, listing the following options: **> What are COST Actions?**, **> Browse Actions** (circled in red), **> Success stories**, **> Action Networking tools** (with subtext: *Additional Activities for Actions*, *COST Connect*), **> COST Innovators Grant**, and **> Become an external expert**.

Below the navigation menu, the page content includes the text **VIEW ALL RUNNING**, **Join our**, **networks**, and **HOW YOU CAN PARTICIPATE**. A button labeled **Download this new publ** is also visible.

Decorative graphics include a 3D rendering of a gear and a target symbol on the right side of the page, and a network diagram with a target symbol at the bottom right.

Browse COST Actions - List of COST Actions past and ongoing | COST



Browse Actions

Home > COST Actions > Browse Actions



Action or Innovators Grant number or text

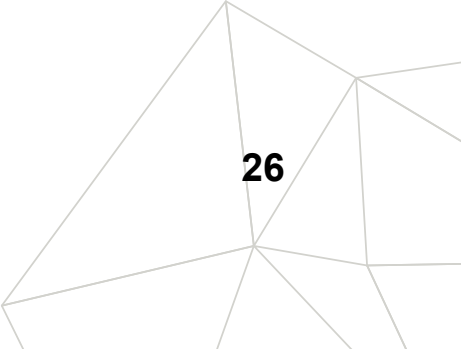
Search in Title Only More filters ▾

Start date: End date: Approval year:

Country: Status: Active Closed CIG All

Show: 10 Order by: Approval Date ↓

- CA25180
Biostimulants for Resilient Agriculture (BIORAG)
- CA25179
Balkan Uplands Resilience, Environment, and Knowledge Network (BUREK)
- CA25178
Agentic Physical AI: Building the European Network for Agentic Embodied Intelligence (API-Net)
- CA25177
European Network for Developing and Evaluating the Use of GenAI in Education (ENDUeAI)
- CA25176
Child Voices: Participation, Well-being & Resilience of Children in the Era of Polycrisis (CHILDVOICES)
- CA25174
Reducing Endocrine Disruptor Exposure for a Healthy Start for Future Generations (EndLess)



Working group member

Working Group members are individuals with an affiliation to a legal entity anywhere in the world.

- The objectives of Working Groups (WG) are to perform the tasks required for a COST Action to fulfil its scientific objectives in line with those objectives defined in the MoU.
- WG members shall actively participate in the WG activities and coordination of research efforts.



Becoming a member of a Working Group (WG)

Apply via the COST website - MC members as well

WG preference, Scientific Background, Motivation, WG contribution

Approved WG members will appear on the Action page of the COST website

Description Management Committee Main Contacts and Leadership **Working Groups and Membership**



Working Groups

Number	Title	Leader
1	Mental health impacts of climate change	✓
2	The adaptive strategies and treatment possibilities for affected groups and individuals	▼
3	Short-term goals of community of practice: shifting societal behaviour	▼
4	Long-term strategies of community of practice: enabling sustainability	▼

Express your interest to join any of the working groups by applying below.

It is required to have an e-COST profile to submit your application. If needed, [create it first](#) and then click 'Apply'.

Apply



Membership

Action Details

- MoU - 026/24
- CSO Approval date - 17/05/2024
- Start date - 29/10/2024
- End date - 28/10/2028

How can I participate?

- Read the Action Description [MoU](#)
- Inform the Main Proposer/Chair of your interest ([email](#))
- [Apply](#) to join your Working Groups of interest
- Please note, Management Committee nominations are carried out through the [COST National Coordinators](#)

Participant in Action Grants

- Short-Term Scientific Mission (STSM)
- ITC Conference Grant*
- Young Researcher and Innovator Conference Grant*
- Dissemination Conference Grant
- Virtual mobility

The screenshot displays the 'Apply for new Grant' interface on the COST Actions website. On the left, a navigation menu includes 'COST Actions', 'My Grant Applications' (which is highlighted), and 'Grant Applications Monitoring'. The main content area is titled 'Apply for new Grant' and is divided into several sections:

- Mobility of researchers and innovators**: This section contains two cards:
 - Short-Term Scientific Mission**: Describes visiting a host organization in a different country for specific work. Includes a 'Continue' button.
 - Virtual Mobility**: Describes financial support for virtual collaboration. Includes a 'Continue' button.
- Presentations at conferences organised by third parties**: This section contains three cards:
 - Young Researcher and Innovator Conference**: Describes financial support for high-level conferences. Includes a 'Continue' button.
 - Inclusiveness Target Countries Conference**: Describes financial support for participants in target countries. Includes a 'Continue' button.
 - Dissemination Conference**: Describes financial support for dissemination and networking. Includes a 'Continue' button.
- Virtual Networking Support**: Describes assessing and supporting new forms of collaboration in virtual and hybrid settings. Includes a 'Continue' button.

2. As a proposer of a new COST Action

COST OPEN CALL

One-stage **online submission** of proposals (e-COST)

Open for submissions as from 31 July 2026

Proposal should focus on Excellence in S&T and Networking, Impact and Implementation

Up to 80 COST Actions approved per collection

Main Proposer + **secondary** proposer

Collection date:
28 October 2026, 12:00 CET

www.COST.eu
opencall@cost.eu

Open Call: How to apply?

E-COST

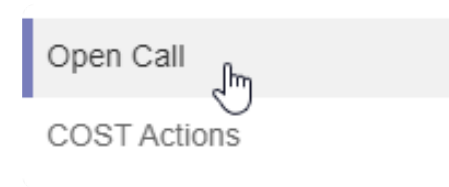


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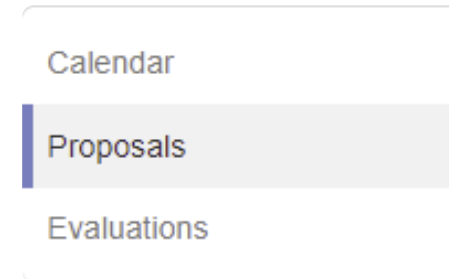
Create a COST account:
<https://www.cost.eu/ecost>

2

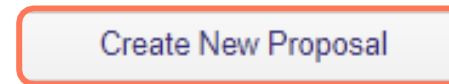
> Open Call



> Proposals

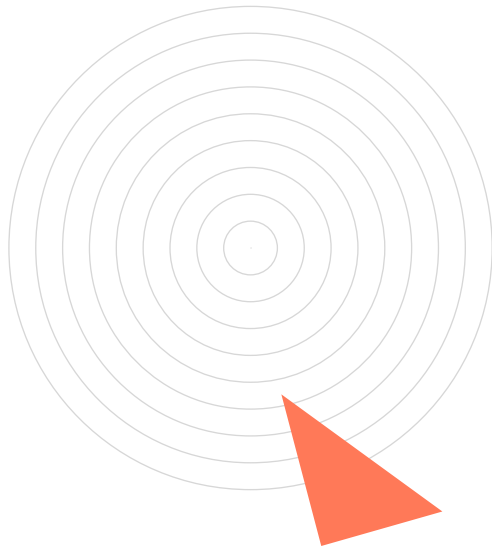


> Create new proposal



3

Online registration and submission:
General information
+ online Technical Annex

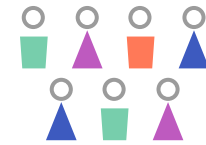




Proposals



**GENERAL
FEATURES**



**NETWORK OF
PROPOSERS**



TECHNICAL ANNEX (E-COST)

1. Excellence in S&T and Networking
2. Impact
3. Implementation



Proposals



**GENERAL
FEATURES**

Online submission tool (e-COST)*

Overview
General Features
Technical Annex
References
COST Mission and Policies
Network
Documents
My Proposals

Main Proposer Institution *

Title (Maximum 12 words) *

Acronym *
(max 60 characters)

Keyword 1 *
(max 60 characters)

Keyword 2 *
(max 60 characters)

Keyword 3 *
(max 60 characters)

Keyword 4
(max 60 characters)

Summary: Maximum 250 words

Words: 68

Proposal Reference: OC-

Proposal Status: Draft

Checklist:
✓ General Features

x Network (1 issue)

Generate PDF

Ready to submit?

AREAS OF EXPERTISE NEEDED FOR EVALUATION

Science Field: Health Sciences

Research Area: Health Services, Health Care Research

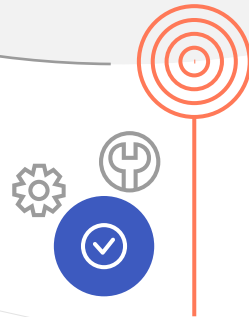
*www.cost.eu/ecost



Proposals



GENERAL FEATURES



TECHNICAL ANNEX (e-COST)

1. Excellence in S&T and Networking
2. Impact
3. Implementation

Open Call for proposals

TECHNICAL ANNEX - ONLINE SUBMISSION TOOL (e-COST)



SECTIONS

1. EXCELLENCE in
S&T and
NETWORKING

2. IMPACT

3. IMPLEMENTATION

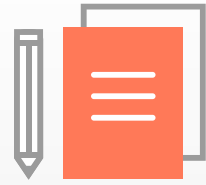
SUB-SECTIONS

- A. Main challenge
- B. Objectives
- C. State-of-the-art
- D. Rationale for choosing networking to address the main challenge
- E. Critical mass of the network

- A. Impact related to objectives
- B. Involvement of stakeholders
- C. Communication, dissemination and valorisation

- A. Action Structure
- B. Work plan (tasks, activities and timeframe)
- C. Deliverables
- D. Gantt chart

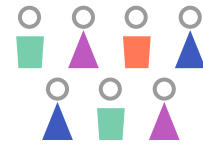
- Technical Annex
- Max. 15 pages
- Diagrams and figures accepted



Proposals



**GENERAL
FEATURES**



**NETWORK OF
PROPOSERS**



TECHNICAL ANNEX (e-COST)

1. Excellence in S&T and Networking
2. Impact
3. Implementation

Evaluation

SESA



ELIGIBILITY!

- At least 50% Inclusiveness Target Countries
- At least 40% Young Researchers and Innovators
- Peaceful purpose
- Anonymous
- One proposer one role per Open Call
- English



EXTERNAL REMOTE EVALUATION

- 3 Independent External Experts
- Technical Annex



CONSENSUS REPORT AND QUALITY CHECK

- Appointment of a rapporteur



SELECTION BY THE SCIENTIFIC COMMITTEE

- Assessment of acceptability
- Shortlist



APPROVAL BY COST COMMITTEE OF SENIOR OFFICIALS

- Results 7-8 months after submission

Evaluation criteria



EXCELLENCE IN S&T AND NETWORKING

- Soundness of the challenge
- Research coordination and capacity-building objectives.
- Progress beyond the state-of-the-art
- Added value of networking in S&T excellence
- Critical mass of the network



IMPACT

- Impact on science, society, policy, or any other relevant area, and short-, medium- or long -term.
- Involvement of stakeholders, their role and added-value.
- Plans for communication, dissemination and valorisation of results and target audience



IMPLEMENTATION

- Coherence of the Action structure and effectiveness of the work plan



5 QUESTIONS

Range of marks: 0 – 5
Threshold: 3



3 QUESTIONS

Range of marks: 0 – 5
Threshold: 3



1 QUESTION

Range of marks: 0 – 3

How to apply in a nutshell



Read the [official announcement](#)

Online registration and submission, including the Technical Annex online form ([e-COST](#))

Helpdesk:
opencall@cost.eu

Read the [COST Open Call- Proposers' Guidelines](#)

[Documents and Guidelines on the COST website](#)



3. As external expert

As a COST Expert,
you will have the opportunity to

Contribute to the
evaluation of COST
Open Call proposals

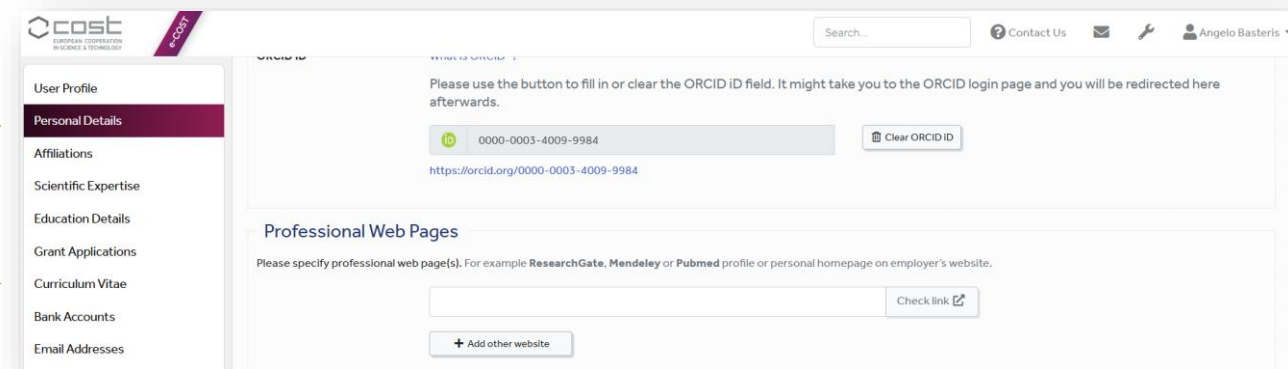


Participate in the
assessment of Action
results and outcomes



Updating your e-COST profile as COST Experts

1. Visit the [COST Expert](#) section on your Profile
2. Verify that all your *Core* and *Other Expertise* are listed
3. Mark your availability to be included in the COST Expert database and save your profile
4. If available, add:
 - ORCID ID
 - professional webpage(s)
 - Curriculum Vitae



The screenshot shows the e-COST user profile interface. On the left is a navigation menu with the following items: User Profile, Personal Details (highlighted), Affiliations, Scientific Expertise, Education Details, Grant Applications, Curriculum Vitae, Bank Accounts, and Email Addresses. Two orange arrows point from the text in step 4 to the 'Personal Details' menu item and the 'Professional Web Pages' section. The 'Personal Details' section contains an ORCID ID field with the value '0000-0003-4009-9984' and a 'Clear ORCID ID' button. Below it is the 'Professional Web Pages' section with a text input field and a 'Check link' button. The top of the page features the COST logo, a search bar, and user information for 'Angelo Basteris'.



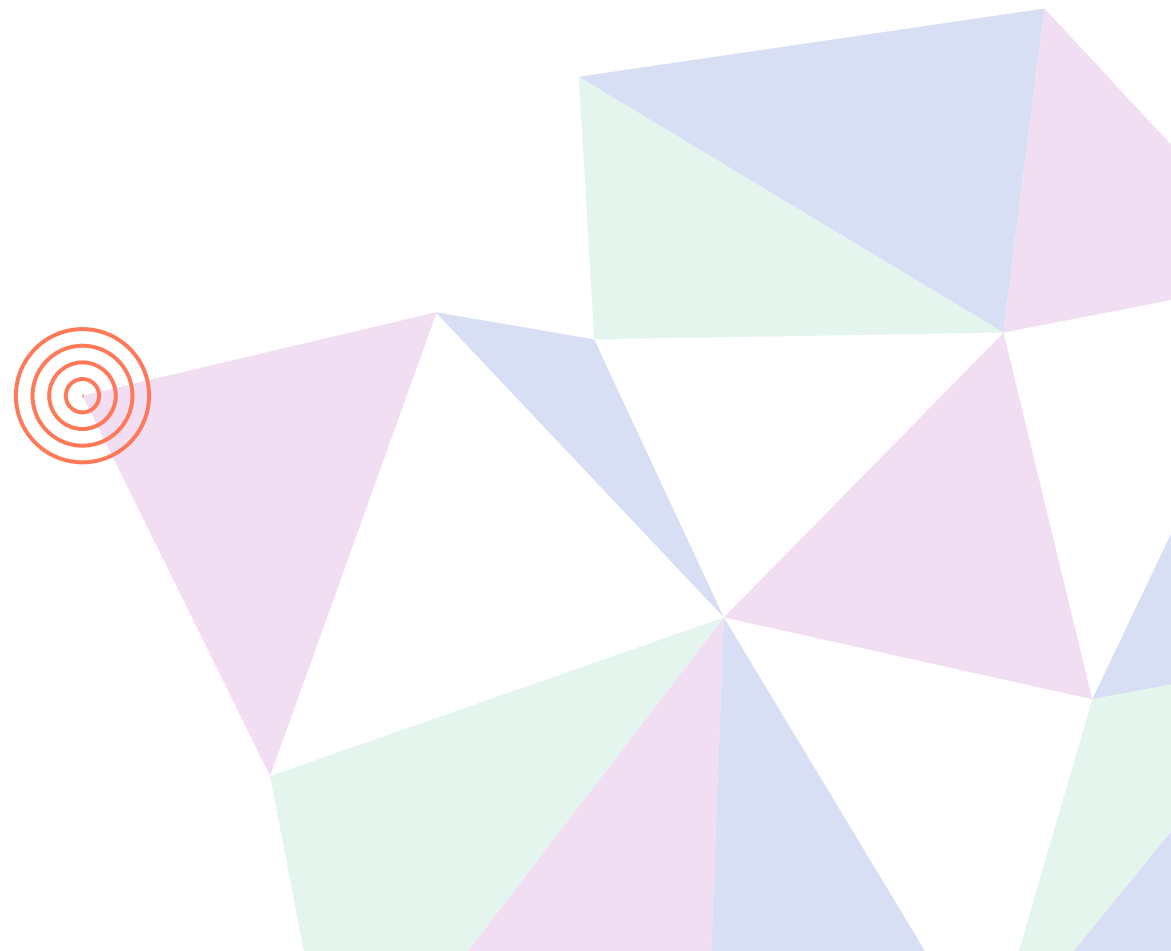
COST corporate videos



[Why join a COST Action](#)

[Tips for submitting a winning proposal](#)

Thank you!



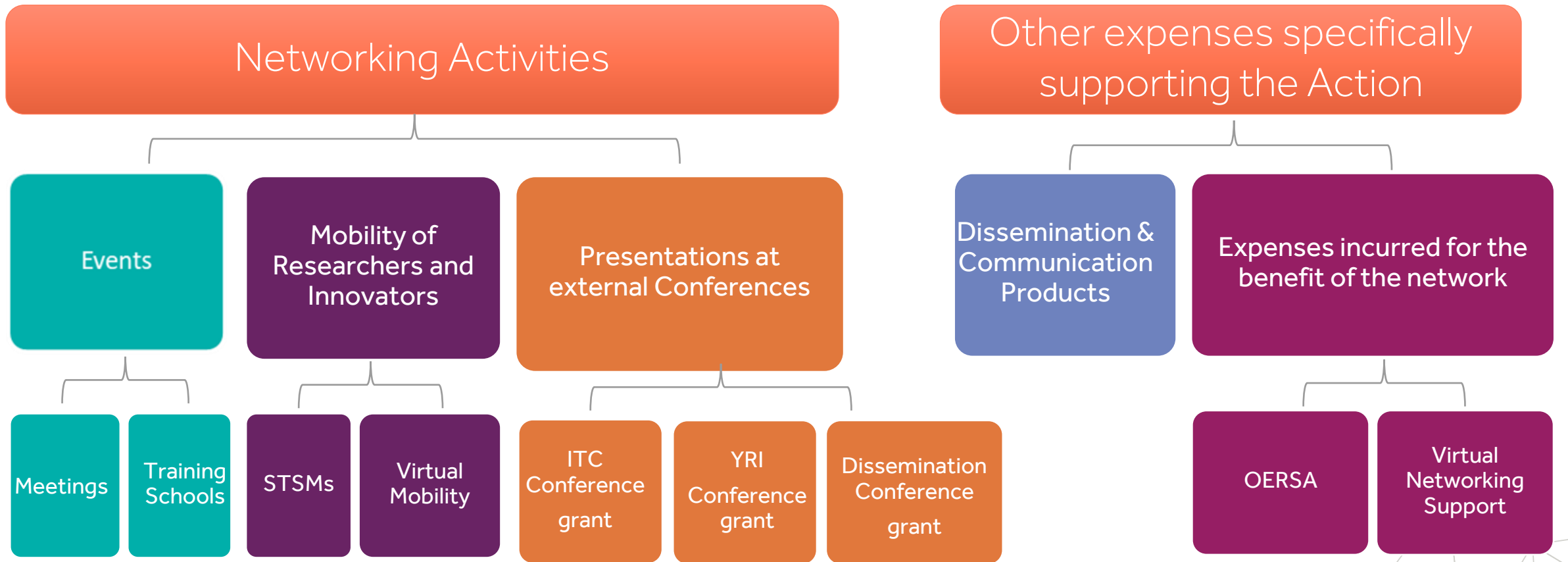


Which networking activities are funded within COST Actions ?

Ms Carmencita Malimban, COST Senior Administrative Officer



What can be funded by COST?



Events

Funding

Meetings

- Management Committee and Working Group members, Invited Speakers, ad hoc members

Training Schools

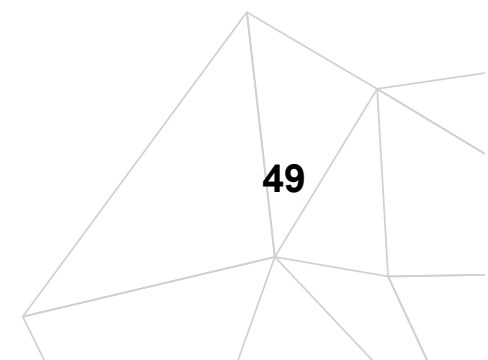
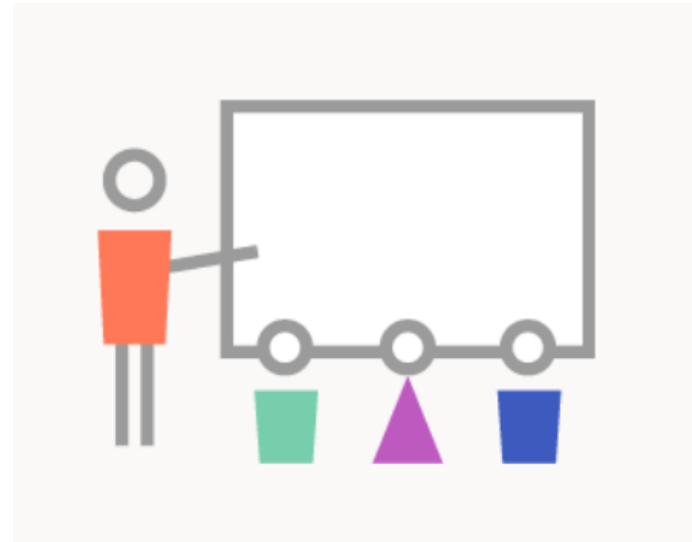
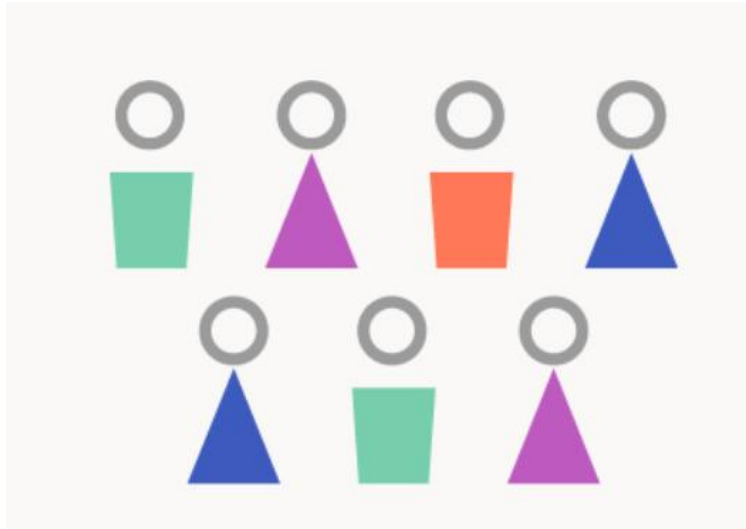
- Trainers / Trainees

Travel reimbursement
of the expenses
incurred for attending
COST events

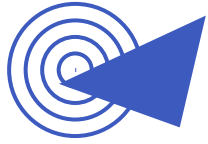
Local Organiser Support



Financial contribution to organize Meetings and Training Schools



Grants – overview of mobility of Researchers & Innovators



SHORT TERM SCIENTIFIC MISSION (STSM)

WHO:

Any COST Young Researchers & Innovators as well as already established researchers

WHERE:

To a host organisation located in a **different** country than the country of affiliation

Grant AMOUNT:

Up to 4.000 EUR, criteria decided by the MC



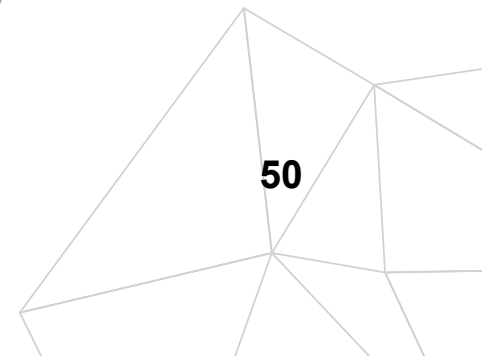
VIRTUAL MOBILITY GRANT

WHAT:

A collaboration in a **virtual setting** among Action members to exchange knowledge, learn new techniques, etc. to implement online activities inside the network.

Grant AMOUNT:

Up to 1.500 EUR, criteria decided by the MC



Grants – overview of presentations at 3rd party conferences



DISSEMINATION CONFERENCE GRANT

WHO:

Action Participant

WHAT:

Oral presentation on the *work of the Action* to significantly increase *visibility of the Action* in the research community.



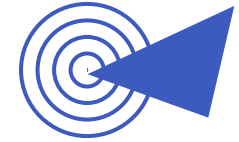
ITC CONFERENCE GRANT

WHO:

Action participant from Inclusiveness Target Country / Near Neighbor Country

WHAT:

Oral presentation of their own work within the scope of the Action.



YOUNG RESEARCHER & INNOVATOR (YRI) CONFERENCE GRANT

WHO:

Action Participant below age 40

WHAT:

Poster or oral presentation of their own work within the scope of the Action.

WHERE:

High-level conference organised by a 3rd party, not by the Action.

Grant AMOUNT:

Up to 2.500 EUR or 500 EUR (virtual participation)



Dissemination and Communication Products

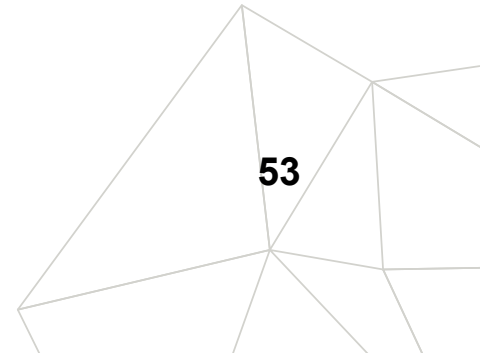


- Scientific publication in Open Access
- Action website
- Action Logo
- Dissemination Materials
- Information materials for external events
- Multimedia Content
- Conference booth in a conference (3rd party)

Other Expenses Related to Scientific Activities (OERSA)



- Bank charges
- Consumables for a Training School
- Shipping costs linked to an Action event
- Information materials for external events
- Virtual communication and collaboration tools





What are the benefits from participating in COST?

Mr Amil Orahovac, University of Donja Gorica ([CA22146](#))

COST IS THE MOST

People. Network. Opportunity.



I didn't start with a network.

COST gave me one.



About Me

- PhD candidate / Food, Nutrition, Public Health
- 4 COST Actions
- MC member
- WG co-leader

Started with zero international connections.



The Beginning

2020 – first COST Action (ReMO)

No strategy. Just curiosity.

But someone believed in me before I did.

Sometimes, that's enough to start.



First Breakthrough

Virtual Mobility

- Selected twice
- Built confidence
- Found my role

COST rewards initiative.

AARNIKOIVU, M., FILIPPOU, K., SUNDUKOVA, M., & ORAHOVAC, A. (2023). RESEARCHER MENTAL HEALTH OVERVIEW IN FINLAND. ZENODO. [HTTPS://DOI.ORG/10.5281/ZENODO.10964556](https://doi.org/10.5281/ZENODO.10964556)



What COST Really Is

- COST is not about funding.
- It's about people.

→ collaboration

→ visibility

→ growth



Leadership

- From participant → to leader
- Evaluating STSMs
- Coordinating tasks
- Mentoring others

COST gives leadership early.



What I Gained

- Knowledge
- International network
- Co-authorships
- Real collaborations
- Invitations to new projects



Reality Check

COST is not passive.

- No one will chase you
- No one will push you
- Everything depends on you

Your value = your contribution.



Practical Observation

- Access vs. upfront costs
- Barrier for some early-stage researchers
- Especially in widening countries



My Perspective

Choose your Action → choose your future

COST is what you make of it.



Final Message

Be brave • Be open • Be present

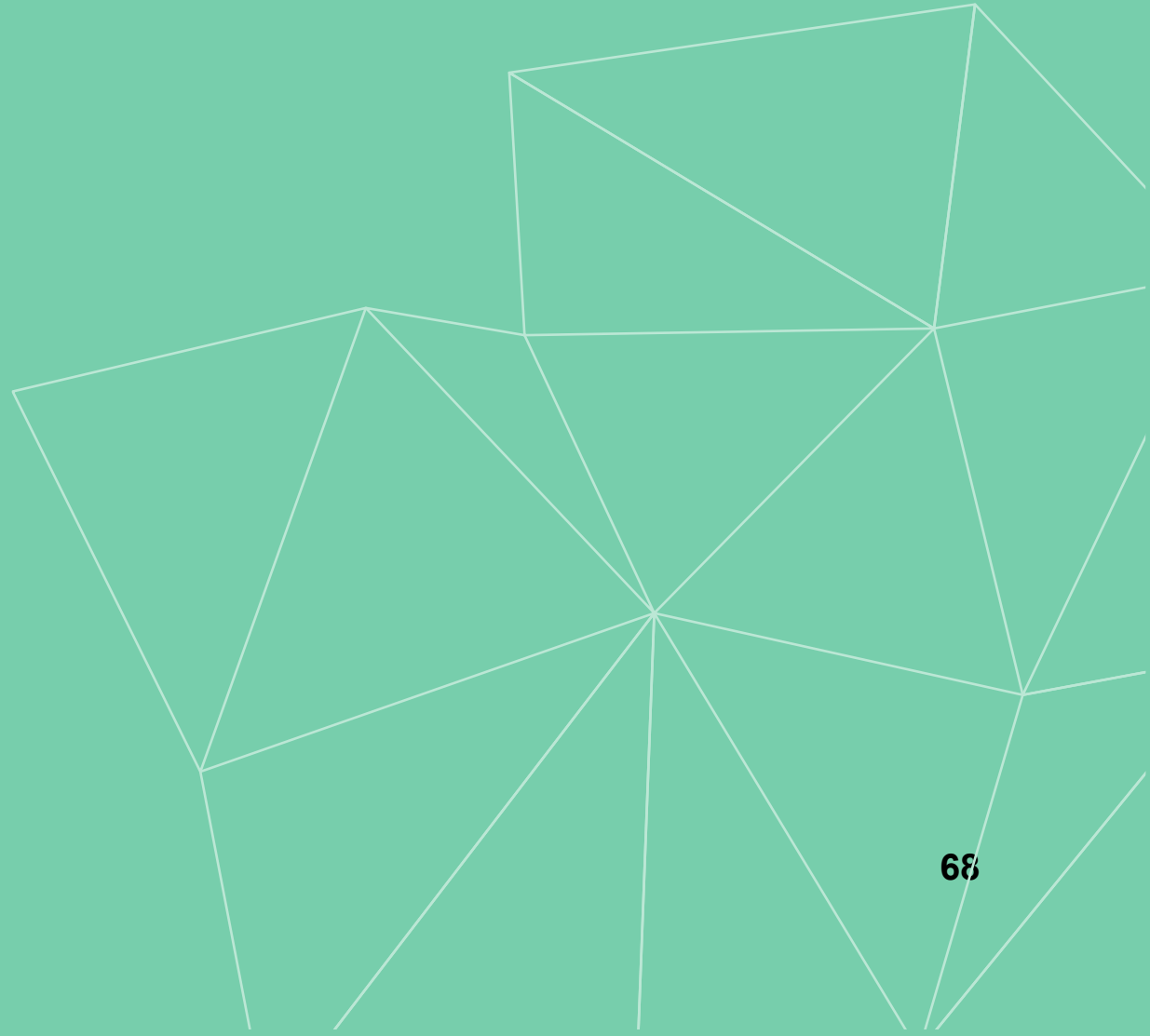
- Apply even if you think you're not ready
- Share ideas – even unusual ones
- Speak up, write, ask, contribute

COST is not a program. COST is people.



**COST will not give
you a project.**

**But it will give you
the people who will
change your career.**

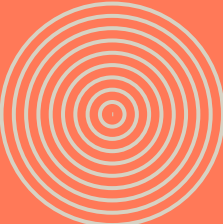




**THANK YOU FOR YOUR
ATTENTION!**

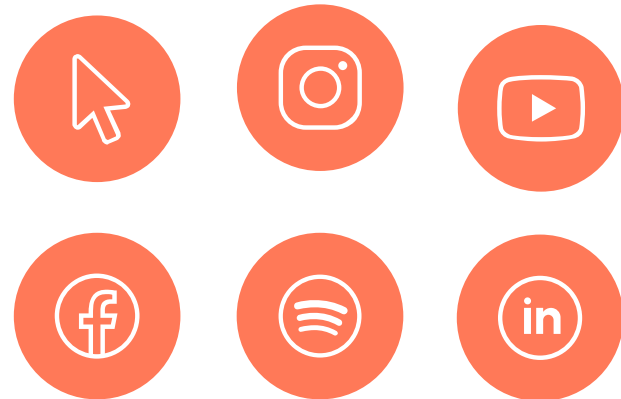
amil.orahovac@udg.edu.me

Q & A



How to follow us

COST newsletter: www.cost.eu



PAGE

Subscribe to the COST newsletter

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Practicalities

- The webinar is being **recorded** and the **live streaming** can be viewed on COST's YouTube channel ([@costoffice](#))
- The recording will be available on COST's YouTube channel after the webinar
- The slides will be made available on the COST **event page** after the webinar
<https://www.cost.eu/cost-events/online-cost-info-day-2026/>
- Questions after the session? Contact us at events@cost.eu
- Feedback survey will be sent to a sample of participants

Thank you!

