

Call for Research Fellowships

(*BOLSA BI*)

The Nursing School of the University of Coimbra (ESEUC) hereby opens a call for one (1) research fellowship within the *Inovação, Sustentabilidade e Promoção da Dieta Mediterrânica na Indústria Alimentar, Restauração e Hotelaria* project (*Innovation, Sustainability, and Promotion of the Mediterranean Diet in the Hotel, Restaurant and Food Industries - ISIProMED*), ref. COMPETE 2030-FEDER-01458400, no. 17802, led by the Polytechnic Institute of Beja and co-promoted by ESEUC.

The fellowship is funded by the Compete2030 program and co-funded by the European Union and ESEUC, under the following conditions:

Scientific Area: Nutrition/Food Science or related areas

Grant recipients/Admission requirements:

- Enrollment in a second-cycle program (Master's degree);
- Bachelor's degree in Nutrition/Food Science or related areas;
- Valid Category B driver's license.

Applicants must meet the conditions to enroll in a cycle of studies leading to an academic degree but are not required to be enrolled at the time of application. Proof of enrolment must be presented before the fellowship is awarded. Candidates already enrolled (including those currently attending a program) will compete on equal terms with candidates not yet enrolled.

Preferred requirements: Prior participation in research projects, grants, or relevant academic activities; scientific output (articles, conference communications, reports); experience in areas related to the food sector; ability to write technical reports, scientific papers, and presentations for various audiences (scientific, professional, community).

Strong motivation for the activities within the project; ability to work effectively in multidisciplinary teams; good communication skills; and good command of English (spoken, written, and read).

Motivation and suitability: Clarity and relevance of the motivation letter; alignment between the candidate's interests and the project activities; ability to work in multidisciplinary teams; proactivity, organizational capacity, and critical thinking.

Work plan: The fellow will undertake activities under the *Inovação, Sustentabilidade e Promoção da Dieta Mediterrânica na Indústria Alimentar, Restauração e Hotelaria (ISIProMED)* project, contributing to the following tasks:

- Task 1 – Creation of databases of companies operating in the hotel, restaurant, and food industries (preferably in central Portugal)
- Task 2: Establishment of business partner networks and definition of working methodologies for implementing the Mediterranean Diet in products, processes, menus/dishes, and their promotion
- Task 3: Organization of co-creation workshops for developing new products, menus, and dishes, including proof-of-concept activities and sensory testing
- Task 4 – Development of assessment criteria for compliance with the principles of the Mediterranean Diet
- Task 5 - Collaboration in the collection of products, processes, and recipes from the gastronomic heritage that have fallen into disuse
- Task 6: Collaboration in preparing guides and reports, recording and analyzing the products developed in workshops held in central Portugal, according to the principles of the Mediterranean Diet.
- Task 7: Active participation in technical and scientific dissemination activities (reports, publications, events).

Applicable legislation and regulations: The fellowship will be awarded in accordance with the Research Fellow Statute (Law no. 40/2004 of 18 August and Decree-Law no. 123/2019 of 28 August), and the Regulation of Research Studentships of the Portuguese Foundation for Science and Technology (FCT), I.P. (Regulation no. 950/2019 of 16 December 2019):

<https://files.diariodarepublica.pt/2s/2019/12/241000000/0009100105.pdf> .

Activity Regime: The fellowship does not constitute a legal employment relationship and will be held on an exclusive dedication basis. The fellow will be covered by the Research Fellow Statute and the FCT Regulation for Research Studentships, both in their current wording.

Workplace: The work will be carried out at the Health Sciences Research Unit: Nursing (UICISA: E), Campus C, ESEUC, Coimbra, and at other locations where project activities may take place, under the supervision of the project team.

Duration: The fellowship will have a duration of 12 months, on an exclusive dedication basis, with an expected start date in January 2026.

Renewal: Under paragraph 4(c) of Article 6 of the FCT Regulation for Research Studentships, the fellowship may be renewed for an equal period, up to the project's end date on 31 August 2027, corresponding to a maximum duration of 20 months.

Monthly maintenance allowance: The monthly stipend amounts to €1,309.64, according to the FCT table of monthly maintenance allowances (https://www.fct.pt/wp-content/uploads/2025/02/Tabela_valores_SMM_2025.pdf).

The stipend will be paid by bank transfer at the end of each month. Voluntary Social Security contributions (first level) and personal accident insurance may also be added, if the fellow so chooses.

Selection methods: Selection will be based on the following criteria (see annex):

Curricular Assessment Formula: $AC = 30\% \times HA + 70\% \times EP$

where: AC = Curricular Assessment; HA = Academic Background; EP = Professional Experience.

Final Classification Formula: $CF = 70\% \times AC + 30\% \times ET$

where: CF = Final Classification; AC = Curricular Assessment; ET = Interview.

The final ranking will be expressed on a scale of 0 to 20 points, as the weighted arithmetic mean of the scores obtained in each evaluation component, rounded to one decimal place. The fellowship will not be awarded if no candidate achieves a final score of at least 10 points.

Jury composition:

Chair:

- Marina Montezuma Carvalho Mendes Vaquinhas, MSc. Professor

Effective members:

- Cristina Maria Figueira Veríssimo, Ph.D. Professor
- Daniela Filipa Batista Cardoso, Ph.D. Researcher

Substitute member:

- Marília Maria Andrade Marques da Conceição e Neves, Ph.D. Professor

Application: Applications must include the following documents: *Curriculum Vitae*; motivation letter; copy of certificates of academic qualifications and final grades (or equivalent proof); other relevant supporting documents, namely those attesting to English proficiency; and proof of active enrollment in a master's program or non-degree course.

Candidates with degrees obtained abroad must present a Certificate of Recognition in accordance with Decree-Law no. 66/2018 (*Diário da República*, 1st series, no. 157, of 16 August). This document is required only at the contracting stage.

All documents must be submitted in PDF format. Applications submitted by other means (e.g., by hand delivery or postal mail) will not be accepted.

Submission: Applications must be submitted by e-mail to investiga@esenfc.pt, with the subject line "UICISA_Isipromed_2025".

Application deadline: From 17 November 2025 to 02 December 2025

Additional information: Final results will be communicated to candidates by e-mail within 90 working days after the application deadline. The ranked list of candidates will also be published on the ESEUC website: <https://www.esenfc.pt/pt/page/3684/165>

The selected candidate will be notified by e-mail. Candidates may request a prior hearing within 10 working days following notification of the final results.

After the selection process, the fellowship contract will be drawn up in accordance with the FCT fellowship contract template.

At the end of the fellowship, both the fellow and the supervisor must submit a final report based on the defined evaluation criteria.

Selection reserve list: The ESEUC reserves the right to call upon unsuccessful candidates, in order of merit, to fill additional vacancies within the same project, within 12 months after notification of the

final ranking list.

If the selected candidate fails to meet the required conditions within one month of notification, the ESEUC reserves the right to cancel the call (in the case of a single candidate) or contact the next candidate to fill the vacancy.

For further information or questions, please contact:

Health Sciences Research Unit: Nursing (UICISA: E)

E-mail: investiga@esenfc.pt

Telephone: 239 487 217

Nursing School of the University of Coimbra. Campus C, 1st floor.

The Chair of the Jury

Marina Montezuma Carvalho Mendes Vaquinhas, MSc. Professor

11 November 2025

Privacy and personal data treatment policy available at <https://www.esenfc.pt/pt>

ANNEX
Evaluation Grid

Curricular Assessment (70%): **AC** = 30%*HA + 70%*EP

Parameters	Criteria	Subcriteria	Indicators	Maximum Score
Academic Background (30%)	Academic Background (30%) (30 points)	Bachelor's degree	10–13 points: 14 points 14–15 points: 18 points 16–17 points: 22 points 18–20 points: 26 points	Max. 30 points
		Additional postgraduate training (non-degree)	8 points for training in the required area 4 points for training in other areas	
		Short course attendance	4 points for training in the required area 2 points for training in other areas	
Professional Experience (70%)	Research/extension experience (30 points)	Member of a funded research/extension project team	12 points for participation as a scholarship holder in a project in the required area	Max. 30 points
			10 points for participation as a scholarship holder in a project in another area	
			10 points for participation as a collaborator in a project in the required area	
			8 points for participation as a collaborator in a project in another area	
		Member of an unfunded research/extension project team	8 points for experience in a project in the required area	
			6 points for experience in a project in another area	
	Scientific and other output (25 points)	Indexed articles	Articles in indexed journals: 6 points/article	Max. 25 points
		Books/book chapters	Chapters/books: 8 points each	
		Oral presentations/posters/pitches/videos at scientific events and other events for the general community	Oral communications/posters/pitches/videos: 4 points each	
	Language proficiency (Maximum 5)	English	A1 – 1 point	Max. 5 points
			A2 – 1.5 points	
			B1 – 2 points	

	points)		B2 – 3 points	
			C1 – 4.5 points	
			C2 – 5 points	
	Civic engagement, volunteering, and membership in associations (10 points)	Certified participation in projects with social impact (e.g., communities, NGOs, associations, etc.)	5 points/ project	Max. 10 points

Interview (30%)

	Criteria	Score
Interview (30%)	a) Ability to understand the project's scope b) Motivation and profile suitability for the project c) Communication skills (in Portuguese and English) and critical thinking	0-20 points

Scale from 0 to 20 points, rounded to one decimal place, according to the following formula: **CF = 70**

% x AC + 30 % x ET, where: CF = Final Classification; AC = Curricular Assessment; ET = Interview.