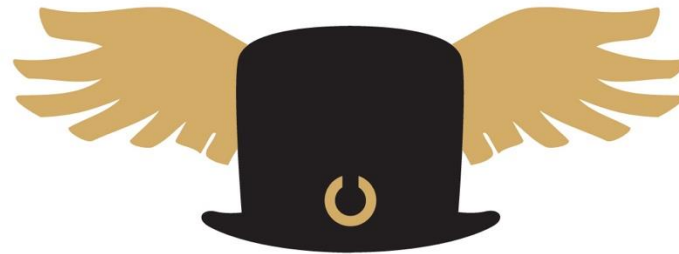


# Säätiöiden post doc -pooli The Foundations' Post Doc Pool



SÄÄTIÖIDEN POST DOC -POOLI  
STIFTELSENAS POST DOC -POOL

M-O Seppälä 2025



**Congrats,  
Doc!  
Where  
next?**

Säätiöiden post doc -pooli grants for postdoc scholars heading abroad from Finland  
[www.postdocpooli.fi](http://www.postdocpooli.fi)

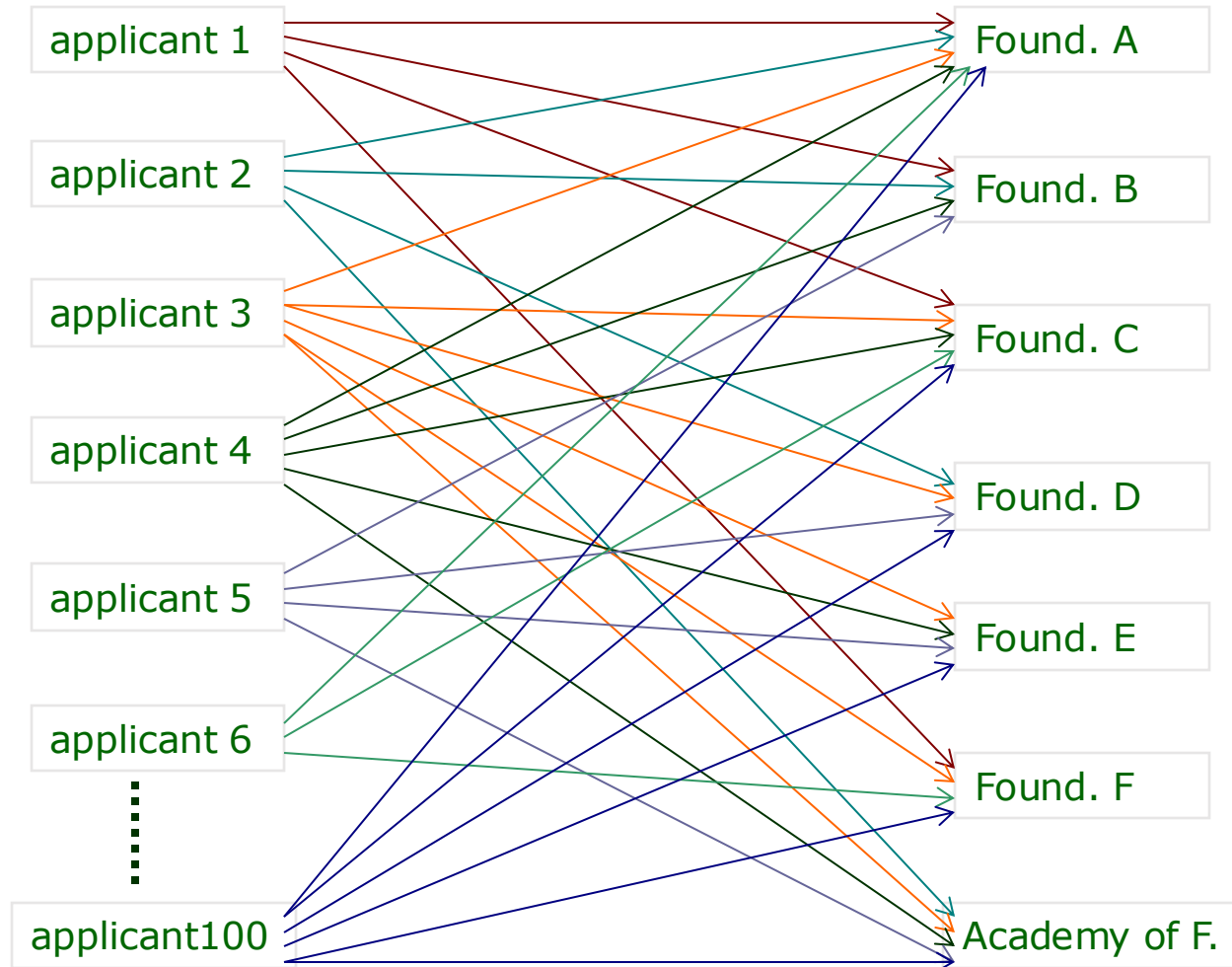
# www.postdocpooli.fi

- Founded in 2009 by 8 Finnish foundations as a 3-year project (2010-2012)
- Started its sixth season in 2025 with 13 foundations (2025-2027), awarding 3.2M€ /year
- Coordinates grants for postdoctoral research abroad (outside Finland)
- Spring call from 1 to 31 Jan, Autumn call 15 Aug to 15 Sep
- Grants annually some 60-70 doctors (personal grants)
- The Pool's aim is to make Finnish research more international by offering young scholars flexible funding from one source that covers all expenses of a research period abroad.

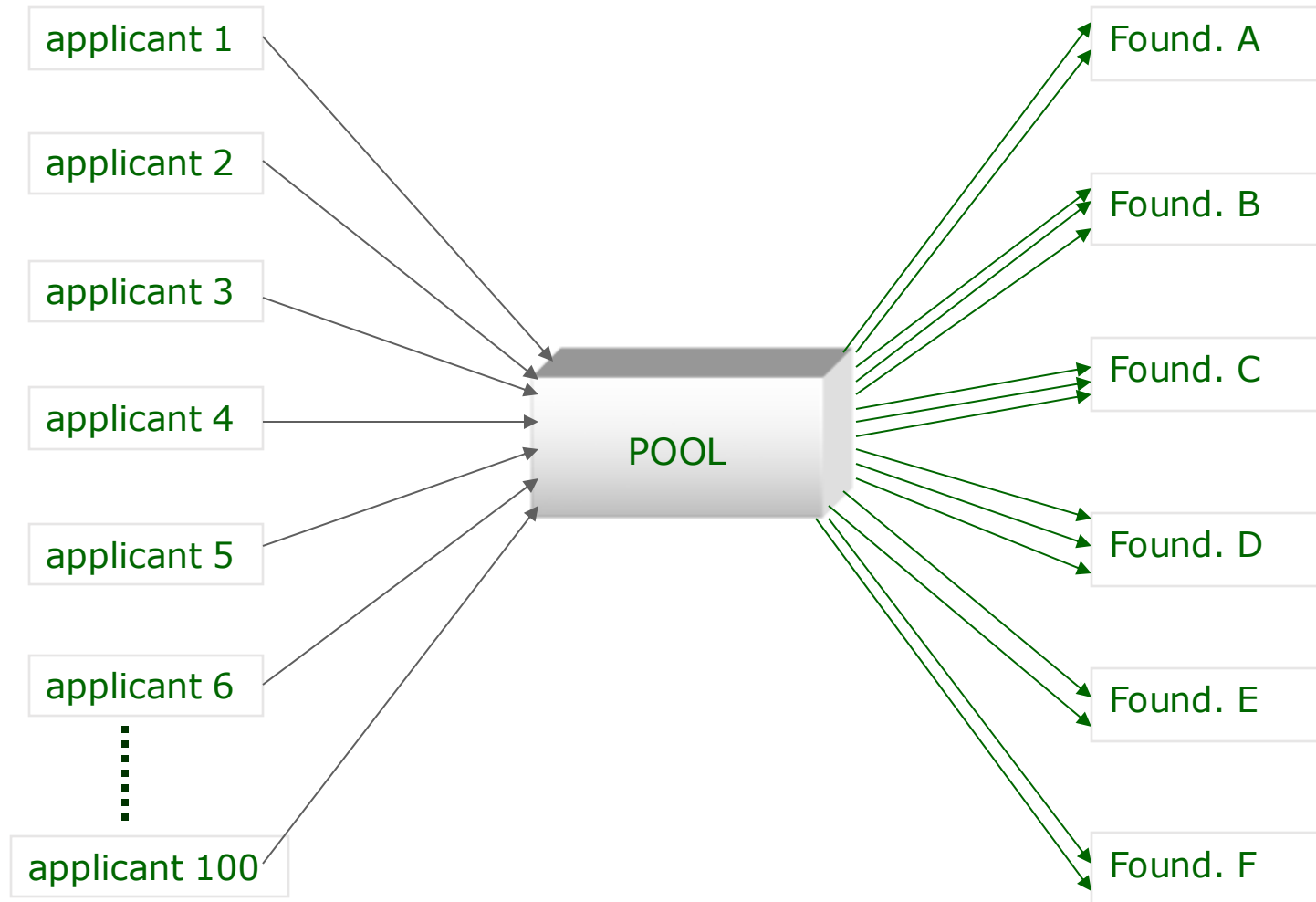
# The Foundations in the Pool

- Alfred Kordelin Foundation
- Ella and Georg Ehrnrooth Foundation
- Emil Aaltonen Foundation
- Finnish Academy of Science and Letters (Tiedeakatemia)
- Finnish Cultural Foundation (SKR)
- Finnish Foundation for Technology Promotion (TES)
- Finnish Medical Foundation (SLS)
- Foundation for Economic Education (LSR)
- Jenny & Antti Wihuri Foundation
- Päivikki and Sakari Sohlberg Foundation (PSS)
- The Society of Swedish Literature in Finland (SLS)
- The Swedish Cultural Foundation in Finland (SKF)
- Ulla Tuominen Foundation

# Background: The situation before the PDP



# The idea of the PDP



# The principles of the Post doc pool

- FLEXIBILITY - The grant sums are determined flexibly according to the researcher's needs; enables taking the family along
- SWIFTNESS – the evaluation and decision-making processes are swift, results in two months
- COVERAGE FROM ONE SOURCE - The grants may cover all expenses to the researcher and her/his family during a research period abroad, including working grant, insurances, travel costs, childcare/school fees...
- MINIMUM STAY ABROAD 6 MONTHS - The research period abroad preferably lasts 1-2 years (minimum 6 months). Grants may be awarded for longer periods (up to 24 months).
- FOR YOUNG SCHOLARS ONLY – doctoral degree completed no more than 4 years ago

# How does a personal postdoc grant work?

- Personal grant is paid directly from the foundation to the postdoc
  - > tax-free up to some 26,356 € per year (2025)
- Consists technically of two parts:
  - 1) **working grant** for living costs
    - > the amount is based on the Pool's country-specific instructions
    - > 15 % goes to Mela if you travel with the Finnish social security
  - 2) **cost grant** for all kinds of other costs (e.g. travel, bench fee, insurances, research costs, rent, kindergarten/school fees)
    - > grant recipient has to report the tax deductions to the tax officer



# Who is eligible to apply?



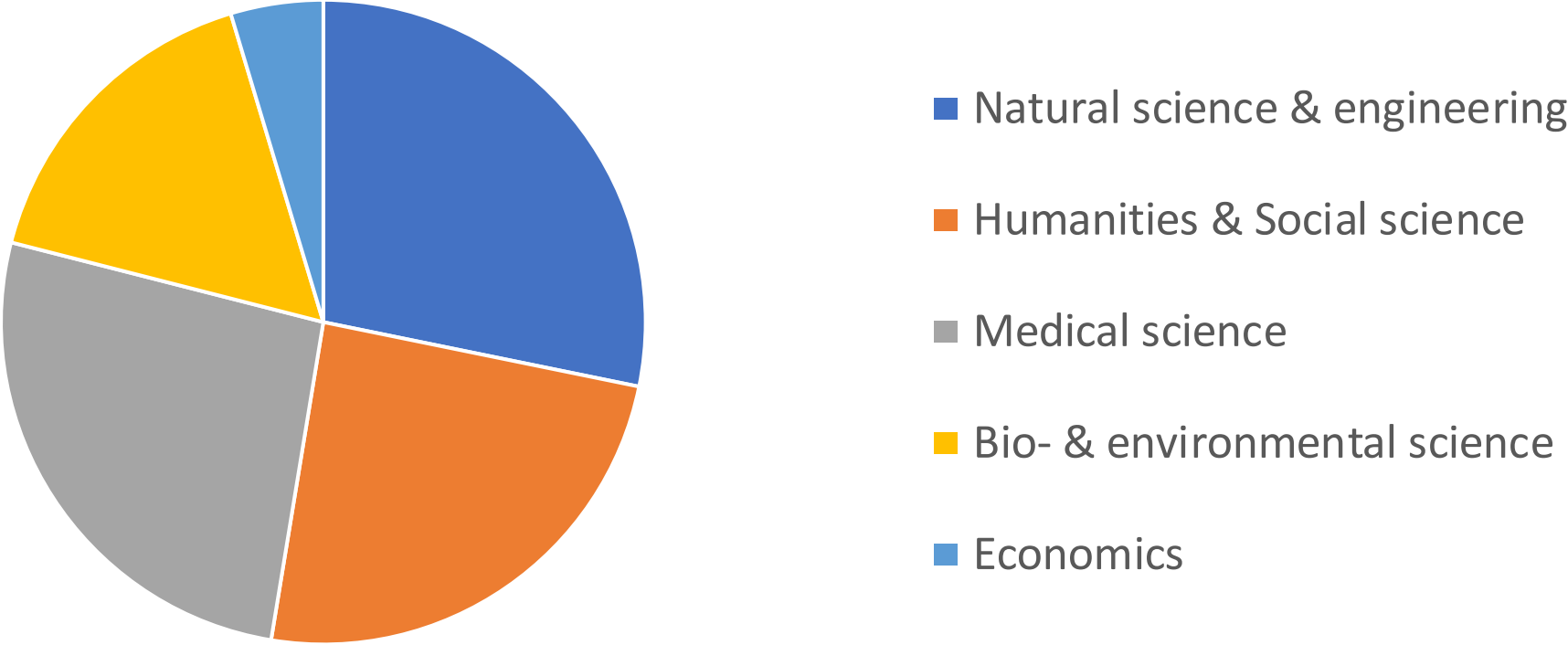
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- Scholars based in Finland (also non-Finnish nationals)
- Scholars from **all academic disciplines**
- Scholars who have completed their doctoral degree no more than 4 years ago (by the deadline of the Call)
- Scholars who have not yet completed their doctoral degree but have received the **pre-examiners' statements** (esitarkastuslausunnot) & permission to defend the dissertation in a public examination (väittelylupa)

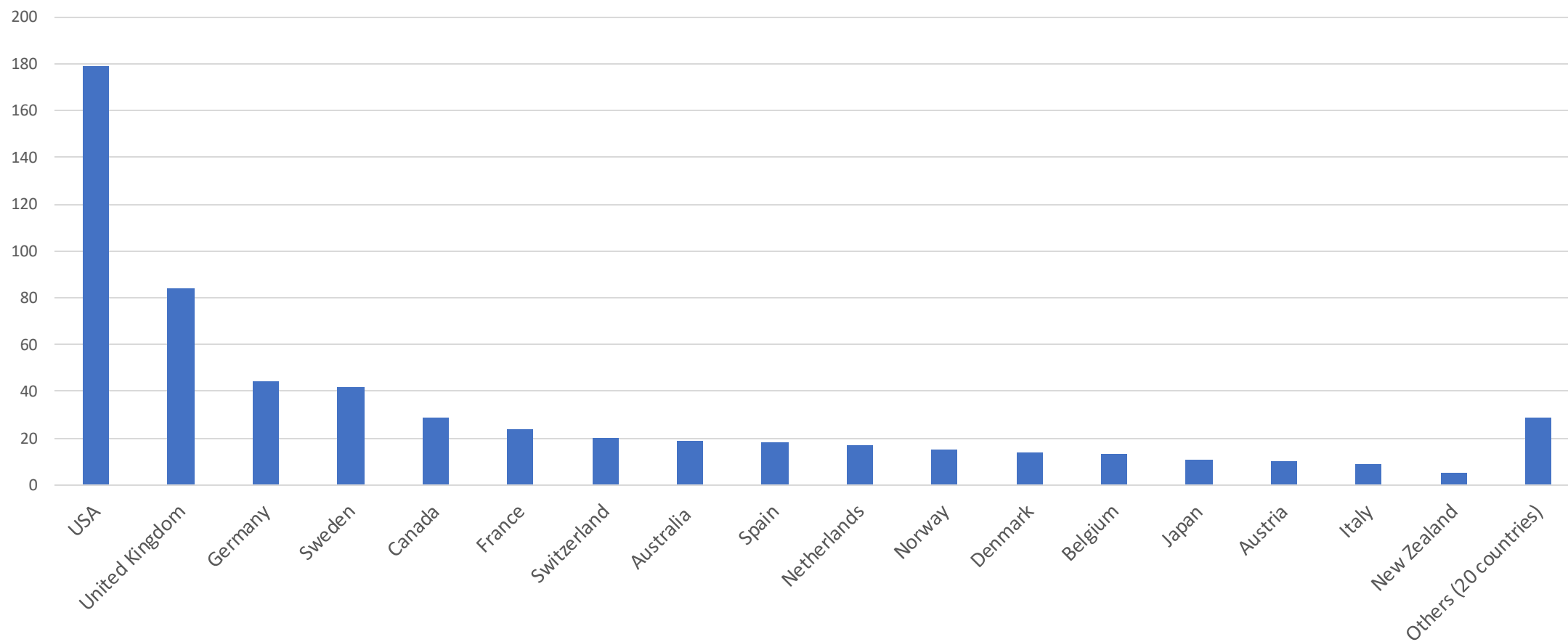
# The Post doc pool in numbers

- 15 years, altogether 30 rounds, over 40M €
- 4655 applications, 918 grants (success rate 20 %)
- 3070 applicants, 795 grant recipients (26 %)
- Grants have varied from 5000 € to 90000 € / year
- One third of the grants have been for 2 years
- Extensions for the second year also possible

# The applicants' background



# The grant recipients' target countries (2013-23)



# Upcoming application rounds



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- The Spring call from 1 Jan to 31 Jan 2025. The results in April 2025
- The Autumn call from 15 Aug to 15 Sep 2025. The results by December 2025
- [info@postdocpooli.fi](mailto:info@postdocpooli.fi)
- [www.postdocpooli.fi](http://www.postdocpooli.fi)

# Useful links

- General information about the Finnish Foundations: [saatiotrahastot.fi/en](http://saatiotrahastot.fi/en)
- Open funding calls: [research.fi](http://research.fi) / [tiedejatutkimus.fi](http://tiedejatutkimus.fi) / [forskning.fi](http://forskning.fi)
- Tax office: [www.vero.fi/en/](http://www.vero.fi/en/)
- MYEL insurance for grant recipients: [www.mela.fi/en/](http://www.mela.fi/en/)
- General information about working abroad on a grant:  
[www.mela.fi/en/grant-and-scholarship-recipients/applying-for-insurance/working-abroad-on-a-grant-or-scholarship/](http://www.mela.fi/en/grant-and-scholarship-recipients/applying-for-insurance/working-abroad-on-a-grant-or-scholarship/)