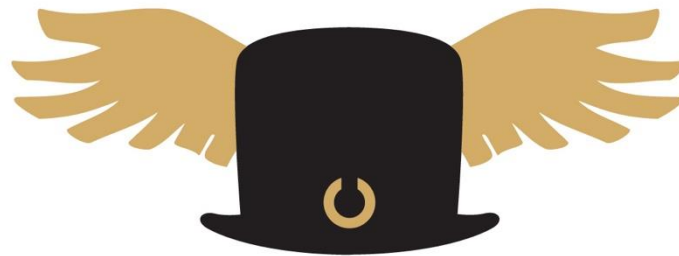


Säätiöiden post doc -pooli

The Foundations' Post Doc Pool



SÄÄTIÖIDEN POST DOC -POOLI
STIFTELSENAS POST DOC -POOL

M-O Seppälä 2026



**Congrats,
Doc!
Where
next?**

Säätiöiden post doc -pooli grants for postdoc scholars heading abroad from Finland
www.postdocpooli.fi

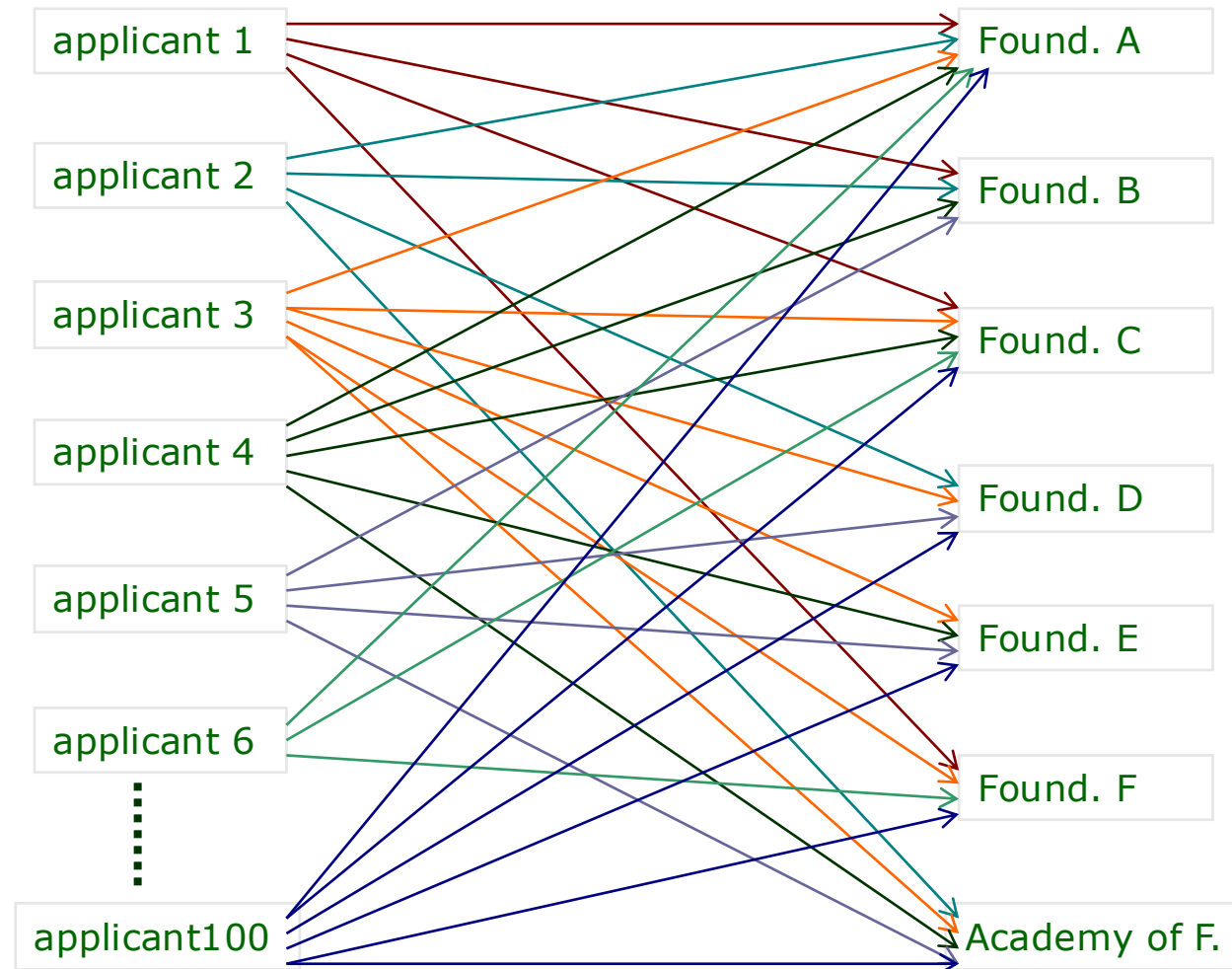
www.postdocpooli.fi

- 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 (or part of your) expenses of a research period abroad.

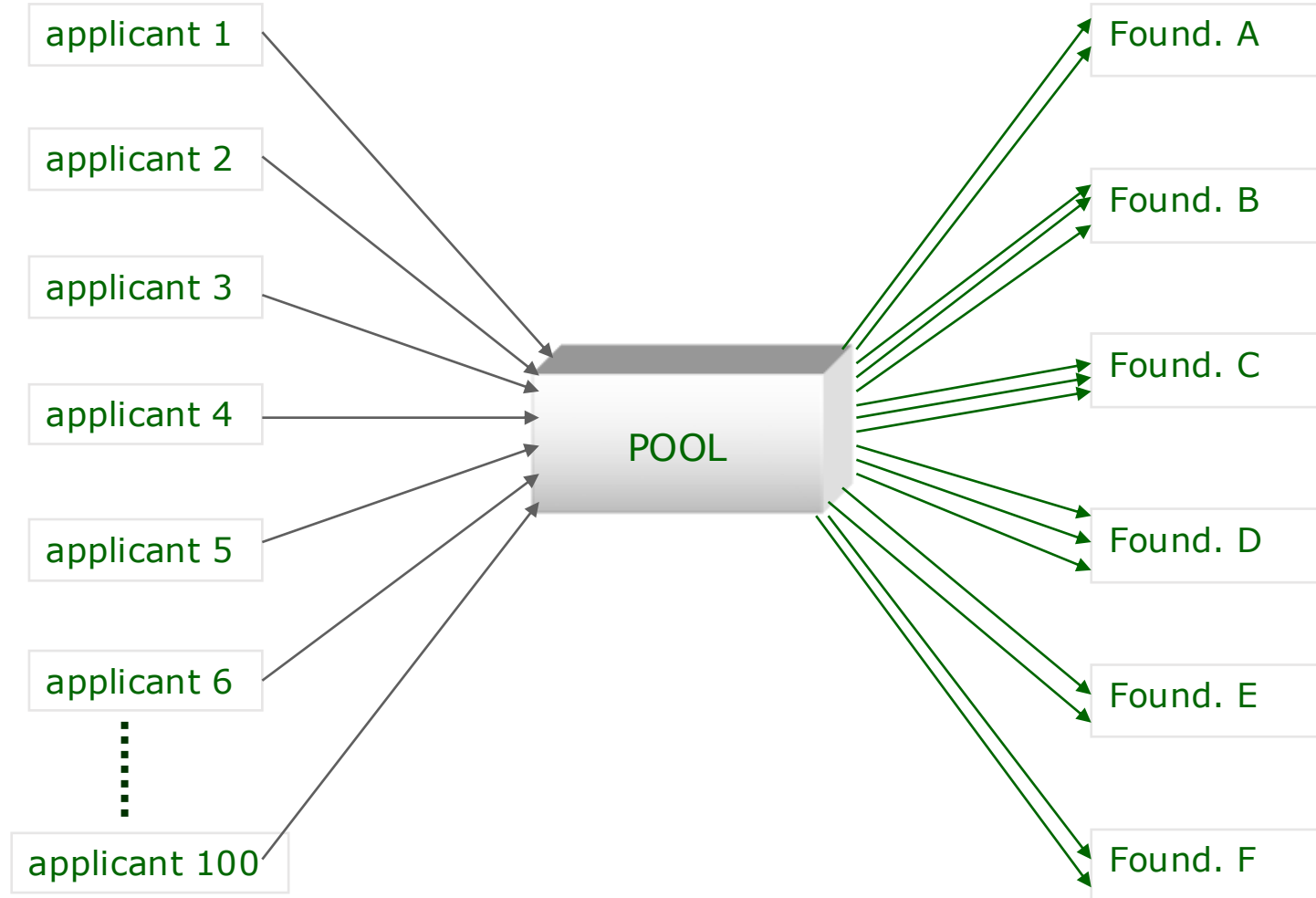
The Foundations in the Pool

- 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 27,130 € per year (2026)
- 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)

Instructions regarding the use of AI

- According to the Pool's policy, artificial intelligence may not be used
 - 1) in the preparation of research plans
 - 2) in the evaluation of applications

The Pool's application form asks whether artificial intelligence was used in preparing the application and, if so, how and for what purposes it was used.

Tips from previous grant recipients

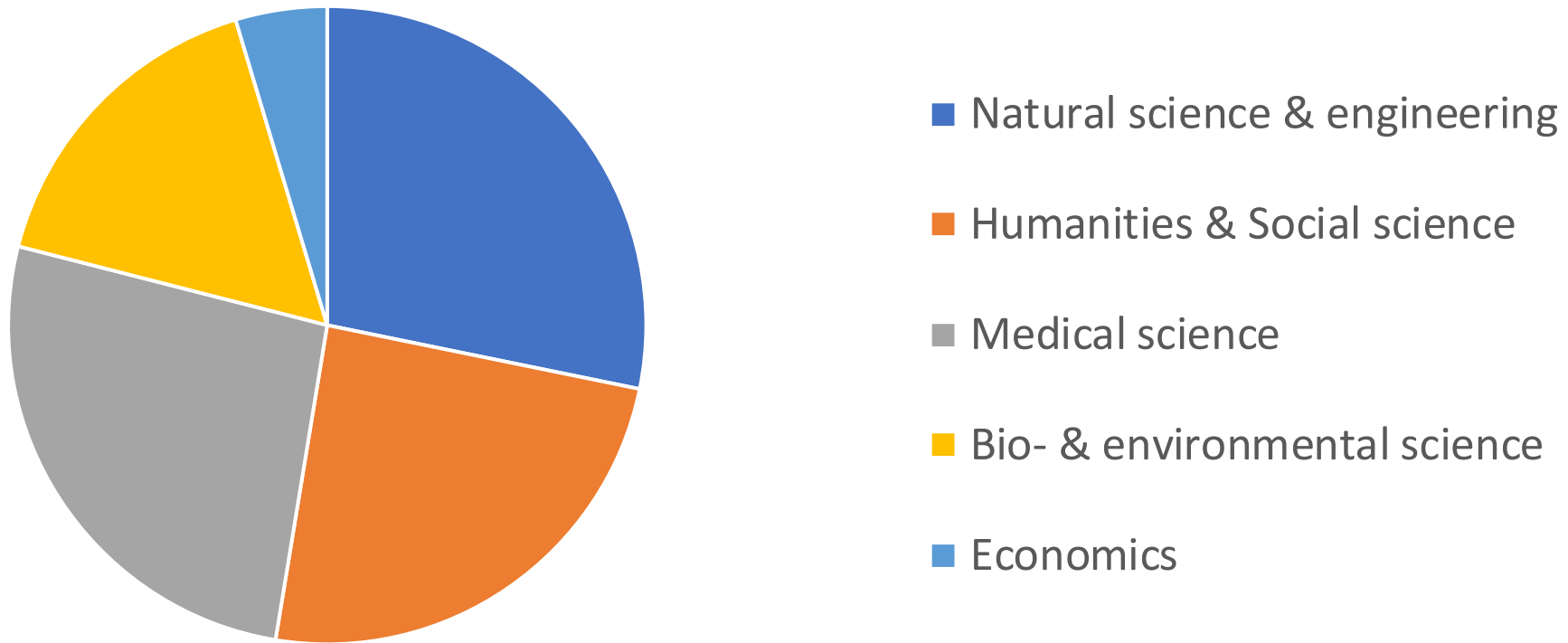
Responsibility for clarifying and arranging practical matters always rests with the applicant!

- **Prepare your research plan carefully**
- **Estimate and budget your expenses in advance, and apply for sufficient funding**
- **If you have secured your own funding, you are usually welcome anywhere**
- **Choose your host university and research group carefully**
- **Try to ensure in advance access to adequate support services for your research and opportunity to integrate into the research community**
- Be proactive during your stay: join research groups and seize opportunities as they arise
- Build collaborative networks and partnerships, and maintain them over time, even if your careers continue in different parts of the world
- Consider and prepare your next career step and future research funding applications well in advance

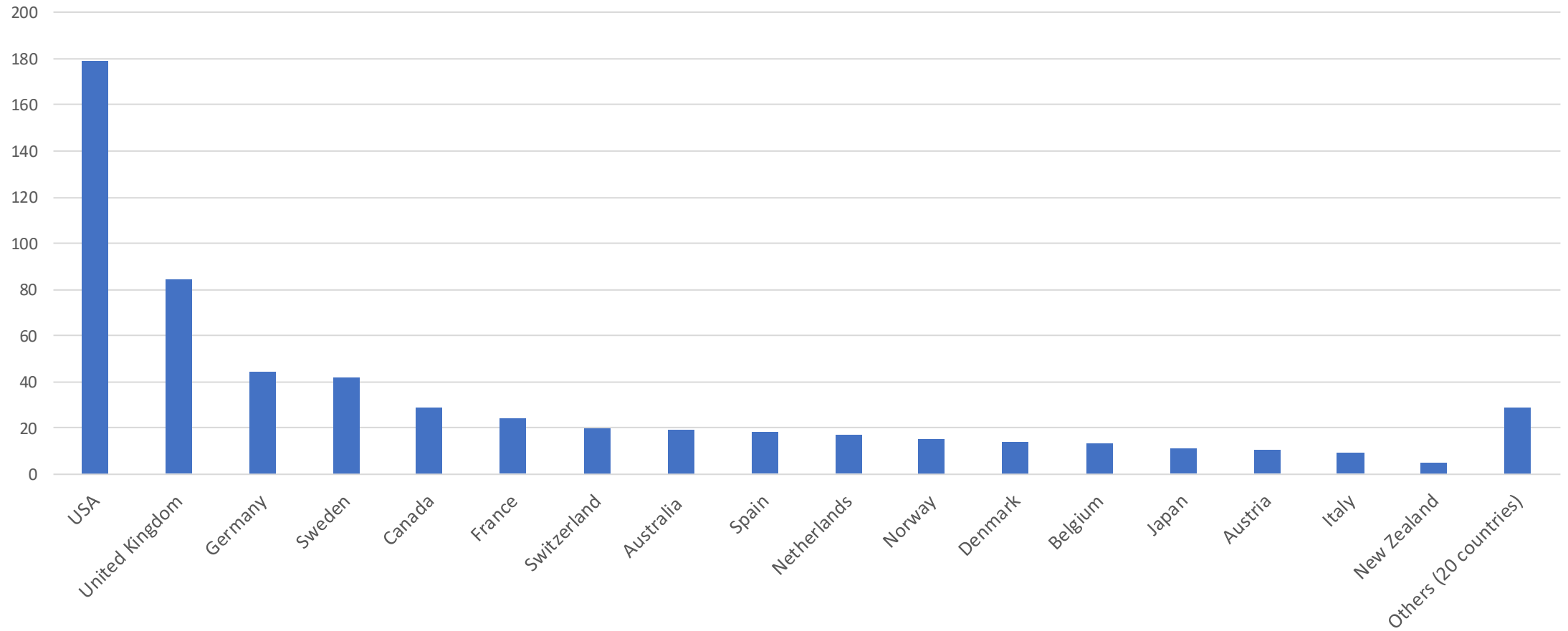
The Post doc pool in numbers

- 17 years, altogether 33 rounds, over 40M €
- 5166 applications, 988 grants (success rate 19 %)
- 3383 applicants, 856 grant recipients (25 %)
- 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 Autumn call from 15 Aug to 15 Sep 2026. The results by December 2026
- The Spring call from 1 Jan to 31 Jan 2027. The results in April 2027
- info@postdocpooli.fi
- www.postdocpooli.fi

Useful links

- General information about the Finnish Foundations: saatiotrahastot.fi/en
- Open funding calls: research.fi / tiedejatutkimus.fi / forskning.fi
- Tax office: www.vero.fi/en/
- MYEL insurance for grant recipients: 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/