

Save the date!

This session is open to all researchers and innovators at any career stage and from any field of research, especially young researchers, as well as R&I staff. The aim is to inform researchers and innovators about how to connect with COST Actions or submit a COST Action proposal, the role and impact of the COST programme, and the benefits of participating in COST for researchers' careers, with a focus on young researchers. For organisational reasons, registration through the dedicated COST Events webpage is necessary to receive the link to join.

Programme overview

- **10:00 Welcome and introduction** Director of the COST Association
- **10:10** What is COST and how to participate in a COST Action? COST Policy Officer
- 10:30 How to submit an application? Tips & tricks COST Science Officer
- **10:40 Which activities are funded?**COST Administrative Officer
- 11:00 What are the benefits of participating in COST?

 COST Action Chair
- 11:15 Q&A
- 11:30 End of the session

