



## **Subject: Guidelines on the calculation of 8-years research experience in Postdoctoral Fellowships under Horizon Europe**

### **1. BACKGROUND**

In the framework of the Horizon Europe Postdoctoral Fellowships (PF) 2026 call, applicants, at the date of the call deadline, must:

- be in possession of a doctoral degree
- have a maximum of 8 years full-time equivalent (FTE) experience in research, measured from the date of award of the first doctoral degree. All applicants that have received their PhD after 09/09/2018 are automatically eligible to apply provided the remaining eligibility criteria are met.

The rule of the 8 years full-time equivalent experience in research after the PhD can be extended (in days) for the following reasons:

- **Maternity leave** (18 months – i.e. 548 days for each child born after the PhD award date unless the applicant can document a longer parental leave prior to the call deadline);
- **Paternity leave** (the documented time of parental leave taken until the call deadline for each child born after the PhD award date);
- **Research in a non-associated Third Country** (only for nationals or long-term residents of Member States or Associated Countries, wishing to reintegrate in Europe) – **only for European Postdoctoral Fellowships**
- **Career break;**
- **Compulsory national service;**
- **Time spent not working in research (career breaks are not included in this section).** The period spent in a non-research position should be completely deducted from the FTE experience in research. However, for a period spent in a research position, the time spent outside of your main research activity (including teaching) could be deducted as a percentage of FTE provided that it can be documented by e.g. work contract/job description and quantified based on documentation/proof which the host organisation (beneficiary) needs to keep for their records (not to be included in the proposal).  
Please use the embedded calculator in the wizard for each of your employment contract(s) for a calculation of the FTE to be deducted from the research experience.
- **Long term sick leave** (periods > 30 days);

This document, together with the corresponding self-assessment tool, aims to guide the applicants towards calculating the possible deductions of their 8 years FTE experience in research.

Please note that in case of a successful application you might be requested at any stage to provide appropriate documentation to prove your eligibility claims.

## 2. SELF-ASSESSMENT TOOL

The tool comprises a series of steps in logical sequence in order to determine the deductions of the 8 years FTE experience in research, as well as the FTE of non-research experience that was conducted during time spent working in research.

**STEP 1:** Fill in the information concerning the “Date of your PhD Award” and your “Gender”.

The tool automatically calculates the time passed from your PhD date and gives an answer (“OK” or “NOT OK”).

Step two is applicable only if the answer in the STEP 1 was “NOT OK”.

**STEP 2:** If needed (answer “NOT OK” to step 1), fill in the relevant boxes with days to be deducted from your 8 years FTE experience in research.

If applicable, you may also provide the number of days of non-research experience that was spent during your research career. The calculator helps you deduct such type of activities by quantifying the percentage (%) spent on them.

The tool automatically sums up the days and gives you an answer (“OK” or “NOT OK”).

## 3. EXAMPLES

A female researcher has received the PhD 10 years before the call deadline and had two children (2 x 548 days). In total, she can deduct 1096 days and is eligible to apply.

A researcher has received the PhD 10 years before the call deadline and spent 1 year being unemployed (career break - 365 days). In total, he/she can deduct 365 days and is not eligible to apply.

A researcher has received the PhD 10 years before the call deadline and spent 5 years (5 x 365 = 1825 days) doing teaching-only activities (100%). In total, he/she can deduct 1825 days and is eligible to apply.

A researcher (that applies for an EF) has received the PhD 15 years before the call deadline and spent 5 years working outside research (1,825 days). He/she also worked 10 years in research (3,650 days), out of which he/she spent 60% of the time in non-research activities as documented in his/her work contract(s). In total, he/she can deduct 4,015 days (**1,825 + 2,190 [60% of 3,650]**) and is eligible to apply.

***Disclaimer:***

*The self-assessment tool is based on the MSCA-PF Work Programme and Guide for Applicants. It is not a formal clearance of eligibility and it is provided as an example of calculation for information purposes only. Full eligibility checks may be performed by REA at any stage after the call deadline against the parts A and B of the submitted proposal.*

*When filling the relevant category for deduction make sure you do not deduct the same period in multiple categories. Please note that the applicant remains solely responsible for the eligibility of the fellow. Ensure that correct and consistent data are entered in the parts A and Part B of the proposal as only these data will be taken into account for the eligibility check. The data entered as deduction from the research experience must be documented and quantified based on documentation/proof which the host organization (beneficiary) needs to keep for their records.*

*Calculations are done based on 1 year = 365 days.*

*Any PhD awarded after 09/09/2018 automatically complies with the 8-year rule.*