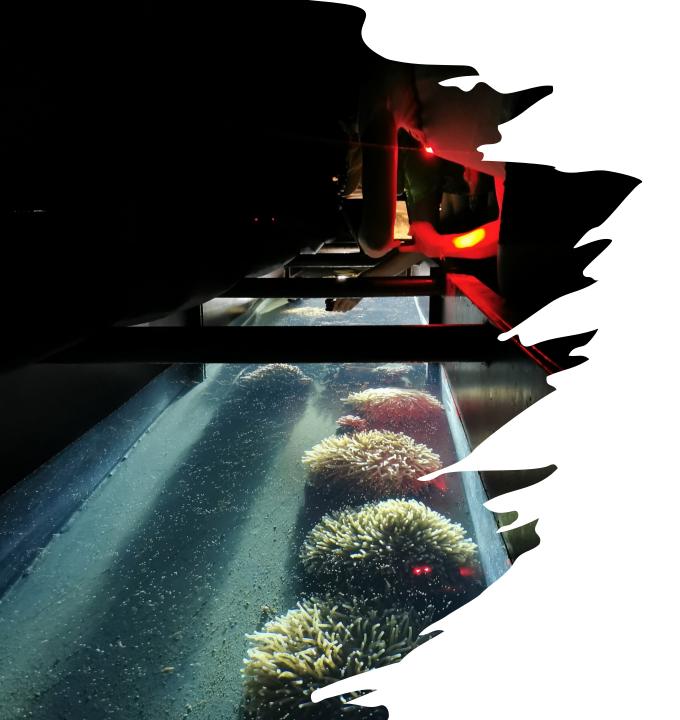
Personal reflections on being a HFSP postdoctoral Long-Term Fellow

Inga A Frøland Steindal

ARC Coral Centre of Excellence & College of Science and Engineering

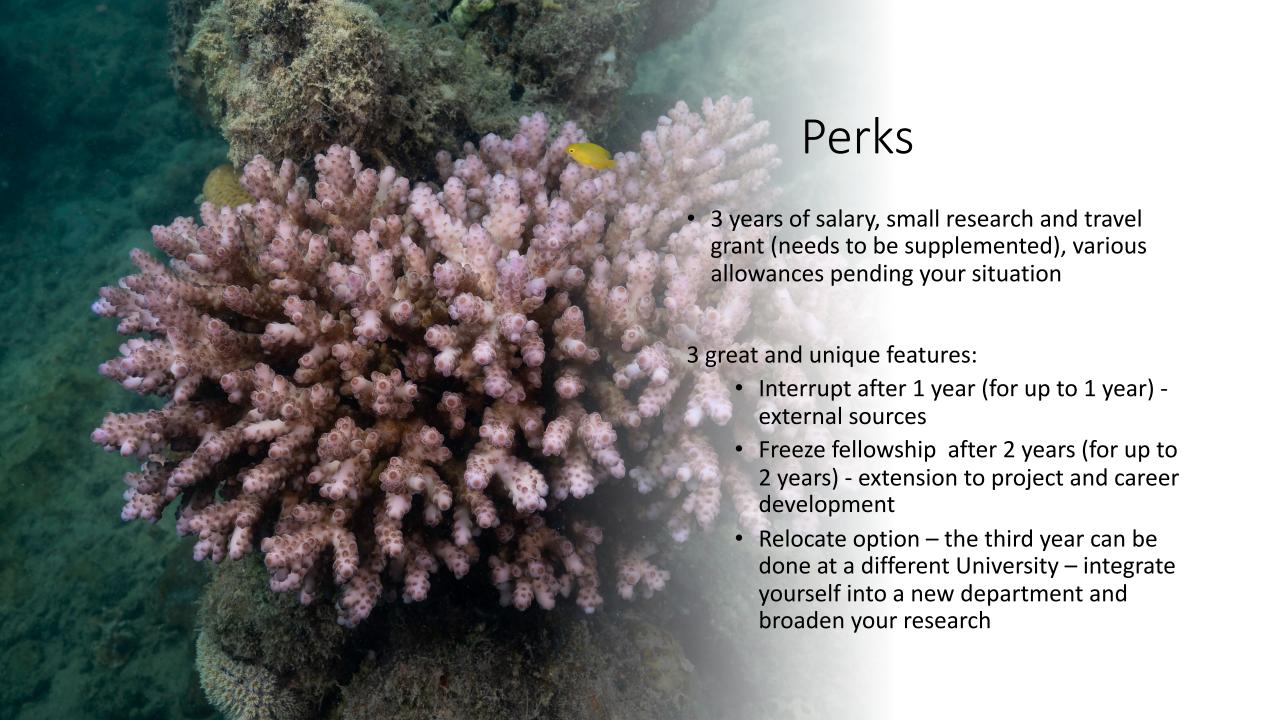
James Cook University





Creating a project for HFSP

- A HFSP project must be different from your PhD Research, but you can still play to your strengths and experience from PhD
- International basic life science postdoc funding is rare - HFSP allows you to go anywhere
- Explore your options
- Find the experts and the best places to do your research
- High risk high reward project, allows you to be really ambitious with the research



What have I learned from the last 2.5 years?

- As a research fellow with an independent project (rather than working as a postdoc on a PI driven project), you are the main driver for it to succeed
 - Intellectual, collaborators, funding
- Ambitious is good but you are likely to have to adapt the project-multiple times for multiple reasons (funding, experiments not working, malfunctions etc.)
 - Contingency plans + kill your darlings if you have to!
- HFSP with its flexible fellowship structure allows for this

