

The background of the slide is a close-up photograph of coral polyps. The polyps are arranged in vertical columns, each with a rounded, yellowish tip. The overall color palette is warm, with shades of yellow, cream, and light brown. The lighting is soft, creating a gentle glow across the scene.

Personal reflections on being a HFSP postdoctoral Long-Term Fellow

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Short intro about me

- From Oslo
- I love basic research. BSc in Molecular Biology and MSci in Cell Biology – UCL, London
- MRC PhD fellow at UCL
- PhD in light and clock biology in fish
- Wanted to explore new places and new research
- Long Term HFSP Fellow (2021)



A collage of images. The top part shows a person in a dark environment, possibly a laboratory, with red laser lights illuminating their hands. The bottom part shows a large tank filled with various coral reef specimens, including branching and table corals, under blue and red lighting.

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



Perks

- 3 years of salary, small research and travel grant (needs to be supplemented), various allowances pending your situation

3 great and unique features:

- Interrupt after 1 year (for up to 1 year) - external sources
- Freeze fellowship after 2 years (for up to 2 years) - extension to project and career development
- Relocate option – the third year can be done at a different University – integrate yourself into a new department and broaden your 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

Thank you!



Photos by A Crosbie