



Growing
ideas
through
networks

COST Info Day

Added value and benefits – COST members

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Member of two COST Actions (2019-2023)



The screenshot shows the top navigation bar of the COST website. On the left is the COST logo: a stylized 'c' in a hexagon followed by 'cost' in lowercase, with 'EUROPEAN COOPERATION IN SCIENCE & TECHNOLOGY' in smaller text below. To the right of the logo are four menu items: 'COST Actions', 'Funding', 'COST Academy', and 'About', each with a downward arrow. Further right is a green button with white text that says 'Open call' and 'Fund your network'. To the right of the button are three icons: a magnifying glass labeled 'SEARCH', a person icon labeled 'e-COST', and a hamburger menu icon labeled 'MENU'. The main content area has a dark red background with a white geometric pattern of lines and concentric circles. The text 'CA18138 - Research Innovation and Sustainable Pan-European Network in Peripartum Depression Disorder' is displayed in white. Below this text is a small icon of a document with a download arrow and the word 'Downloads'.

cost
EUROPEAN COOPERATION
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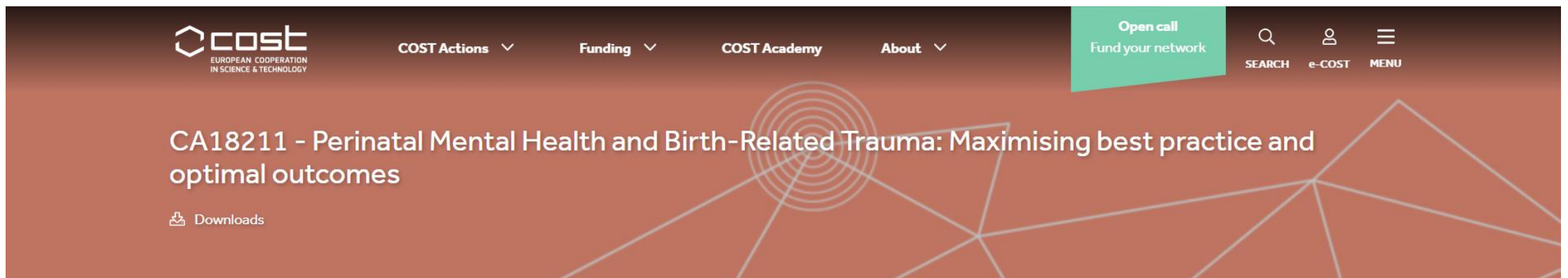
COST Actions ▾ Funding ▾ COST Academy About ▾

Open call
Fund your network

SEARCH e-COST MENU

CA18138 - Research Innovation and Sustainable Pan-European Network in Peripartum Depression Disorder

Downloads



This screenshot is identical in layout to the one above, showing the top navigation bar and the main content area for a different COST Action. The text in the main content area is 'CA18211 - Perinatal Mental Health and Birth-Related Trauma: Maximising best practice and optimal outcomes'. Below this text is a small icon of a document with a download arrow and the word 'Downloads'.

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COST Actions ▾ Funding ▾ COST Academy About ▾

Open call
Fund your network

SEARCH e-COST MENU

CA18211 - Perinatal Mental Health and Birth-Related Trauma: Maximising best practice and optimal outcomes

Downloads

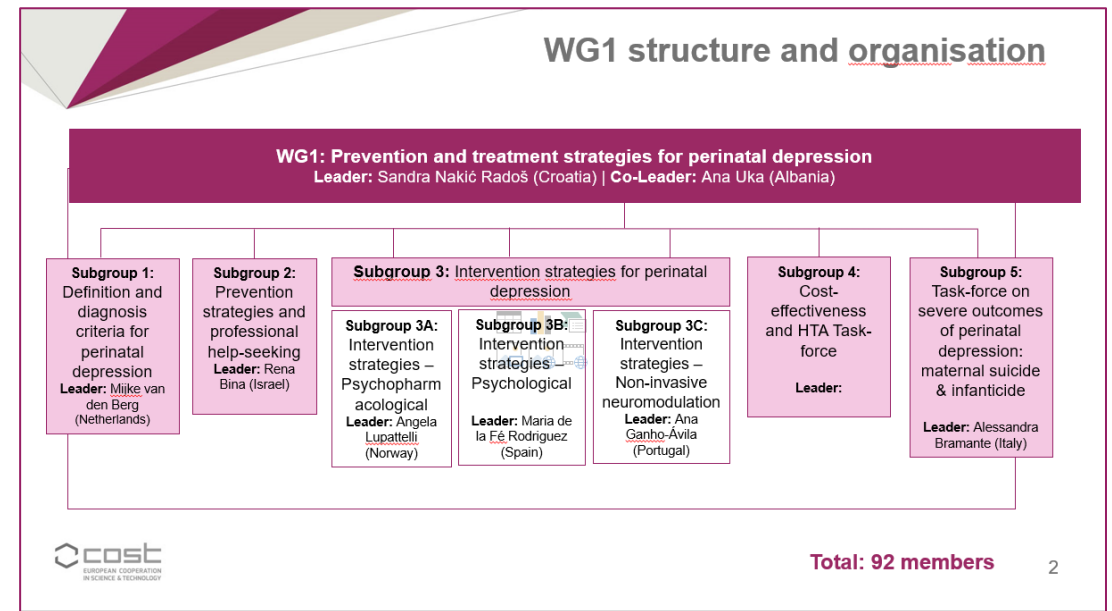


Research Innovation and Sustainable Pan-European Network in Peripartum Depression Disorder (2019-2023)

- Chair: Dr Ana Ganho-Ávila (University of Coimbra, Portugal)
- 150 members from >30 countries

My roles

- Application
- Management Committee (MC) member
- Core Group (CG) member
- Working Group 1 (WG1):
 - co-leader (2019-2021)
 - Leader (2021 -)
- Guidelines Group co-leader





Perinatal Mental Health and Birth-Related Trauma: Maximising best practice and optimal outcomes (2019-2023)

- Chair: Prof Joan Lalor (Trinity College Dublin, Ireland)
- >140 members from 33 countries

My roles

- Application
- Management Committee (MC) member
- Core Group (CG) member
- Working Group 1 (WG1) member
- Virtual Networking Tools Manager

The screenshot shows the website header with the DEVOTION logo and navigation menu (HOME, ABOUT, EVENTS, WHY THIS RESEARCH, RESEARCH OUTPUTS, NEWS, WHO WE WORK WITH). The main content area is titled "A series of webinars for Early-Career Investigators (ECIs)" and includes a link to download the full program. Below this, there are five webinar entries, each with "Handouts" and "Video" buttons:

- Webinar on Advertising research via social networks (Dr Kayleigh Sheen)
- Webinar on Video communication (Ciara Henderson)
- Webinar on Presenting the project proposal (Prof Susan Garthus-Niegel)
- Webinar on Giving an "elevator" pitch (Prof Joan Lalor)
- Webinar on Tips for early career investigators (Prof Sandra Nakić Radoš & Maja Žutić)

Advantages of being part of the COST Actions

- Networking, networking, networking 😊
- Learning & new skills
- Travelling and meetings in person
- Croatia as Inclusiveness Target Country (ITC)
- Possibilities for new collaborations for research projects applications

Personal experience

- New language
 - mastering the Vademecum
- Brushing up organisational skills
- Learning & new skills
 - Systematic reviews
- Local organiser
- Hard work pays off!
- Advancement in the career
- Networking 😊



Thank you for your attention!



HRVATSKO
KATOLIČKO
SVEUČILIŠTE
ZAGREB
UNIVERSITAS
STUDIORUM
CATHOLICA
CROATICA
ZAGRABIA

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