

RECOMMENDATIONS TO PUBLICISE THE POSTDOCTORAL JUNIOR LEADER FELLOWSHIPS

The time has come for them to unlock their potential

The aim of "la Caixa" Foundation's postdoctoral Junior Leader fellowships is to ensure that nothing holds back those with **the potential to lead the future of research** and we'd like you to help us spread this opportunity as far as the talent it seeks. Join us in **raising awareness of the programme** so that the best candidates can take the next step in their research careers.

This document contains **predefined WhatsApp messages**, as well as **posts for X, Instagram and LinkedIn** and **tips** for sharing information about the call at your university or research centre. Thank you for your collaboration!

You can share the information in various ways:

Share the information on your institution's website

Post the information on the website of your university or research centre. To meet the particular interests of each institution, we've designed personalised banners for different areas, such as life sciences, theoretical science, chemistry and engineering.

Example website text:

Take the next step. Lead your future in research.

"la Caixa" Foundation's **postdoctoral Junior Leader fellowships** are designed to promote scientific talent. If you want to continue your research career in a STEM discipline at a leading centre in Spain or Portugal, this is the programme for you.

Submit your application by **25 September 2025**.

Website banners:

Chemistry

2026 Call

Postdoctoral Junior Leader

You can submit your application
until September 25th 2025



Engineering

2026 Call

Postdoctoral Junior Leader

You can submit your application
until September 25th 2025



2026 Call

Postdoctoral Junior Leader

You can submit your application
until September 25th 2025



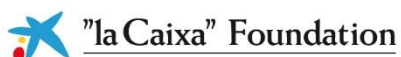
Theoretical and applied sciences

2026 Call

Postdoctoral Junior Leader

You can submit your application
until September 25th 2025





Print out the poster

Print a copy of this promotional material and put it on your institution's noticeboard, in your department's staff room and/or in your laboratory, so that no-one misses out on this opportunity.

Images:

The poster is a promotional material for the la Caixa Foundation's 2026 Call for Postdoctoral Junior Leader fellowships. It features a large, high-quality photograph of a male scientist, Joshua Frenster, wearing a white lab coat and safety glasses, working in a laboratory. He is holding a large, rectangular, translucent container that appears to be filled with a liquid or gel, and he is looking at it intently. The background of the photo shows laboratory equipment, including a large, white, cylindrical container and various pipes and wires.

la Caixa" Foundation

2026 Call

Postdoctoral Junior Leader

You can submit your application
up to 25 September 2025

Some decisions **mark a turning point**. Continuing to **carry out research** is one of them.

The time has come to **take charge**, to be the one who **decides** and commit to **your future**. Apply for a **postdoctoral Junior Leader fellowship** and further your research career in a STEM discipline in Spain or Portugal.

Unlock your potential with fundacionlacaixa.org

Joshua Frenster
Fellow from the 2023 call
Research into cell development at MELIS-UPF

A world to discover

Fellowships

2026 Call

Postdoctoral Junior Leader

You can submit your application
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Some decisions **mark a turning point**. Continuing to **carry out research** is one of them.

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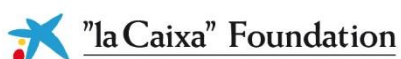
Unlock your potential with fundacionlacaixa.org

Diana Rafael
Fellow from the 2024 call
Biomedical research at VHIR

A world to discover

Fellowships





Share the information with your email contacts

Send an email to your colleagues, students and/or collaborators to ensure that no-one within your network misses out on this opportunity.

Click on [this link](#) to share the email directly.

Mail template

Subject: The 2026 call for "la Caixa" Foundation's postdoctoral Junior Leader fellowships is now open

Header: Apply for a "la Caixa" Foundation postdoctoral Junior Leader fellowship by 25 September 2025

Body:

Do you want to unlock all your potential?

"la Caixa" Foundation's **postdoctoral Junior Leader fellowships** are designed to **promote scientific talent**. If you want to continue your research career in a **STEM discipline** at a leading centre in Spain or Portugal, this is the programme for you.

If you obtained your PhD between two and seven years before the call's end date, you have **until 25 September 2025** to submit your application.

There are two types of Junior Leader fellowship:

- Incoming: 20 fellowships for researchers who've lived in Spain or Portugal less than 12 months in the past 3 years.
- Retaining: 20 fellowships for researchers who've lived in Spain or Portugal more than 12 months in the past 3 years.

Find out more and submit your application: <https://lacaixafoundation.org/en/postdoctoral-junior-leader-fellowships>



Publicise the postdoctoral Junior Leader fellowships on social media

Raise awareness of the call by posting this information on your **social media** and sharing it with your **WhatsApp** contacts.

When posting about the call on social media, please note the following:

- It's important to include the main hashtag **#laCaixaFoundFellows** and **#Fellowships** or the specific hashtags for each language **#Becas**, **#BecariosFundlaCaixa** and **#BecariasFundlaCaixa** (in Spanish) and **#Beques**, **#BecarisFundlaCaixa** and **#BecàriesFundlaCaixa** (in Catalan) in the posts, so we can track and share them on our own channels.
- You should **mention the accounts of the "la Caixa" Foundation Fellowships programme** in your posts so we can also promote them. The account handles are as follows:

X:

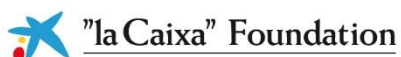
- [@BecariosFLC](#) (for content in Spanish and English)
- [@BecarisFLC](#) (for content in Catalan)

Instagram:

- [@BecariosFundlaCaixa](#) (for content in all languages)

LinkedIn: [Fundación "la Caixa"](#)

[This website](#) contains all the information about the 2026 call for postdoctoral Junior Leader fellowships, as well as access to the platform to submit applications.



Example WhatsApp message

Follow [this link](#) to share the message via your WhatsApp account.

Text:

🔔 The 2026 call for "la Caixa" Foundation's **postdoctoral Junior Leader fellowships** is now open.

👤 This programme supports **outstanding researchers** who are ready to lead **their own project in a STEM discipline** and continue their career in **Spain or Portugal**.

📄 Submit your application **by 25 September 2025**:
<https://lacaixafoundation.org/en/postdoctoral-junior-leader-fellowships>

Example X post

Follow this link to [share the message on your X account](#).

Text:

It's time to unlock your potential.

Submit your application for a "la Caixa" Foundation postdoctoral Junior Leader fellowship and continue your research project in a STEM discipline in Spain or Portugal.

You have until 25 September 2025.

#laCaixaFoundFellows

<https://lacaixafoundation.org/en/postdoctoral-junior-leader-fellowships>



Example Instagram post

Text:

It's time to unlock your potential.

Submit your application for a "la Caixa" Foundation postdoctoral Junior Leader fellowship and continue your research project in a STEM discipline in Spain or Portugal.

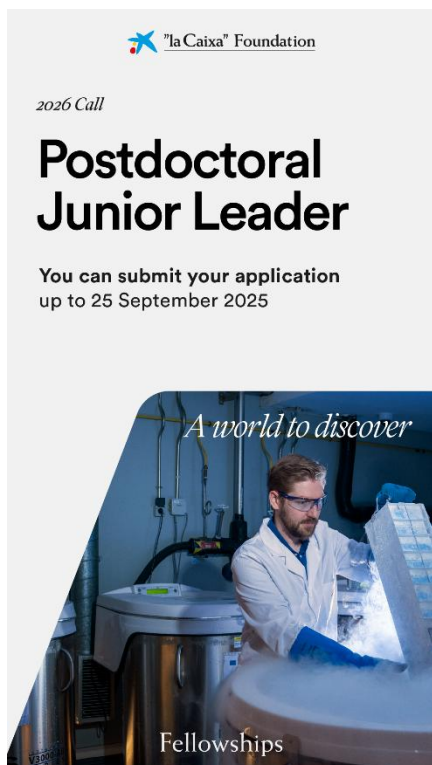
You have until 25 September 2025.

#laCaixaFoundFellows

<https://lacaixafoundation.org/en/postdoctoral-junior-leader-fellowships>



Images for Instagram (story and feed)



Example LinkedIn post

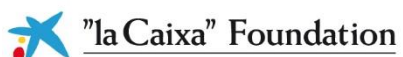
Text:

Do you want to take charge and commit to your future as a researcher?

The 2026 call for "la Caixa" Foundation's **postdoctoral Junior Leader fellowships** is now open! This programme is aimed at researchers of any nationality who want to take charge of their career and lead projects in a **STEM discipline** in Spain or Portugal.

There are two types of Junior Leader fellowship:

- **Incoming:** 20 fellowships for researchers who've lived in Spain or Portugal less than 12 months in the past 3 years.
- **Retaining:** 20 fellowships for researchers who've lived in Spain or Portugal more than 12 months in the past 3 years.



Find out more and submit your application **by 25 September 2025**:

#laCaixaFoundFellows #Fellowships

<https://lacaixafoundation.org/en/postdoctoral-junior-leader-fellowships>

Image for LinkedIn

