

# Tomando decisiones en la carrera profesional: Herramientas y movilidad

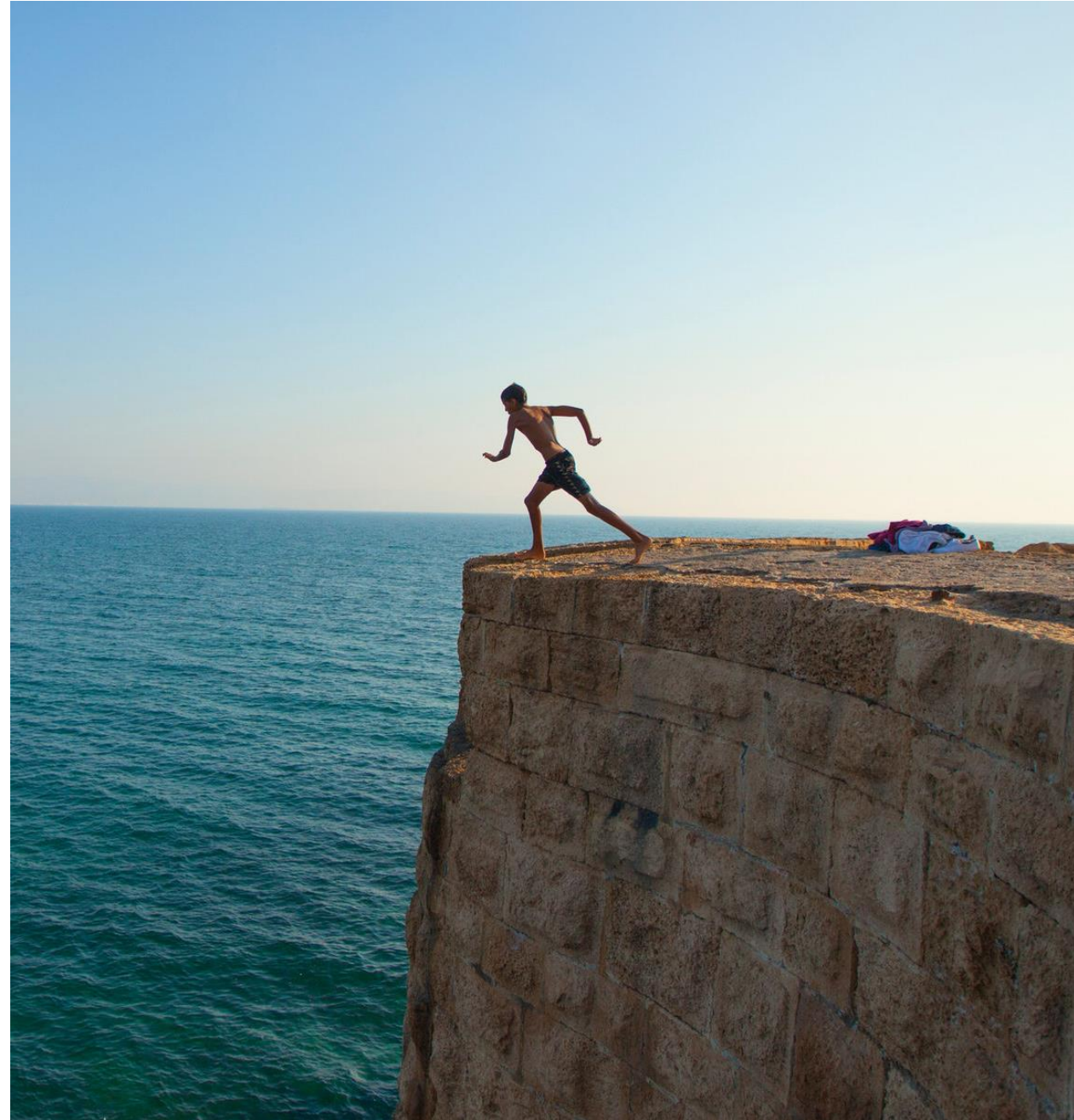
**Elisa García García**

Gestora en la Unidad de Asesoramiento, Diplomacia y Recursos Humanos.

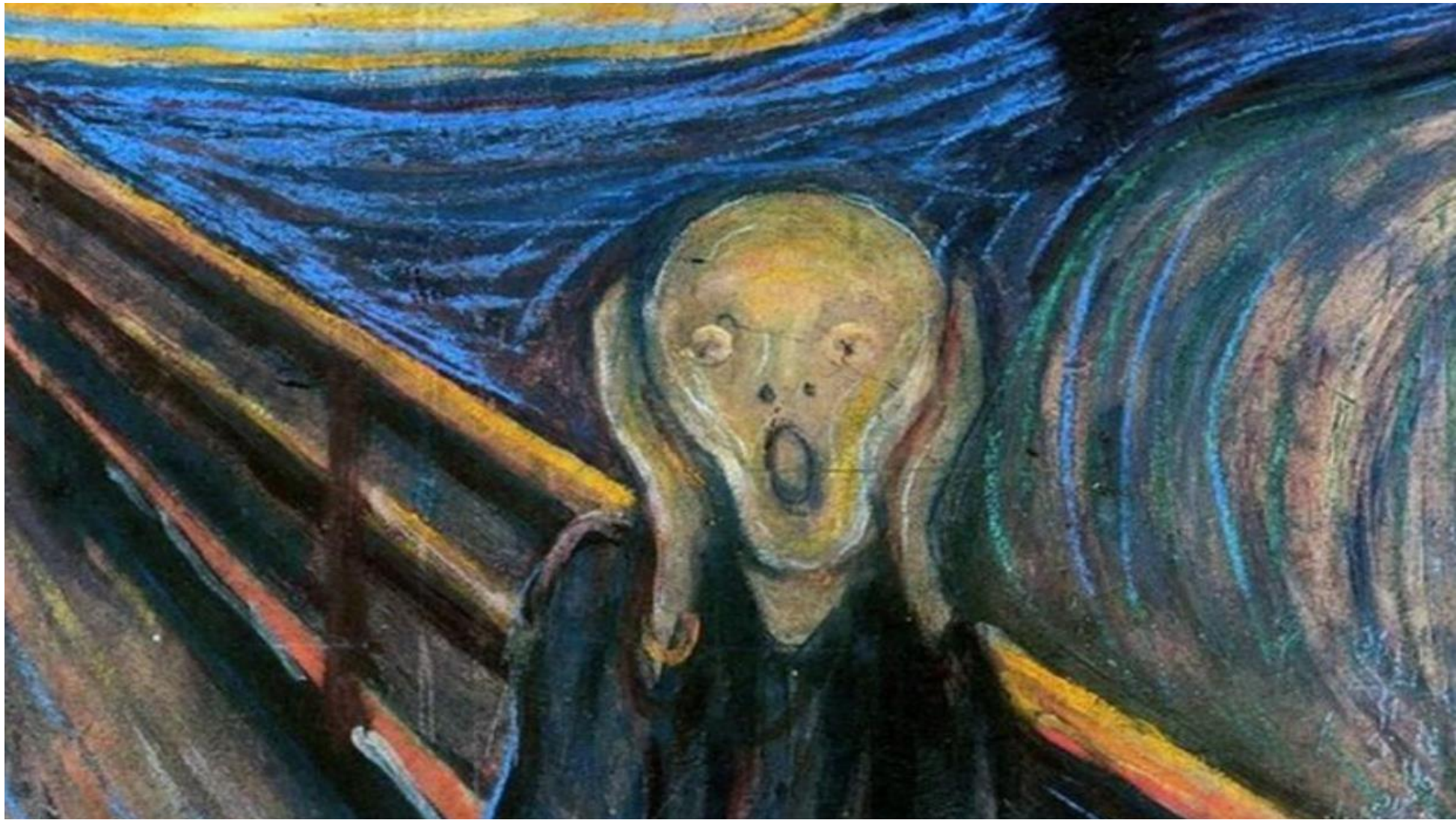
FECYT



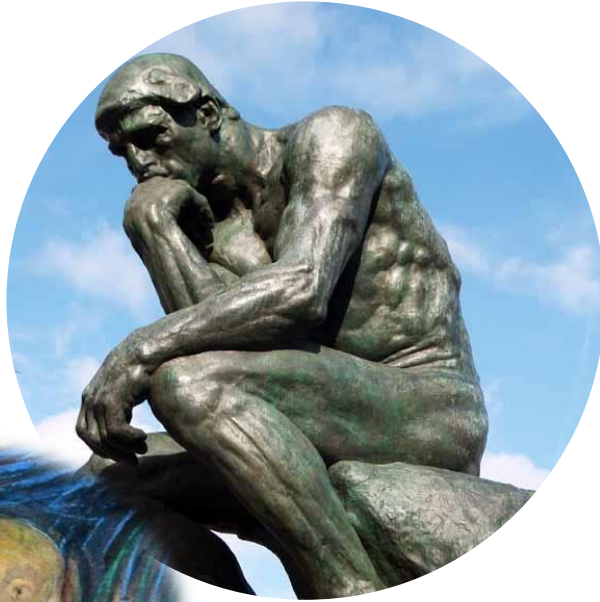
¿Qué vas a hacer  
después de...?





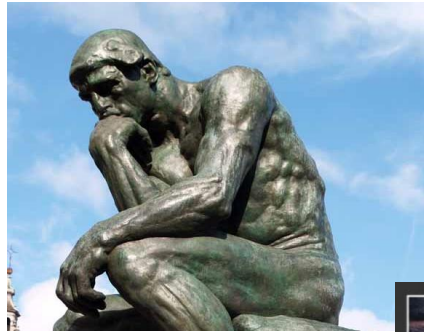


# Estadios de toma de decisión





# Estadíos de toma de decisión



# Recursos necesarios para una gestión eficiente de carrera



¿Dónde  
podemos  
encontrar  
estos  
recursos?







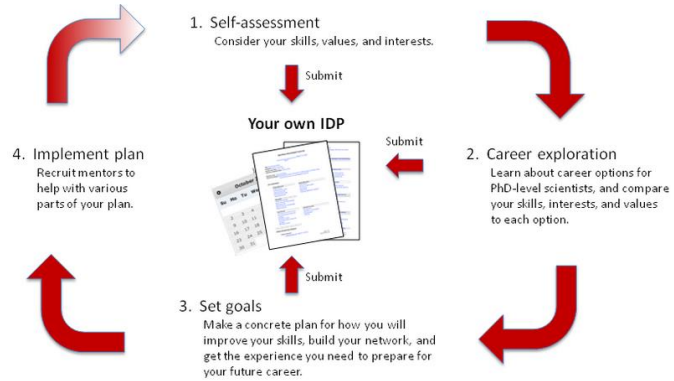




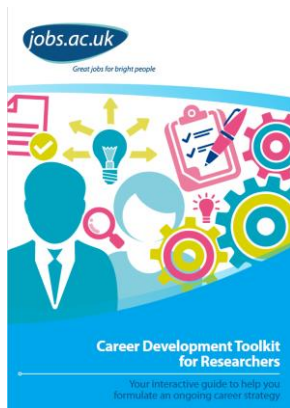


# Herramientas de autoanálisis

Habla contigo mism@



<https://myidp.sciencecareers.org>



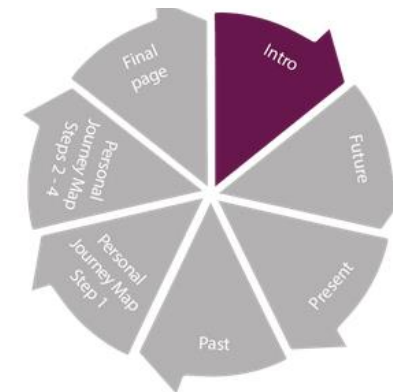
1 Stop and take stock

2 Assessing your academic career progress

3 Considering other career options

[www.jobs.ac.uk/media/pdf/careers/resources/career-development-toolkit-for-researchers.pdf](http://www.jobs.ac.uk/media/pdf/careers/resources/career-development-toolkit-for-researchers.pdf)

## Talent Development Suite



<https://science-stories.ch/tds/>



# Herramientas de autoanálisis

Habla contigo mism@



**Career development resources for researchers**

FIND PERSONALISED ASSISTANCE    FIND INFORMATION

NEW TO CAREER DEVELOPMENT    INDUSTRY AND ENTREPRENEURSHIP    TOOLS AND RESOURCES    POLICY RECOMMENDATIONS

<https://euraxess.ec.europa.eu/career-development/researchers>





Explora la realidad



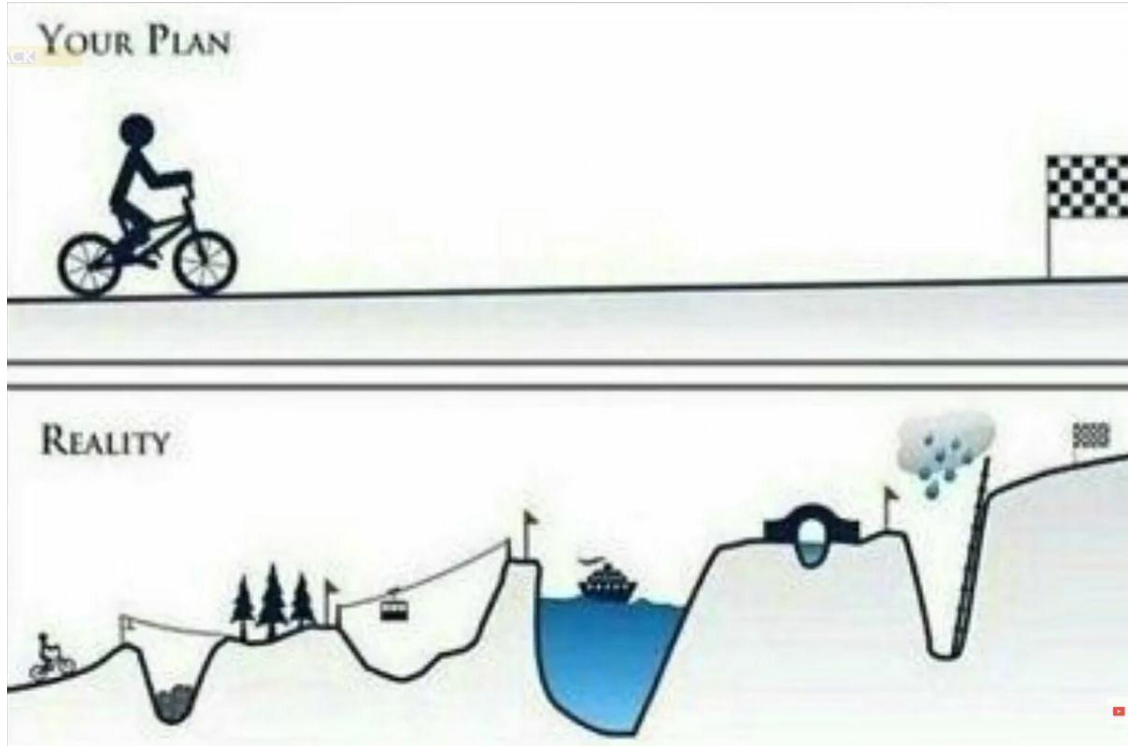
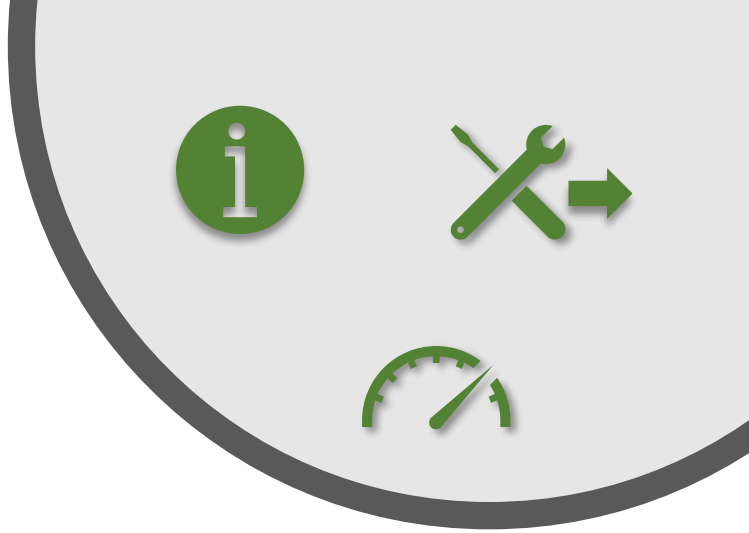


Explora la realidad





# Explora la realidad



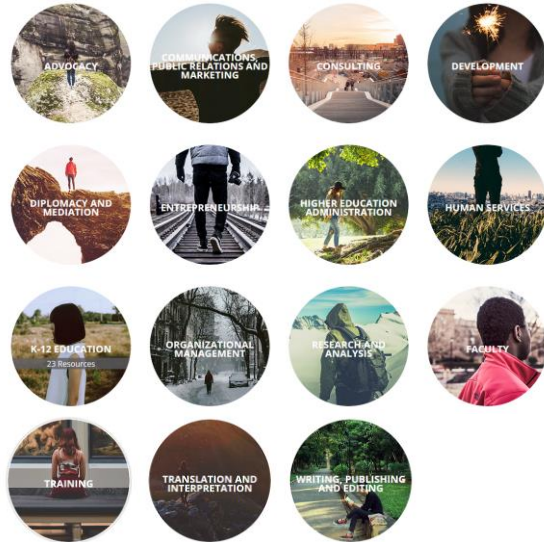




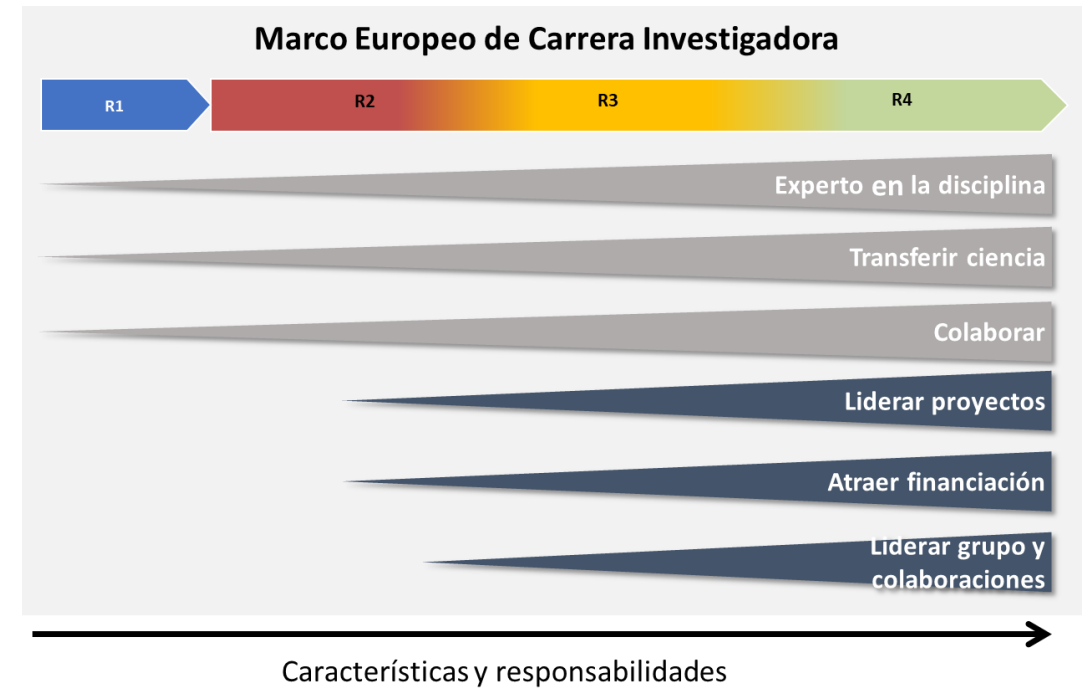
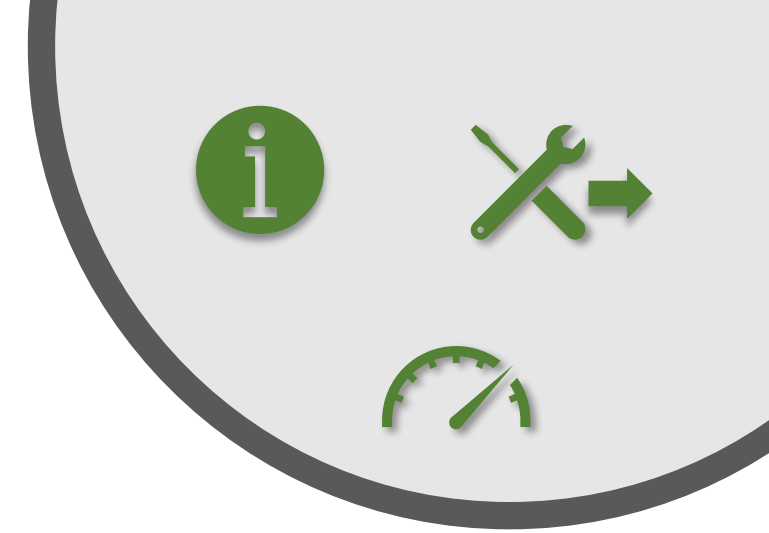
# Explora la realidad

- Información de mercado laboral (LMI)

## IMAGINE PHD



<https://www.imaginephd.com/job-families>

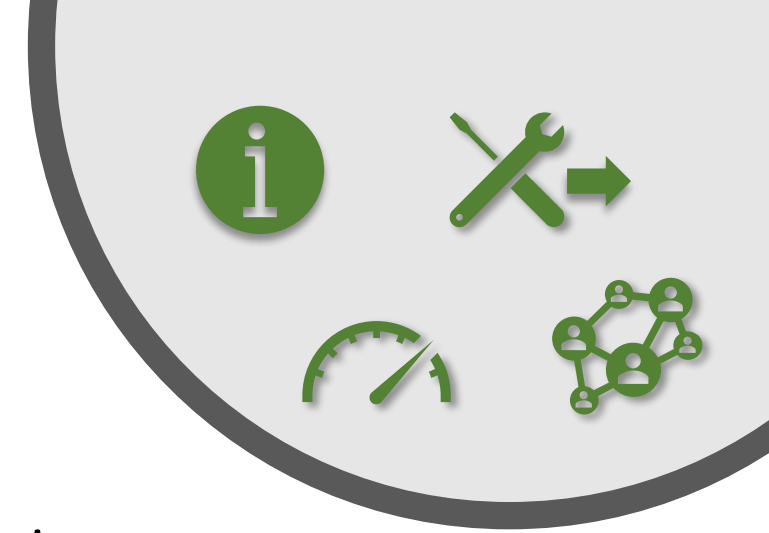


<https://euraxess.ec.europa.eu/europe/career-development/training-researchers/research-profiles-descriptors>



# Explora la realidad

Habla contigo mism@...y con los demás

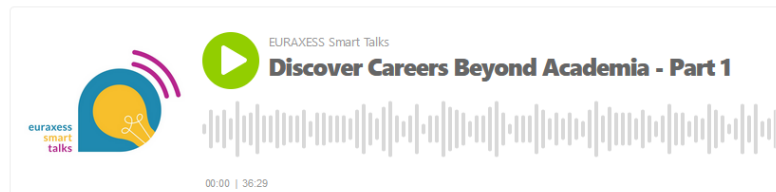


- Testimonios de Carrera

## EURAXESS Smart Talks

Discover Careers Beyond Academia - Part 1

JULY 18, 2022 MIROSLAV TRAJANOVIC SEASON 1 EPISODE 3



<https://www.buzzsprout.com/1998474>

- Eventos de carrera

- Entrevistas informativas

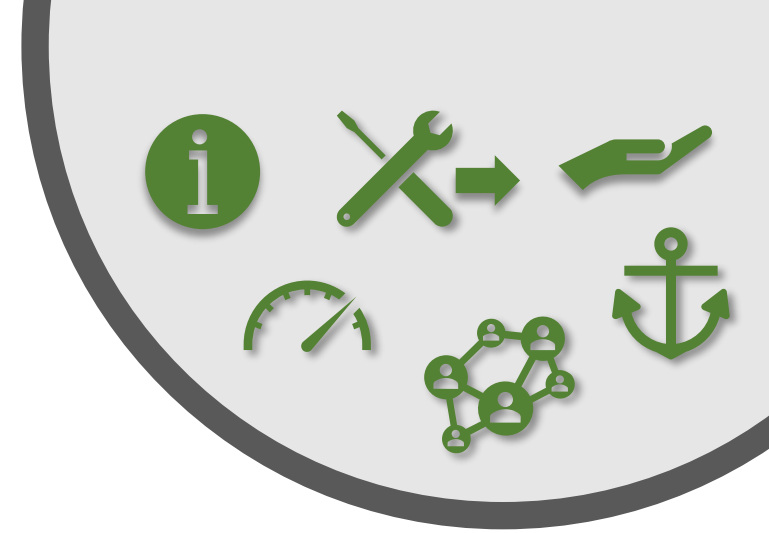
<https://www.sciencemag.org/careers/2016/08/maximizing-your-informational-interview-investment>

[Networking & career planning for scientists - tips and tricks for scientists](#)



# Explora la realidad y avanza

Habla contigo mism@...y con los demás



- Programas de mentorazgo

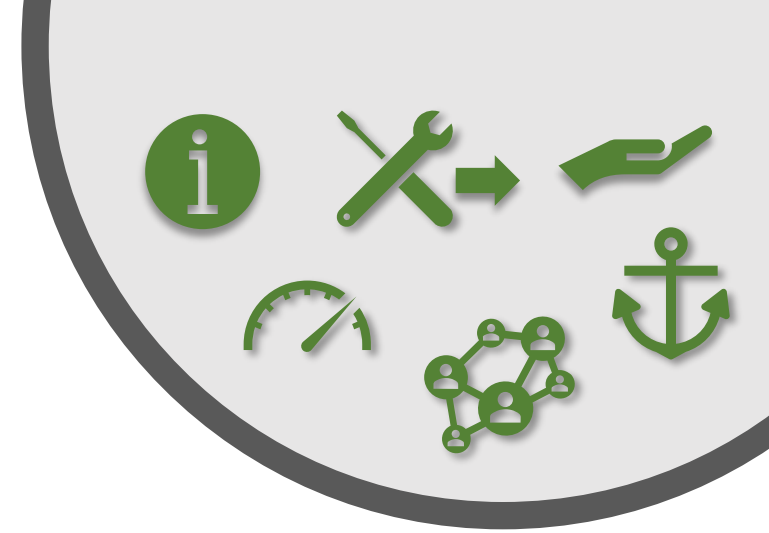






# Explora la realidad y avanza

Habla contigo mism@...y con los demás



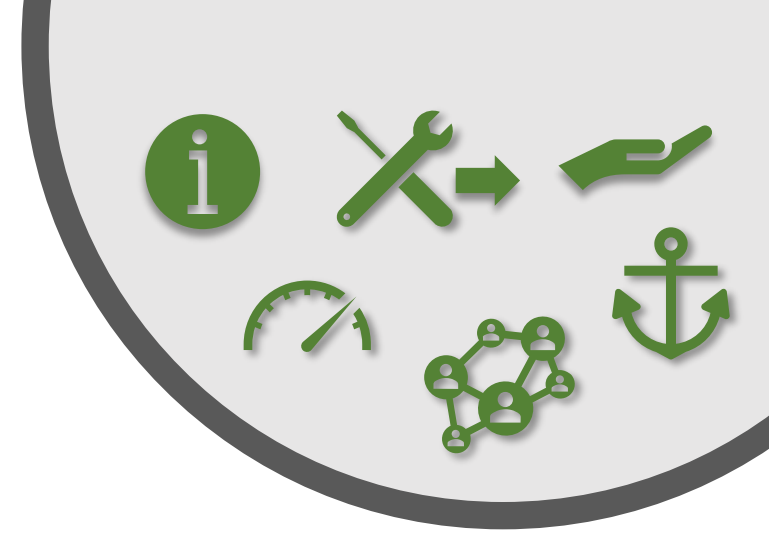
- Programas de mentorazgo





# Explora la realidad y avanza

Habla contigo mism@...y con los demás



Expectativas internas de la relación

Expectativas del mentee

Mentor ↔ Mentee

Mentee ↔ Carrera

Establecimiento de metas de la relación

Establecimiento de metas de carrera/desarrollo profesional

metas de sesión

metas globales

Corto plazo

Medio plazo

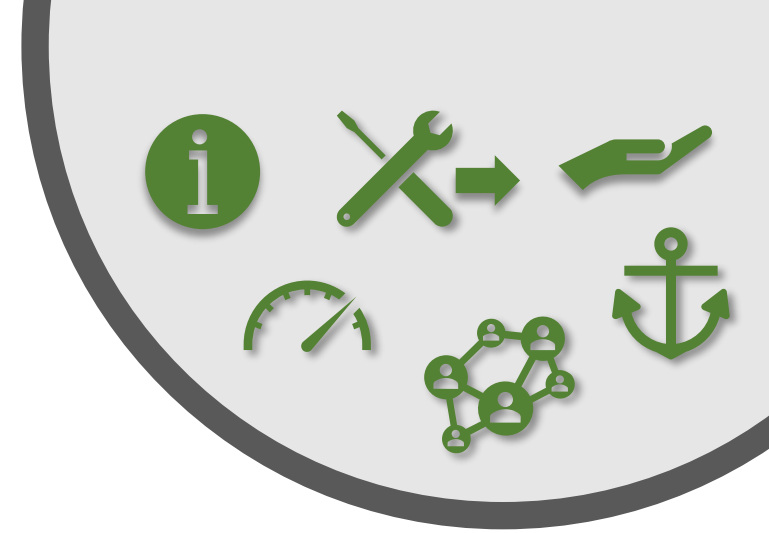
Carrera





# Explora la realidad y avanza

Habla contigo mism@...y con los demás



- × El mentorado no es un estudiante; es un profesional
- × El mentorazgo no trata sobre la búsqueda de empleo; el mentor no es un empleador
- × El mentor no es un psicólogo



El mentorazgo requiere tiempo y dedicación

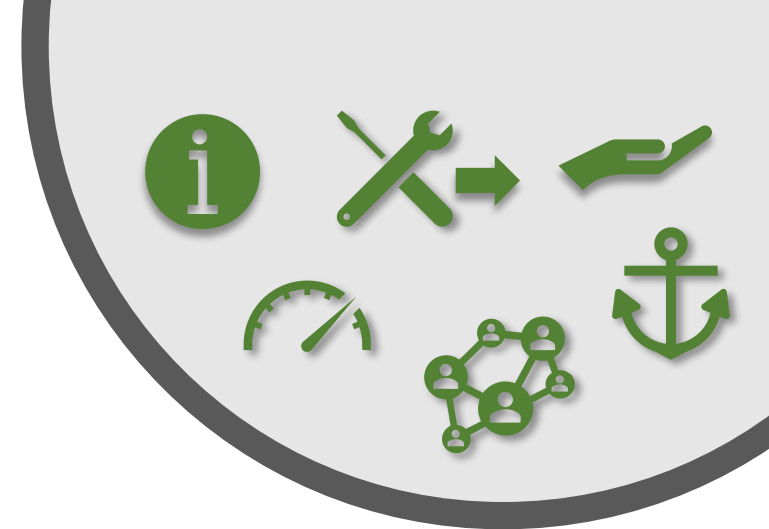






# Explora la realidad y avanza

Habla contigo mism@...y con los demás



**RESEARCHERS  
BEYOND  
ACADEMIA  
MENTORING  
PROGRAMME**  
by EURAXESS



*Have you ever received an inspiring not-so-expected piece of advice that at some point could change your life?*

<https://www.euraxess.es/spain/spain-network/euraxess-top-iv/rebeca-mentoring-programme>

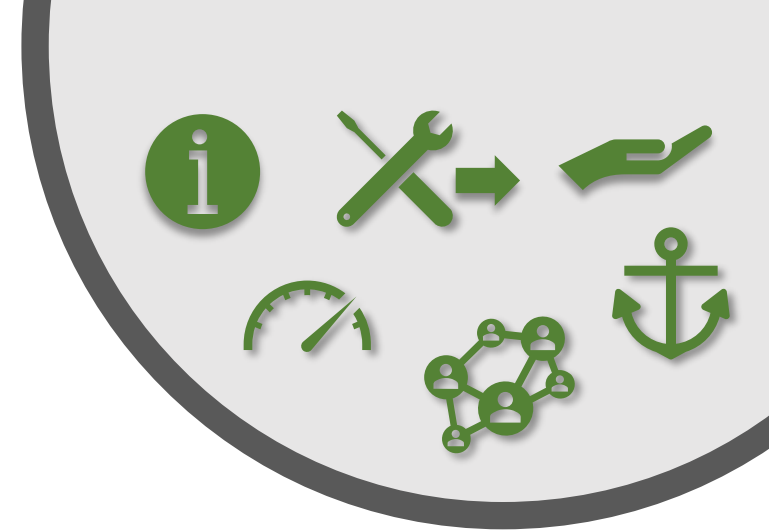


[Guía de programas mentorazgo en CTI UMyC](#)



# Explora la realidad y avanza

Habla contigo mism@...y con los demás

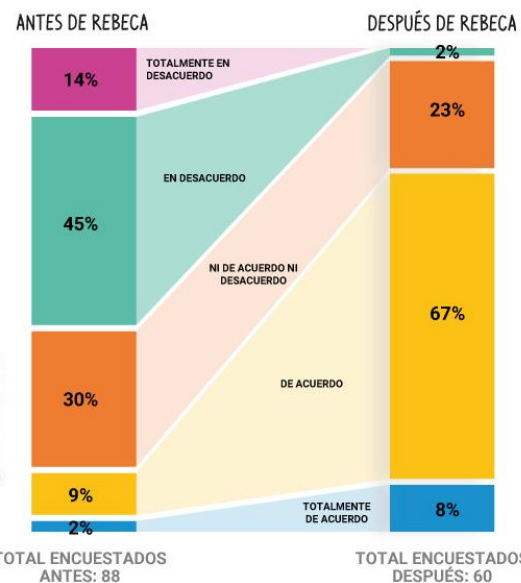


## RESEARCHERS BEYOND ACADEMIA

by euraxess 2021-2022

IMPACTO DE REBECA EN LOS JÓVENES INVESTIGADORES

TENGO UN BUEN CONOCIMIENTO DE MIS OPORTUNIDADES FUERA DE LA ACADEMIA

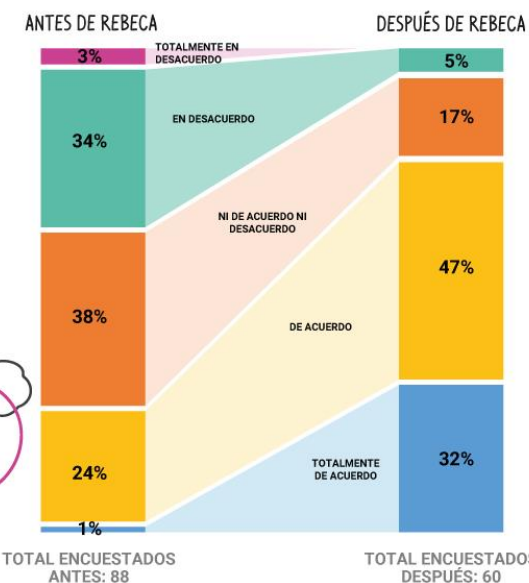
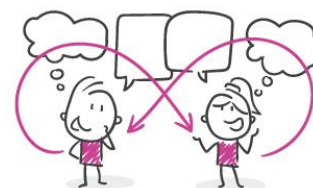


## RESEARCHERS BEYOND ACADEMIA

by euraxess 2021-2022

IMPACTO DE REBECA EN LOS JÓVENES INVESTIGADORES

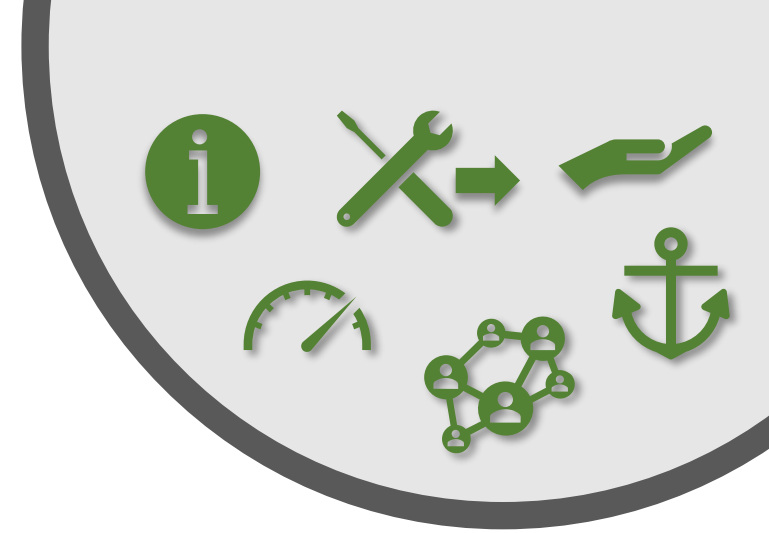
SOY CAPAZ DE RECONCER MIS CONOCIMIENTOS Y HABILIDADES ÚTILES PARA TRABAJAR EN AMBIENTES NO ACADÉMICOS





# Explora la realidad y avanza

Habla contigo mism@...y con los demás

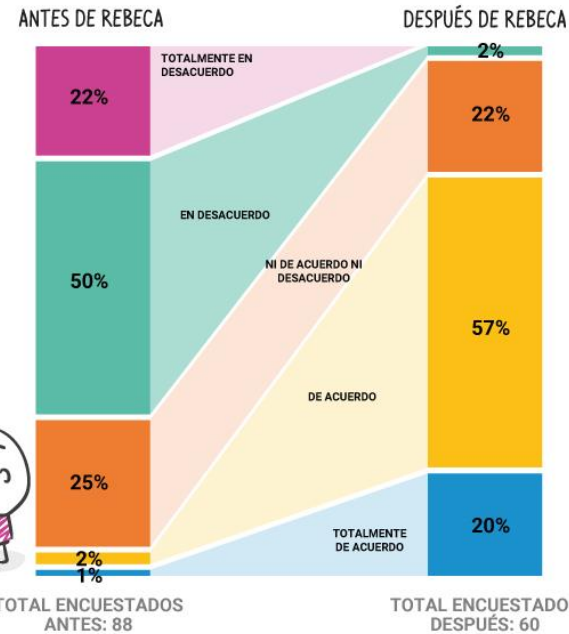


**RESEARCHERS  
BEYOND  
ACADEMIA**

by **euraxess**  
**2021-2022**

IMPACTO DE REBECA EN LOS  
JÓVENES INVESTIGADORES

SÉ CÓMO Y DÓNDE BUSCAR  
RECURSOS Y CONEXIONES







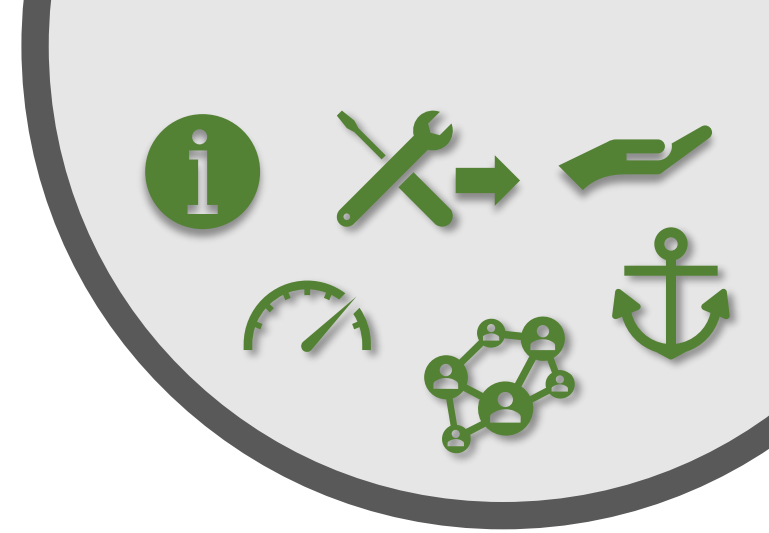
# Crea la oportunidad

Habla contigo mism@...y con los demás

- Refuerza tus habilidades



<https://euraxess.ec.europa.eu/career-development/researchers/virtual-webinars-trainings>

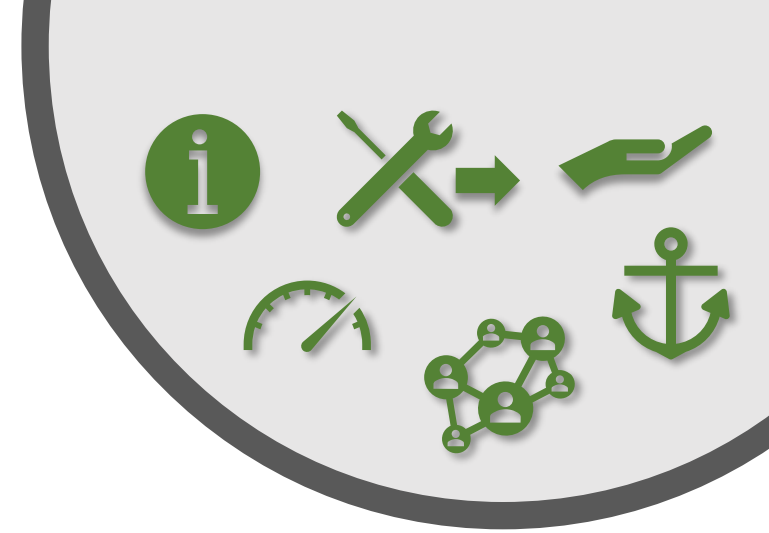




# Crea la oportunidad

Habla contigo mism@...y con los demás

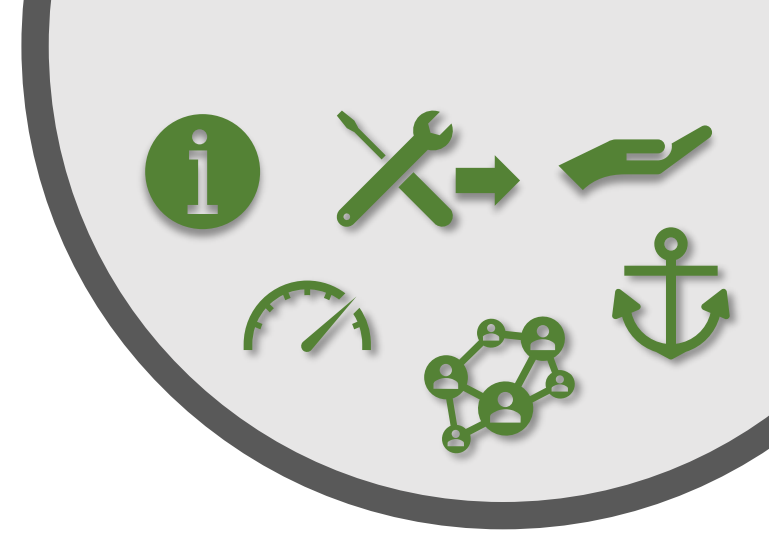
- Mantente conectado
  - Redes de contactos
  - Eventos / Ferias de empleo

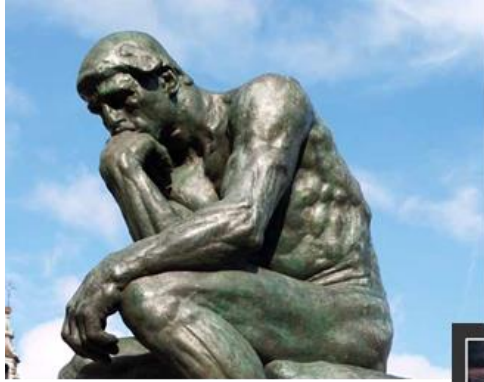




# Crea la oportunidad

- Persigue tus metas



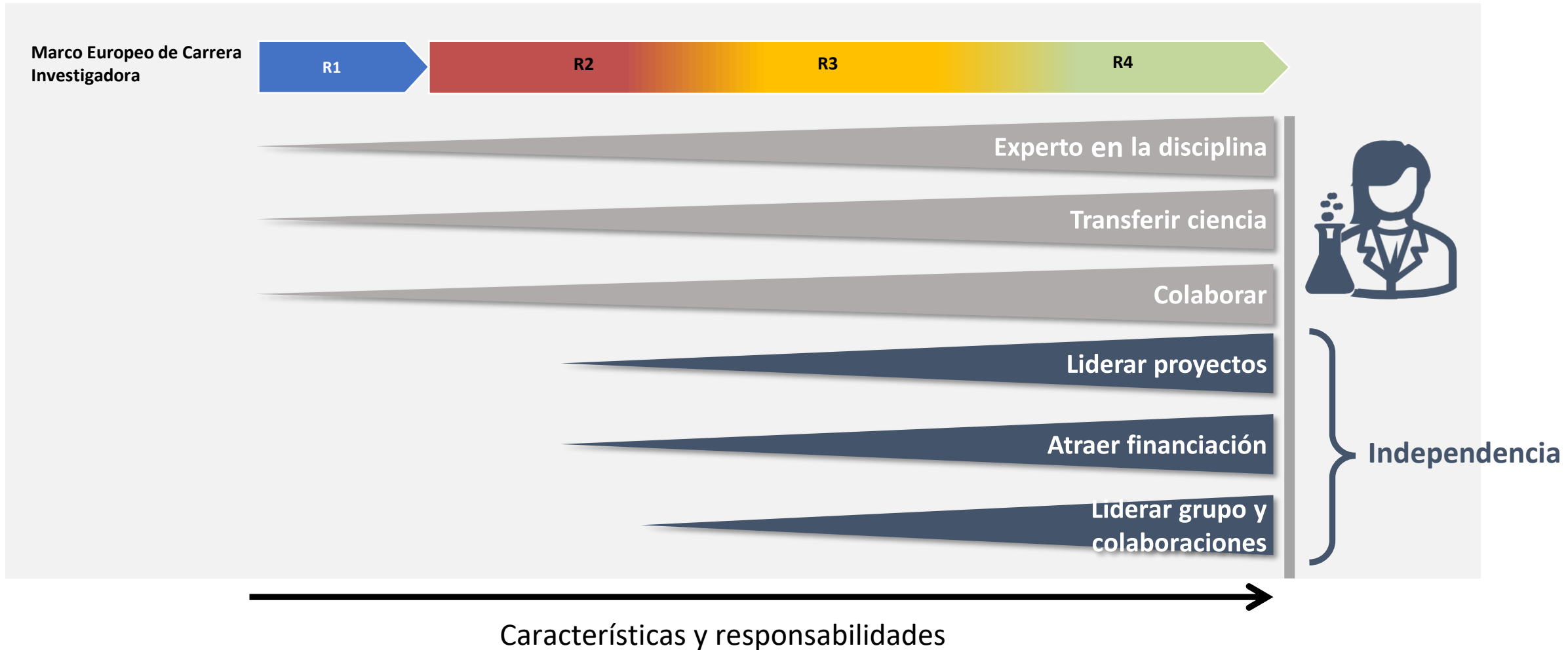




# Movilidad investigadora

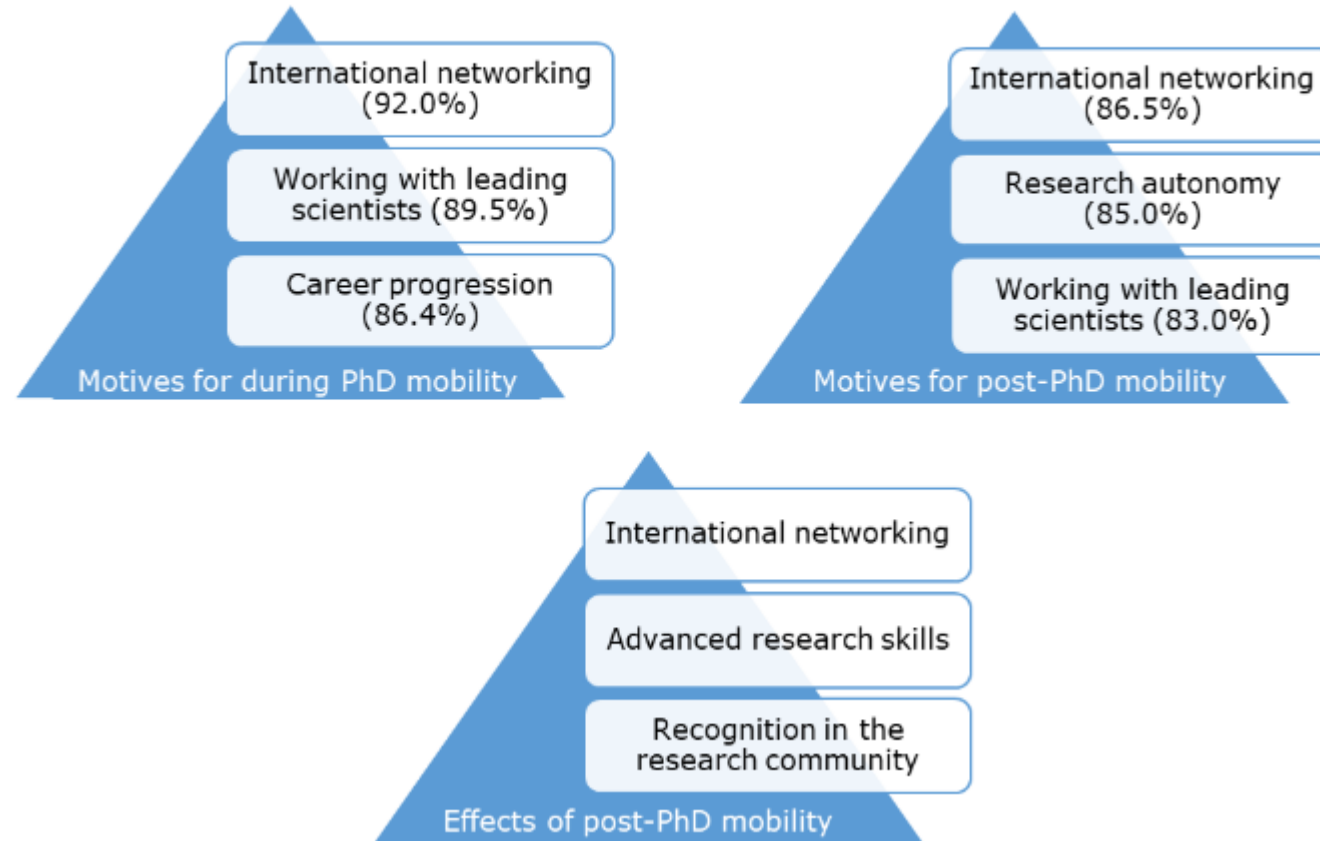


# Movilidad investigadora durante la carrera académica



# Movilidad investigadora durante la carrera académica

## Drivers for international mobility



# Movilidad investigadora durante la carrera académica



Generación de redes colaborativas



Circulación y distribución de técnicas y conocimiento



Incremento y distribución de la generación de ideas



Interculturalidad

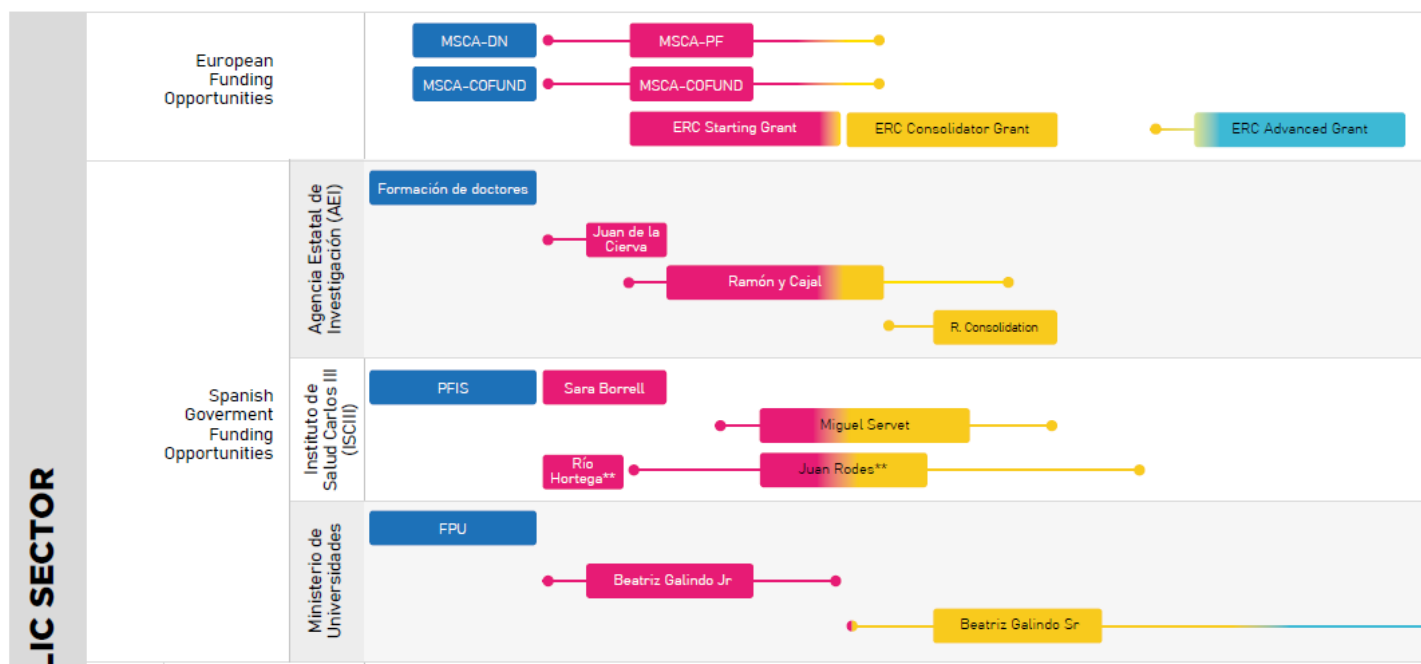
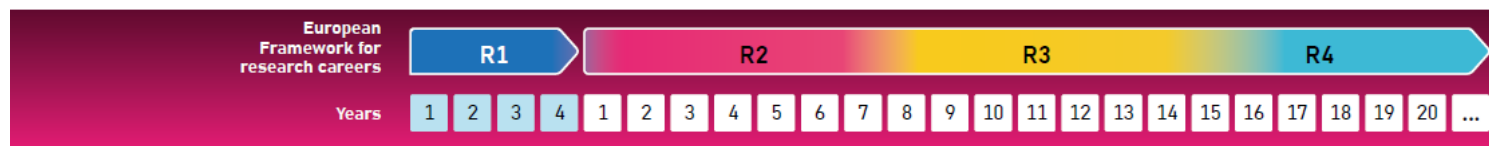


# Movilidad investigadora durante la carrera académica

Criterios importantes para la financiación al investigador



## FUNDING OPPORTUNITIES FOR SPANISH RESEARCH AND INNOVATION SECTOR



<https://www.euraxess.es/spain/funding-opportunities-spain>

# Movilidad investigadora durante la carrera académica

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Source: Shutterstock.com

## Postdoctoral Fellowships 2023 CALL

Opening:  
**12 • 04 • 2023**

Closing:  
**13 • 09 • 2023**

Budget:  
**€260.47 million**

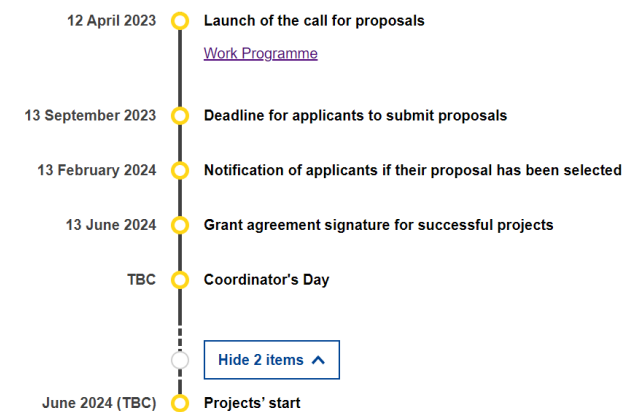


**MSCA**  
Marie Skłodowska-Curie **Actions**  
*Developing talents, advancing research*

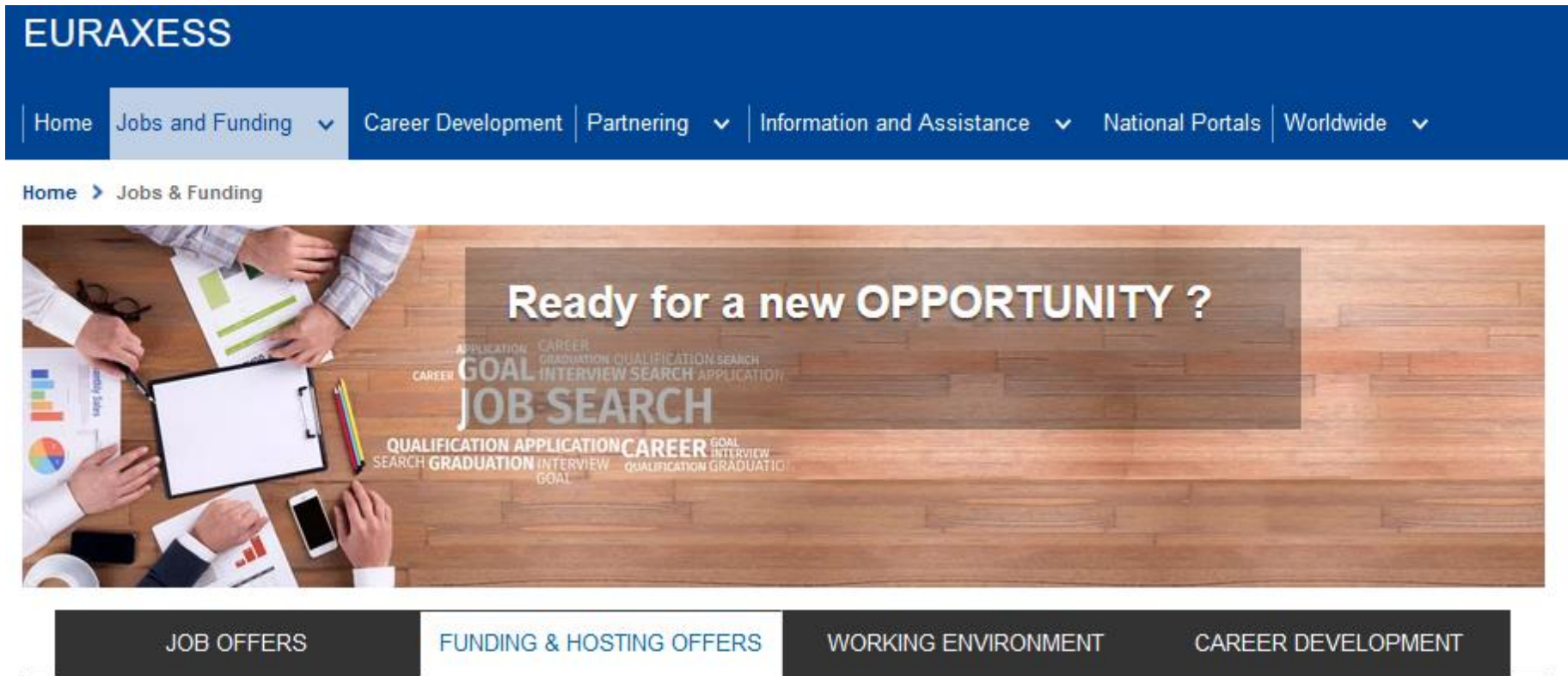


 <p><b>Formación, habilidades y desarrollo de carrera del personal investigador</b></p>	 <p><b>Ciencia excelente en todos los dominios (bottom-up)</b></p>	 <p><b>Movilidad internacional, intersectorial e interdisciplinar</b></p>
 <p><b>Condiciones de contratación y trabajo atractivas</b></p>	 <p><b>Estructurar impacto sobre las organizaciones a través de programas excelentes</b></p>	 <p><b>Colaboración con industria y PYMEs</b></p>

## HORIZON-MSCA-2023-PF-01



# Movilidad investigadora durante la carrera académica



The image shows a screenshot of the EURAXESS website. At the top, there is a dark blue navigation bar with the EURAXESS logo on the left and a menu with the following items: Home, Jobs and Funding (with a dropdown arrow), Career Development, Partnering (with a dropdown arrow), Information and Assistance (with a dropdown arrow), National Portals, and Worldwide (with a dropdown arrow). Below the navigation bar, there is a breadcrumb trail: Home > Jobs & Funding. The main content area features a large banner with a wooden background and an overhead view of people's hands working at a table with documents, a laptop, and a smartphone. The banner text reads "Ready for a new OPPORTUNITY ?" in large white letters, with "JOB SEARCH" in a smaller font below it. A word cloud of terms related to job search and career development is positioned behind the text. At the bottom of the banner, there are four dark grey buttons with white text: "JOB OFFERS", "FUNDING & HOSTING OFFERS", "WORKING ENVIRONMENT", and "CAREER DEVELOPMENT".

EURAXESS

Home | Jobs and Funding ▾ | Career Development | Partnering ▾ | Information and Assistance ▾ | National Portals | Worldwide ▾

Home > Jobs & Funding

Ready for a new OPPORTUNITY ?

JOB SEARCH

JOB OFFERS | FUNDING & HOSTING OFFERS | WORKING ENVIRONMENT | CAREER DEVELOPMENT

# Movilidad investigadora durante la carrera académica



Log out





















Spain 

Home | Jobs & Funding | Information & Assistance | Spain Network | Science in Spain | Services | National Portals | Taxes

Home > EURAXESS around the world

## EURAXESS around the world

### Explore EURAXESS National Portals

 Albania	 Armenia	 Austria
 Belgium	 Bosnia and Herzegovina	 Bulgaria
 Croatia	 Cyprus	 Czech Republic
 Denmark	 EURAXESS	 Estonia
Extranet	 Faroe Islands	 Finland
 France	 Georgia	 Germany
 Greece	 Hungary	 Iceland

Austria 

Home | Jobs & Funding | Career Development | Information & Assistance | Research in Austria | Austria Network | National Portals

Home > Research in Austria



## Research in Austria

### INFORMATION AND QUICK LINKS

#### About EURAXESS Denmark

EURAXESS Denmark and its portal give on-line information and practical assistance for researchers coming to Denmark.

A national network has been formed in order to provide researchers coming to Denmark with the best possible assistance. In Denmark there are eight EURAXESS Contact Points that are part of the European network EURAXESS and follow the EURAXESS Declaration of Commitment. All eight Contact Points are placed at universities.

The EURAXESS Contact Points support the staff of their own institution by providing assistance to researchers coming to or leaving the institution. They offer hands-on-support on matters with mainly a local dimension and are often in face-to-face contact with the researchers and/or their families.

Euraxess Denmark has a steering group with representatives from the eight Contact Points, the Danish Agency for Science and Higher Education, and the Danish Agency for Labour Retention and International Recruitment.

LIVING AND WORKING IN DENMARK +

OUTGOING RESEARCHERS +

THE DANISH RESEARCH AND INNOVATION LANDSCAPE +

RESEARCH FUNDING -

The Danish Agency for Science, Technology, and Innovation (Ministry of Higher Education and Science) serves and oversees a wide range of independent councils, commissions and committees which fund, support and advise on research and innovation. The most significant ones are [The Danish Council for Independent Research](#) and [Innovation Fund Denmark](#). Read more about the [Danish Advisory and Funding System](#) and [Danish research policy](#) and the [European Commission's Research and Innovation](#).

<https://www.euraxess.es/choose-your-country>





# Aspectos prácticos de la movilidad

- Condiciones de entrada: visas (cálculo realista de la estancia)
- Condiciones de la relación empleado-empleador
- Impuestos: Seguridad social, planes de pensiones, e impuestos generales
- Costes de vida y alojamiento
- Sistema sanitario
- Sistema educativo
- Actividades de integración socio cultural
- Actividades de integración laboral para pareja





Gracias por  
vuestra atención

