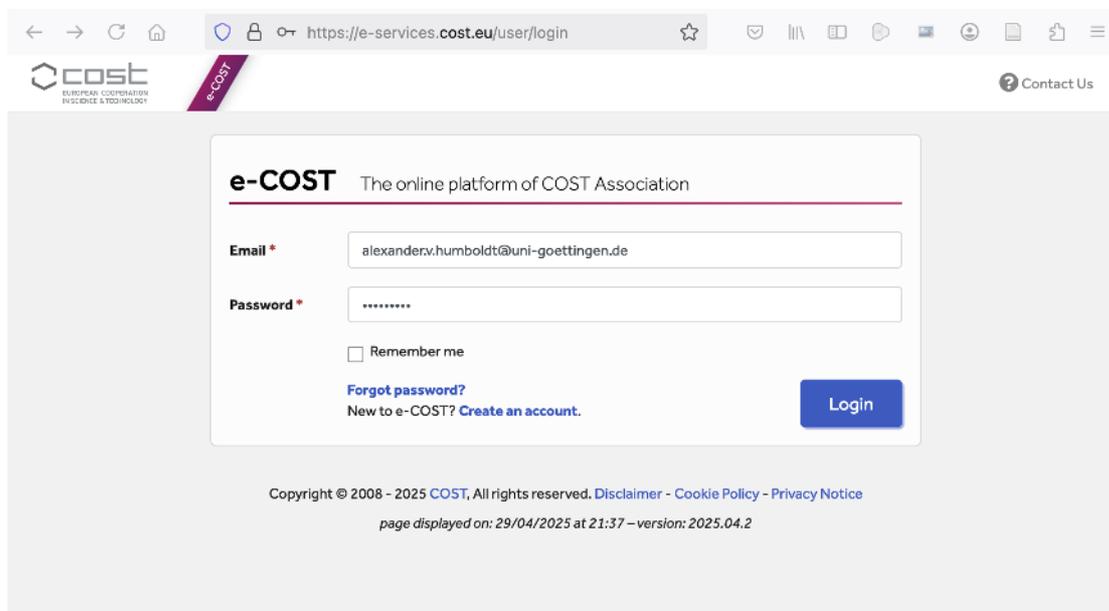


## Step 1:

Go to e-cost => <https://e-services.cost.eu/user/login>

If you have not yet created an account, please do so by clicking on “Create an account”.



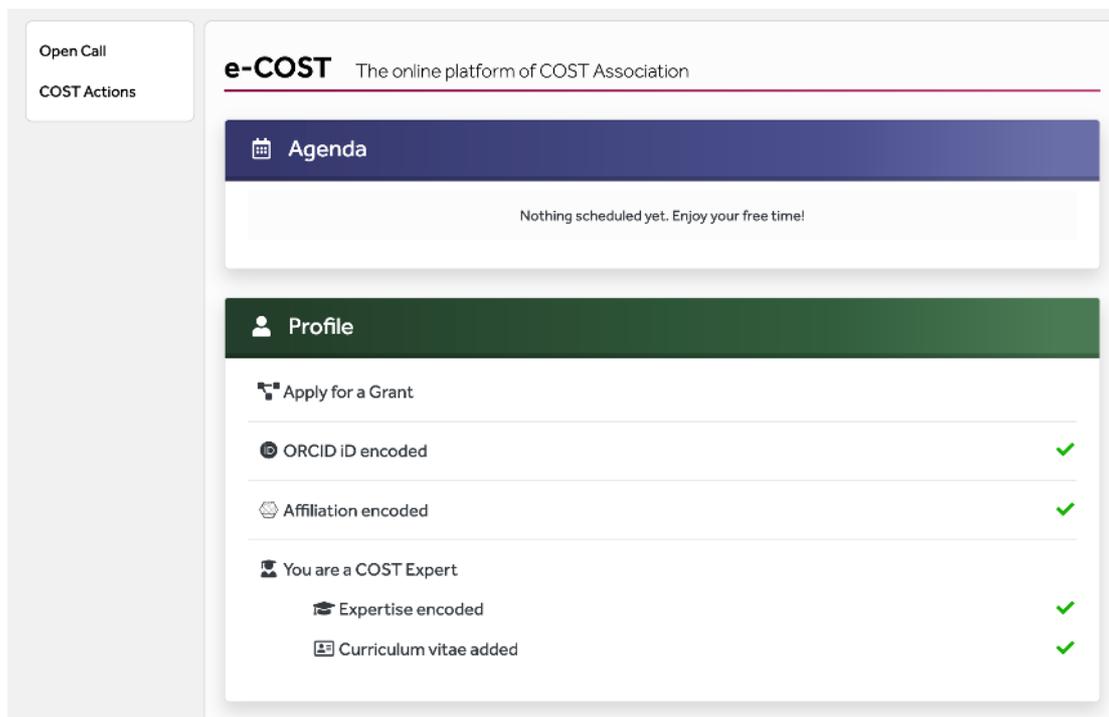
The screenshot shows the e-COST login page in a web browser. The browser's address bar displays the URL <https://e-services.cost.eu/user/login>. The page header includes the e-COST logo and a 'Contact Us' link. The main content area features a login form with the following elements:

- e-COST** The online platform of COST Association
- Email \*** Input field containing `alexanderv.humboldt@uni-goettingen.de`
- Password \*** Input field with masked characters (dots)
- Remember me
- [Forgot password?](#)
- [New to e-COST? Create an account.](#)
- Login** button

At the bottom of the page, there is a copyright notice: Copyright © 2008 - 2025 COST, All rights reserved. [Disclaimer](#) - [Cookie Policy](#) - [Privacy Notice](#). Below this, it states: *page displayed on: 29/04/2025 at 21:37 – version: 2025.04.2*

## Step 2:

Click on “Apply for a grant”



The screenshot shows the e-COST user profile page. The page header is identical to the login page. On the left side, there is a sidebar with 'Open Call' and 'COST Actions' buttons. The main content area is divided into two sections:

- Agenda**: A section with a calendar icon and the text 'Nothing scheduled yet. Enjoy your free time!'
- Profile**: A section with a user icon and a list of profile completion items, each with a green checkmark indicating it is complete:
  - Apply for a Grant**
  - ORCID iD encoded** ✓
  - Affiliation encoded** ✓
  - You are a COST Expert**
    - Expertise encoded** ✓
    - Curriculum vitae added** ✓

**Step 3:**  
Click on “Start a Grant Application”

Home / User Profile

User Profile  
Personal Details  
Affiliations  
Scientific Expertise  
Education Details  
**Grant Applications**  
Curriculum Vitae  
Bank Accounts  
Email Addresses  
Change Password  
My e-Signatures  
My Invitations  
My Honoraria  
My Notifications

## My Grant Applications

Please carefully read the [Grant Awarding User Guide](#) for more details on our grant application process

[Start a Grant Application](#)



You still haven't applied for a grant.

European Cooperation in Science and Technology (COST) creates open spaces where people and ideas can grow.

**Step 4:**  
Select “Short Term Scientific Mission” and click on “Apply”

Home / COST Actions / My Grant Applications

COST Actions  
**My Grant Applications**  
Grant Applications Monitoring

## Apply for a Grant

### Mobility of researchers and innovators

#### Short-Term Scientific Mission (STSM)



Visit of a host organization located in a different country than the country of affiliation by a Researcher or Innovator for the specific work to be carried out and for a determined period of time. The grantee receives funding for implementing a project with an international team and gains new knowledge or access to equipment or techniques not available in the home institution.

[Apply](#)

#### Virtual Mobility (VM)



Financial support for Researchers or Innovators (with a primary affiliation to an institution located in a COST Full or Cooperating Member country or from a COST [Near Neighbour Country](#)) to foster collaboration in a virtual setting, to exchange knowledge, learn new techniques, etc.

[Apply](#)

## Step 5:

Fill in the required fields with your data. After you are done click on “Save Application”

COST Actions

My Grant Applications

Grant Applications Monitoring

COST Action \*

You can apply only to COST Actions for which you are eligible for the selected grant.

Grant period \*

A Grant Period is the duration defined in the Action Grant Agreement during which the COST Action budget shall be spent in accordance with the Work and Budget Plan. A Grant Period runs for one year unless stated otherwise. Any grant application must start and end within the duration of a single Grant Period.

Grant title \*

Amount requested \*

EUR

Bank account \*

Start date requested \*

dd . mm . yyyy

End date requested \*

dd . mm . yyyy

Host institution name \*

Host institution city \*

Host institution country \*

Choose a country

Host institution must be located in a different country than your country of affiliation

Host institution url \*

Host contact person name \*

Host contact person email \*

Screenshot

## Step 6:

Upload your grant application (template here: [https://www.cost.eu/STSM\\_GrantApplication](https://www.cost.eu/STSM_GrantApplication)) and the confirmation letter of your host. Then click on “Submit application”

COST Actions

My Grant Applications

Grant Applications Monitoring

### Supporting documents

**i** The following supporting document(s) are required to submit the application: x

- Grant application **Required**
- Confirmation by host **Required**

**Need a template?** You can **download** it here:

[Download template for Grant Application](#)

**Upload document**

Title / Description \*

Document type \*

Grant application

File to upload \*

Browse

You can upload files up to 10 MB each. Supported file types are: pdf, png, jpg, jpeg, gif, doc, docx, odf, xls, xlsx.

[Upload document](#)