



UNIVERSIDADE DE ÉVORA

CHRC -Comprehensive Health Research Centre

POST-DOCTORAL SCHOLARSHIP – 1 VACANCY

Project “DESERT: Diet and Exercise Strategies for Equity in Rural Territories.”

5th of April of 2024

A call for tenders is open for one Post-Doctoral Scholarship within the scope of the project DESERT: Diet and Exercise Strategies for Equity in Rural Territories, with the reference ERA4HE/0002/2023, financed by national funds through FCT/MCTES Operational Program, under the following conditions:

Scientific area: Health Sciences

Admission requirements:

- PhD in Human Kinetics;
- Master's or Bachelor's degree in Psychomotor Rehabilitation / Sport Sciences or similar field;
- Experience with elderly people.

Preferred Factors:

- Experience in physical fitness assessment instruments;
- Experience with laboratory assessment instruments (i.e., DXA; Dynamometer Isokinetic dynamometer; force platform, accelerometry);
- Development, reliability and validation of assessment instruments;
- Development of physical exercise intervention programs;

Regarding the “BIPD” (postdoctoral scholarship), in terms of the requirements to be verified for their attribution (article 7 of the FCT Research Grant Regulation no. 950/2019) the need for a doctoral degree to have been obtained in the 3 years prior to the date of submission of the application to the scholarship and, in terms of its execution, the fact that it can only be renewed for a maximum period of 3 years.



UNIVERSIDADE DE ÉVORA

Work plan:

1 - Define the concept of exercise deserts in rural areas, and operationalize and test a protocol to identify exercise deserts in rural areas in Europe. In order to guarantee the heterogeneity of the information, participants should be selected from different age groups, genders, ethnic groups and other characteristics, which may vary according to the country and the specific rural region of each nation taking part in the project.

2 - Describe the equity profile of physical exercise deserts in rural areas. The indicators will be developed by the project team as part of WP3, based on existing evidence, evidence-based recommendations for physical activity and people's experience of undertaking (or not undertaking) physical exercise in physical activity deserts.

3 - Evaluate a sub-sample in terms of physical fitness and physical activity.

Applicable legislation and regulations: The granting of the Research Scholarship will be carried out upon the signing of a contract between the University of Évora and the scholarship holder, according to the version in **Annex I**, pursuant to the Research Scholarship Statute (Law No. 40/2004 of August 18 and Decree-Law No. 123/2019 of August 28) and in accordance with the legislation and Regulation of Research Grants of the Foundation for Science and Technology, IP in force, regulation nº950/2019 of December 16, 2019: <https://files.diariodarepublica.pt/2s/2019/12/24100000/0009100105.pdf> and other applicable rules.

Place of work: The work will be developed at Comprehensive Health Research Centre (CHRC) of the University of Évora, under the under the general coordination of the Administrator of the University of Évora and the scientific guidance of the Full Professor Armando Manuel Mendonça Raimundo, who must draw up an opinion on the final activity report of the scholarship (**Annex II**), according to the draft in **Annex III**.

Duration of the scholarship(s): The scholarship will have a duration of **12 months**, starting on **May of 2024**. The scholarship contract may be renewed up to a maximum of **36 months** or until the end of the funding project's budget allocation.

Amount of monthly maintenance allowance: The amount of the scholarship corresponds to € 1801,00€, according to the table of scholarships awarded directly by FCT, I.P. in Portugal (https://www.fct.pt/wp-content/uploads/2024/02/Tabela-de-Valores-SMM_atualizacao-2024.pdf), payments being made monthly, by check or bank transfer.

Selection methods: The selection methods to be used will be the following:

The evaluation takes into account the applicant's merit, Curriculum vitae and interview.



UNIVERSIDADE DE ÉVORA

Applications deemed admissible will be scored on a scale of (0-100%) on each of the following evaluation criteria:

Criterion A - Candidate's Merit with the weight of 30%;

Sub-criterion A1. Candidate's academic background, which includes the candidate's field of study and academic grades. In case the candidate has a degree and a master's degree, the classification will be the average between the two degrees; in case the master's has been evaluated qualitatively, an increase of two points will be attributed to the final classification of the 1^o degree (restricted to a maximum limit of 20 values), with a weight of 30%;

Criterion B – Assessment of applicant's Curriculum vitae (50%);

Sub-criterion B1 – Scientific outputs (indicators), including articles and abstracts published in scientific journals in the area of Human Motricity and similar, books and book chapters, as well as participation and scientific meetings, with a weight of 30%.

Sub-criterion B2 - Participation in research projects in Human Motricity or related areas, with a weight of 20%.

Criterion C - Interview aimed at evaluating the potential for development and scientific production of each candidate, in the area of Human Motricity or related, with a weight of 20%.

For the purposes of the grant decision, applicants will be ranked according to the weighted average of the classification obtained in each of the three criteria, translated by the following formula:

$$\textit{Final Classification} = (30\% \times A) + (50\% \times B) + (20\% \times C)$$

For tie-breaking purposes, candidates will be ranked on the basis of the marks awarded for each of the evaluation criteria in the following order of precedence: criterion C, criterion A, criterion B.

Composition of the Selection Jury:

President: Prof. Doutor Armando Manuel Mendonça Raimundo

1^o Vogal – Prof. Doutor Jorge Duarte dos Santos Bravo

2^o Vogal – Prof. Doutor José Alberto Frade Martins Parraça

1^o substitute – Prof. Doutor Elsa Cristina Carona de Sousa Lamy

2^o substitute – Prof. Doutor José Francisco Filipe Marmeleira

Advertising/notification of results: The final results of the evaluation will be publicized, through an ordered list, by final grade obtained posted in a visible and public place in the facilities of the School of Health and Human Development of the University of Évora, being the candidate approved notified through email.



UNIVERSIDADE DE ÉVORA

To ensure the right of prior hearing of interested parties, the Final Classification project will be announced by any written means to all interested parties.

After communicating the provisional list of the results of the evaluation, candidates have a period of 10 working days to express their opinion in a preliminary hearing of interested parties.

Application deadline and submission of applications: The tender is open from 5st April to 19th April of 2024 and the results of the selection will be published by 24th April of 2024.

Applications must be formalized, obligatorily, by sending an application letter with the following documents: Curriculum Vitae, certificate of qualifications and motivation letter).

For the purposes of application, the evidence may be replaced by a declaration of honor signed by the candidate, but the failure to demonstrate that evidence, in the contracting phase, possession of the required degree on the deadline for application or the non-presentation of proof of enrollment in the study cycle or non-degree course, for scholarships with this component, imply the cancellation of the candidate's application.

Academic degrees obtained in foreign countries require registration by a Portuguese Institution in accordance with Decree-Law no. 66/2018, of August 16 and Ordinance No. 33/2019, of January 25th.

The presentation of the certificate is mandatory for the signing of the contract. More information can be obtained at: <https://www.dges.gov.pt/pt/pagina/recognition?plid=374>

Applications must be sent by email to:

Prof. Doutor Armando Manuel Mendonça Raimundo,
CHRC University of Évora
E-mail: ammr@uevora.pt



UNIVERSIDADE DE ÉVORA

ANNEX I
MINUTE SCHOLARSHIP CONTRACT

Between,

FIRST PARTY: The _____ (name of organisation), com sede em _____ with registered office at _____ (address of registered office of organisation), with tax number _____, represented in this act by _____ (name of representative of organisation), in the capacity of _____ (Director/President) of the contracting/financing organisation, hereinafter referred to as the "First Party", and

SECOND PARTY: _____ (name of grantee), holder of ID card/passport no. _____ (ID card/passport no.) and taxpayer no. _____ (taxpayer no.), resident at _____ (address of grantee), hereinafter referred to as the "Second Party".

whereas,

The application requirements for the award of the scholarship under the call _____ (call identification / call notice reference) have been met, the process of evaluating the candidates and publicising the results has been completed and the required documentation has been received.

This scholarship contract is entered into in good faith and mutually accepted, under the terms of the Research Fellow Statute, and is governed by the following clauses:

FIRST CLAUSE

The First Party undertakes to award the Second Party a grant _____ (type of grant and reference of the call for tenders), within the scope of the project _____ (type of project) / R&D unit with the reference _____ (reference of the project or unit) and with the title _____ (title),

(Reference should be made to the sources of funding for the project/unit).

- with 100% OE funding - Mention of funding: financed by the Foundation for Science and Technology, I.P./MCTES through national funds (PIDDAC)

- With FEDER co-financing - Mention of funding:

Financed by the European Regional Development Fund (ERDF) of the European Union, through (indicate which Operational Programme it finances) Portugal 2030 or other programmes that may succeed it) starting at _____ (date of start of the scholarship), for a period of _____ months, possibly renewable (as defined in the call for proposals).

SECOND CLAUSE

In the alternative, the FCT Research Grant Regulations apply, of which the Second Party declares that it is aware.

THIRD CLAUSE

The Second Party undertakes to carry out the attached work plan, the content of which he/she declares that he/she has taken full cognisance of and accepts unreservedly, from the above-mentioned start date and on an exclusive dedication basis, under the terms of article 5th of the Research Fellow Statute.



UNIVERSIDADE DE ÉVORA

FOURTH CLAUSE

The Second Party will carry out the work at _____ (*name of the host institution as defined in Article 3(g) of the FCT Research Grant Regulations*), which acts as the host institution, with _____ (*name of the supervisor and affiliation institution*) as the scientific supervisor.

FIFTH CLAUSE

1. The monthly maintenance allowance awarded is _____ (€...,00).
2. The Second Grantor also benefits from personal accident insurance for the duration of the grant, the conditions of which he/she declares to have read and accepted without reservation.
3. The following scholarship components are also added _____ (*specify the applicable components in the terms set out in the FCT Research Grant Regulations*).

SIXTH CLAUSE

The First Party may cancel the grant and the Second Party may be obliged to refund all or part of the sums received in the following cases:

- a) a) Serious and repeated failure to comply with the Second Party's obligations under the Research Grant Holder Statute and the FCT Research Grant Regulations, for reasons attributable to the Second Party;
- b) b) A negative evaluation of the Second Grantor's performance by the supervisor or the host organisation under the terms of the FCT Research Grant Regulations;
- c) c) False declarations by the Second Granting Party on matters relevant to the award and renewal of the grant or to the assessment of its development.

SEVENTH CLAUSE

Without prejudice to the provisions of the previous clause, this contract shall terminate automatically:

- a) Upon completion of the activity plan;
- b) End of the period for which the scholarship is awarded;
- c) Repeated non-compliance by one of the parties;
- d) Revocation by mutual agreement;
- e) Establishment of a legal employment relationship with the host organisation.

EIGHTH CLAUSE

1. The rights and duties of the parties are those resulting from the provisions of the Research Fellow Statute.
2. The Second Party declares that he/she has read the Research Fellow Statute and the applicable Regulation(s) and undertakes to comply with their provisions.

NINTH CLAUSE

It is agreed between the parties, that in case of need and to settle all questions arising from this contract, the District Court of _____ (*name of the District*) shall have jurisdiction, expressly waiving any other.



UNIVERSIDADE DE ÉVORA

TENTH CLAUSE

Any changes to be made to the contract in the course of its performance shall be the subject of prior written agreement.

ELEVENTH CLAUSE

1. This contract shall take effect on the date it is signed by both parties.
2. The grant awarded under the terms of the FIRST CLAUSE of this contract may be renewed for additional periods of (...) months, up to a maximum of (...) months, under the terms of article 15 of the FCT Scholarship Regulations.
3. [ONLY FOR RESEARCH SCHOLARSHIPS, otherwise withdraw]: The award of the academic degree (or diploma) during the term of this contract shall not affect its effects, and the grant referred to in the preceding paragraph may be renewed at a later date, provided that it is aimed at carrying out activities that are indispensable for the completion of the project (...).
4. The concrete definition of the activities referred to in the previous paragraph is the responsibility of the First Party, after hearing the Second Party and the Scientific Advisor, and they must be included in the agreement to be signed, as provided for in the previous clause.

_____, _____ of _____

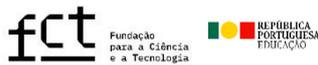
The First Party

The Second Party

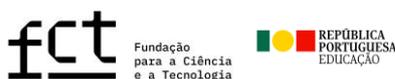
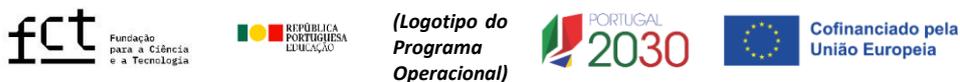
(Signature and stamp of the organisation)

(Signature of the grant holder or his/her proxy)

With 100% OE funding



Or with FEDER co-financing:





UNIVERSIDADE DE ÉVORA

ANNEX II

FINAL REPORT FORM (Fellowships)



UNIVERSIDADE DE ÉVORA

UNIVERSIDADE DE ÉVORA
Largo dos Colegiais, N.º 2
Apartado 94
7002-554 ÉVORA PORTUGAL
Telefone (telephone): +351 266 760 975
Mail: cop@uevora.pt

Referência da bolsa (Grant Reference)	
Organização (Organisation)	

DETALHES DO BOLSEIRO / FELLOWSHIP DETAILS

Título (Title)	
Nome próprio (Forename)	
Apelido (Surname)	
Organização (Organisation)	
Departamento ou Centro (Department or Centre)	
Supervisor (Supervisor)	

DETALHES DO PROJETO / PROJECT DETAILS

Título da Bolsa (Grant Title)				
Referência da bolsa (Fellowship reference)				
Período da bolsa (Period of Review)	Data de Início: (Start Date):		Data do Termo:	



UNIVERSIDADE DE ÉVORA

OBJETIVOS / OBJECTIVES

Objetivos originais como constam na proposta (Original objectives as presented in the proposal)

--

Estes objetivos permaneceram válidos durante o período da bolsa, ou
(These objectives remained valid throughout the Fellowship (*tick box*), or

Estes objetivos foram modificados
(explique como/ porque no seu relatório)
(These objectives were changed) (*tick box*).
(If so please explain how/why in your report)

Novos objetivos (New objectives)

--

Sumário dos resultados do projeto: descreva em termos simples o seu trabalho de forma a que possa ser divulgado perante uma audiência genérica
(Summary of project outcomes: In simple terms describe your work in such a way that it could be publicised to a general audience.)

--

Endereço de página com mais detalhes, se desejar: (Web address with further details if you wish)

--



UNIVERSIDADE DE ÉVORA

RESULTADOS DA BOLSA / OUTCOMES OF THE FELLOWSHIP

Os principais benefícios das bolsas concedidas pela Universidade de Évora incluem:
(Major benefits of Évora University Fellowships include:

- i) os impactes potenciais sobre as carreiras dos bolseiros e
(the potential to impact positively on the careers of individual Fellows and)
- ii) os resultados da investigação
(the research results)

RELATÓRIO DAS ACTIVIDADES DESENVOLVIDAS / REPORT ON WORK UNDERTAKEN

Utilize o número de páginas necessário (please continue on additional pages as required)

Participação em conferências científicas, no país e no estrangeiro (nome, local e data)
(Scientific Conference attendances – name, location and date)



UNIVERSIDADE DE ÉVORA

RESULTADOS DA INVESTIGAÇÃO (RESEARCH RESULTS)

Publicações/ Publications

(1) Enuncie quantos resultados da investigação resultaram principalmente da investigação financiada através desta bolsa e indique o tipo (revista, conferência, livro, patente, software, outro).

(Please state how many research results have resulted principally as a result of the research funded through this grant and indicate the type (journal, conference, book, patent, software, other))

	REVISTA (JOURNAL)	ARTIGOS EM CONFERÊNCIAS (CONFERENCE PAPERS)	LIVRO OU TESE (BOOK OR THESIS)	PATENTE (PATENT)	SOFTWARE	OUTRO OTHER
Número total de publicações / Total Number of Publications						
Número de Publicações com arbitragem científica (se diferente do anterior) / Number of Refereed Publications (if different from above)						
Número de Publicações que contêm um coautor estrangeiro / Number of Publications That Contain An International Co-Author						

(2) No caso de Bolseiro de mestrado ou doutoramento, referencie os dados relativos à tese: (In the case of Master or Ph.D. Fellowship, please indicate:)

Título da tese/ Thesis title:

Classificação obtida / Classification:

Universidade e data/ University and date:



UNIVERSIDADE DE ÉVORA

- (3) Liste até cinco publicações que resultaram principalmente da investigação financiada através da Bolsa e indique o tipo (revista, ata de conferência, livro, patente, software, outro); se houve coautores estrangeiros ou industriais e se a publicação foi sujeita a arbitragem científica. / Please list up to five significant publications that have resulted principally as a result of the research funded through this grant and indicate the type (journal, conference, book, patent, software, other); whether there was an international or industrial co-author and whether the publication was refereed.

AUTOR(ES) (AUTHOR(S))	TÍTULO (TITLE)	REFERÊNCIA (REFERENCE)				TIPO (TYPE)	Arbitragem? Refereed?	Industrial co-author?	International co- author?
		Revista/Ata de Conf. (Journal/Conference).	ano (year)	Vol./Nº (vol./Nº)	página (page)				
							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
							<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



UNIVERSIDADE DE ÉVORA

Outros resultados da Bolsa / Other Results of the Fellowship

Indique o calendário para potencial exploração (i.e. conseguido, expectável dentro de 3 anos, expectável dentro de 10 anos, não expectável em 10 anos) e inclua números das patentes, datas, nomes e endereços das empresas, etc., de forma apropriada, nas colunas “detalhes” e “referência” / Please indicate the timescale for potential exploitation (e.g. achieved, expected within 3 years, expected within 10 years, none foreseeable in 10 years) and include patent nos., dates, company names and addresses etc. as appropriate, in the ‘details’ and ‘reference’ columns.

	DETALHES (DETAILS)	REFERÊNCIA / REFERENCE	CALENDAR. / TIMESCALE
Licenças ou Patentes/ Licences or Patents			
Empresa de Spin Off/ Spin Off Company			
Consultadoria Direta/ Direct Consultancy			
Cursos de Formação Industrial/ Industrial Training Courses			
Compreensão Pública de Ciência e Engenharia/ Public Understanding of Science and Engineering			
Outro (especifique) / Other (please specify)			



UNIVERSIDADE DE ÉVORA

Contribuições Relacionadas Concedidas/Pendentes (Related Support Awarded / Pending)

Indique o nível de apoio à investigação que derivou principalmente como resultado da Bolsa./ Please indicate the level of research support that has arisen principally as a result of the Fellowship.

FONTE DE FINANCIAMENTO (FUNDING SOURCE)	DETALHES (DETAILS)	SUORTE (€) SUPPORT (€)
Universidade de Évora (desde o início da bolsa) Évora University (from start of Fellowship)		
Outro Organismo Nacional de Investigação /Other National Research Organization		
Outro Organismo Governamental Português / Other Portuguese Government Council		
Empresa / Industrial		
Outra (Other)		
Comissão Europeia / European Commission		
Pendente (Pending)		

Assinaturas (Signatures):

Bolseiro (Fellow)	Orientador Científico /Scientific Advisor	Autoridade Administrativa / Administration Authority
Data (Date):	Data (Date):	Data (Date):



UNIVERSIDADE DE ÉVORA

ANNEX III

MODEL OF THE FINAL EVALUATION REPORT ON THE ACTIVITY OF THE SCIENTIFIC RESEARCH FELLOW TO BE DRAWN UP BY THE SCIENTIFIC SUPERVISOR

1. Scientific supervisor of the scholarship:
2. Identification of the grant:
3. Project name:
4. Host organisation:
5. Fellow:

5.1. Critical analysis of the activities and work carried out by the grant holder.

[A brief description of the activities carried out by the grant holder, in accordance with the announcement and the activity plan, and a critical appraisal of the objectives and results achieved by the grant holder].

5.2. Final assessment of the work carried out by the grant holder.

[Reasoned overall appraisal of the work carried out by the grant holder, with a final positive or negative balance, addressing their performance, effort and dedication]

Évora, ___ of ___ 20__

The Scientific Supervisor of the Scholarship, ___ (full name)