



UNIVERSIDADE DE ÉVORA

MED - MEDITERRANEAN INSTITUTE FOR AGRICULTURE ENVIRONMENT AND DEVELOPMENT

Research Fellow Master - 1 VACANCY

01st September 2025

A call for tenders is open for 1 Master Scholarship within the scope of the project HealthyW8 – Empowering healthy lifestyle behaviour through personalized intervention portfolios to prevent and control obesity during vulnerable stages of life (Grant Agreement Number 101080645 - HORIZON-HLTH-STAYHLTH-01-05-twostage), funded by European Commission, under the following conditions:

**Scientific area:** Biochemistry

**Admission requirements:**

- Solid knowledge in Biochemistry
- Proven experience in saliva proteomics analysis

**Preference requirements**

- Experience in studies involving direct contact with humans (clinical trials)
- Experience in analysis of psychophysiological data (e.g. heart rate variability)

As set forth FCT Research Scholarship Regulation No. 950/2019 of December 16, 2019, article 3 and 6, candidates for “BI” (Research Grants) must comply as a rule condition for the award of the scholarship, the effective inclusion in study cycles leading to the attribution of academic degrees or in courses not leading to an academic degree. Courses that do not confer an academic degree correspond to the courses provided for in subparagraph e) of paragraph 3 of article 4 of Decree-Law No. 74/2006 of 24 March and must be developed in a higher education institution in association with at least one R&D unit, including a course plan in one or several research areas of the unit.

**Work plan:** The grant holder will participate in work within the scope of the HealthyW8 project, particularly related with the tasks planned in WP4 (long-term trials), namely recruitment of participants, for intervention trials, continuous contact with them, as well as collection and processing of saliva samples. More particularly, the work plan will include the periodic contact with young adults and children, application of surveys, unstimulated saliva collection and biochemical treatment of saliva samples. Concerning this last, gel-based and gel-free proteomics approaches will be used, as well as molecule quantification through immunostaining techniques (e.g. ELISA and Western Blot). The grant holder will be also involved in analysis of data collected at the beginning and intermediate periods, namely dietary data and psychophysiological data (e.g. heart rate variability).



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**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, as amended) and considering the provisions of other applicable legislation and regulations, namely, the Research Grant Regulations of the University of Évora (published by Order no. 8131/2024, of July 22, 2024), and the Research Grant Regulations of the Science and Technology Foundation, I.P. (Regulation no. 950/2019, of July 22, 2024).<sup>9</sup> 8131/2024, of July 22, 2024), <https://files.diariodarepublica.pt/2s/2024/07/140000000/0035300366.pdf> and in the Research Grants Regulations of the Foundation for Science and Technology, I.P. (Regulation no. 950/2019, of December 16, as amended).

**Place of work:** The work will be developed at Laboratory of Oral Biology and Salivary Proteomics of the Mediterranean Institute for Agriculture Environment and Development of the University of Évora, under the general coordination of the Administrator of the University of Évora and the scientific guidance of the Professor/PhD, Elsa Lamy, 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 6 months, starting on october of 2025. The scholarship contract may be renewed up to the end of the budget allocation of the financing project.

**Amount of monthly maintenance allowance:** The amount of the scholarship corresponds to €1309.64, according to the table of scholarships awarded directly by FCT, I.P. in Portugal ([https://www.fct.pt/wp-content/uploads/2025/02/Tabela\\_valores\\_SMM\\_2025.pdf](https://www.fct.pt/wp-content/uploads/2025/02/Tabela_valores_SMM_2025.pdf)), payments being made monthly, by check or bank transfer.

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

- CV assessment (100%)

If deemed necessary by the jury, for additional clarification or to break ties, the top two candidates may be called for a selection interview. If an interview is used, the assessment criteria will be as follows:

- CV assessment (50%)
- Interview (50%)

**Composition of the Selection Jury:**

President – Elsa Lamy (Assistant Researcher – Mediterranean Institute for Agriculture, Environment and Development - MED) – coordinator of the HealthyW8 project at the University of Évora)

1st Member – Fernando Capela e Silva (Associate Professor – Department of Biomedical and Health Sciences – ESDH, University of Évora)

2nd Member – Maria Perez Jimenez (Invited Assistant Researcher, Mediterranean Institute for Agriculture, Environment and Development – MED)

1st Alternate Member – Armando Raimundo (Full Professor – Department of Sports and Health – ESDH, University of Évora)





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2nd Alternate Member – Nuno Batalha (Associate Professor - Department of Sports and Health – ESDH, University of Évora)

**Advertising/notification of results:** The final results of the evaluation will be sent by e-mail, for all the candidates. 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. Based on the final ranking list, a reserve selection list will be drawn up, to be used for the possible recruitment of new scholarship holders within the scope of this project, up to the duration of the scholarship, which may be used in the eventuality of the first ranked candidate withdrawing, failing to present the mandatory documentation, or in the event of the scholarship holder canceling their scholarship early. In the eventuality that none of the candidates demonstrates the profile required to carry out the work plan, the jury reserves the right not to award the scholarship.

**Application deadline and submission of applications:** The tender is open from 02nd to 16th September of 2025 and the results of the selection will be published until 23th September 2025.

Applications must be formalized, obligatorily, by sending an application letter with the following documents: Curriculum Vitae, certificate of qualifications and other supporting documents considered relevant.

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. Elsa Lamy

Mediterranean Institute for Agriculture, Environment and Development, University of Évora

email: [ecsl@uevora.pt](mailto:ecsl@uevora.pt)

Subject: Application for Saliva HealthyW8 Master's Scholarship 2



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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.



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#### 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.



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#### 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



Fundação  
para a Ciência  
e a Tecnologia



REPÚBLICA  
PORTUGUESA  
EDUCAÇÃO

Or with FEDER co-financing:



Fundação  
para a Ciência  
e a Tecnologia



REPÚBLICA  
PORTUGUESA  
EDUCAÇÃO

(Logotipo do  
Programa  
Operacional)



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ANNEX II  
**FINAL REPORT FORM (Fellowships)**



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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](mailto:cop@uevora.pt)

|                                          |  |
|------------------------------------------|--|
| Referência da bolsa<br>(Grant Reference) |  |
| Organização<br>(Organisation)            |  |

**DETALHES DO BOLSEIRO / FELLOWSHIP DETAILS**

|                                                  |  |
|--------------------------------------------------|--|
| Título (Title)                                   |  |
| Nome próprio (Forename)                          |  |
| Apelido (Surname)                                |  |
| Organização<br>(Organisation)                    |  |
| Departamento ou Centro<br>(Department or Centre) |  |
| Supervisor (Supervisor)                          |  |

**DETALHES DO PROJETO / PROJECT DETAILS**

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



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## 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)



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## **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)**



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## 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<br>(JOURNAL) | ARTIGOS EM<br>CONFERÊNCIAS<br>(CONFERENCE<br>PAPERS) | LIVRO<br>OU<br>TESE<br>(BOOK<br>OR<br>THESIS) | PATENTE<br>(PATENT) | SOFTWARE | OUTRO<br>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, reference 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:



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- (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)<br>(AUTHOR(S)) | TÍTULO<br>(TITLE) | REFERÊNCIA (REFERENCE)                        |               |                      |                  | TIPO<br>(TYPE) | Arbitragem?<br>Refereed? | Industrial<br>co-author? | International co-<br>author? |
|--------------------------|-------------------|-----------------------------------------------|---------------|----------------------|------------------|----------------|--------------------------|--------------------------|------------------------------|
|                          |                   | Revista/Ata de Conf.<br>(Journal/Conference). | ano<br>(year) | Vol./Nº<br>(vol./Nº) | página<br>(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"/>     |



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



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**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.

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

**Assinaturas (Signatures):**

|                          |
|--------------------------|
| <b>Bolseiro (Fellow)</b> |
|                          |
| Data (Date):             |



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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)



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