

## Blended Intensive Programme “Get the most of your PhD”

Universitat Rovira I Virgili, Tarragona, Spain, 20-24 April 2026

The Blended Intensive Programme “Get the most of your PhD” is addressed to **PhD researchers** enrolled in Doctoral Education and will be held in Tarragona at 20-24 April 2026 (on-site component).

The aim of this BIP is to offer PhD students insight to successfully live through their doctoral experience and get the most of their PhD to become an independent researcher. We will provide participants with tools:

- To manage their project and their research education
- To maintain a good collaboration with their supervisors
- To face and resolve possible problems
- To write and defend the thesis
- To reflect critically on career options and on the development of soft skills to better develop their professional careers.

We will also address some hot topics of the doctoral education like research ethics, the use of artificial intelligence, the emotional wellbeing or the paradigm of the open science.

The methodology will combine short presentations with interactive exercises performed by the candidates working in groups or in round tables, always interacting with the facilitators.

The novelty this year is that it will run in parallel with a BIP addressed to thesis supervisors: "Good practices in PhD supervision", with which some common interest sessions will be shared. It is expected that the interaction between doctoral students and supervisors will be mutually enriching.

If you want to participate and you are a student, your university has to nominate you via Erasmus+ mobility procedures. Further instructions will be sent by email to the selected students after reviewing nominations. URV asks that the students be supported with an Erasmus+ grant or an Erasmus+ zero grant and be registered in the Beneficiary Module. For further details, see “Mobility Procedures” in the web.

### Dates and location

The on-site component of this BIP will take place in Campus Catalunya (Tarragona) from the 20<sup>th</sup> to the 24<sup>th</sup> of April, 2026.

### General requirements:

As a student, your university has to nominate you via Erasmus+ mobility procedures.

Sending institutions can select their students based on the stated pre-requisites and following their own internal selection procedures before nominating them by the nomination deadline. Further instructions will be sent by email to the selected students after reviewing nominations.

URV asks that the students be supported with an Erasmus+ grant or an Erasmus+ zero grant and be registered in the Beneficiary Module.

For further details see “[NOMINATION](#)”

The deadline for nomination is on the 3<sup>rd</sup> of March, 2026.

Also please check <https://www.urv.cat/en/international/mobility/in/cataleg-bip/>.