



Early Career Researcher Workshop 2024

Living Well Across the Life Course

1-5 September 2025

University of Nottingham, UK

Summary

The 2025 Early Career Researcher (ECR) Workshop will take place at the University of Nottingham on the theme of 'Living Well Across the Life Course' hosted by the Researcher Academy and the Faculty of Medicine and Health Sciences. This theme aims to tackle the challenge of having a fit for purpose socio-economic, health and biotechnology infrastructure that enables the global population to live healthily throughout their lifespan whilst minimising population and sub-population disparities.

About

Our health and well-being are shaped by social, economic, environmental, and societal structures, with interventions in these areas profoundly influencing how we live and interact throughout our lives. Access to healthcare, resources, education, and support—along with the timing of that access—directly impacts our ability to lead long and healthy lives.

Living Well Across the Life Course addresses the critical challenge of developing a robust socio-economic, health, and biotechnology infrastructure that supports the global population in maintaining lifelong health while reducing disparities among populations and sub-populations. As [one of the World Health Organisation's](#) six key areas of focus, this theme aligns with the United Nations Sustainable Development Goals (SDGs), particularly Goal 3 ([Good Health and Well-Being](#)) and Goal 17 ([Partnerships for the Goals](#)).

The workshop aims to enhance international networking and encourages the development of interdisciplinary collaborative research for those in the early stages of their career. With a focus on knowledge exchange, globalisation and the impact science and social science has on maximising health across the life course. The workshop encourages ECRs to work collaboratively to solve these complex societal problems that impact both the quality and quantity of life including:

- The role of good health care on living well
- Health and social disparities and how they impact on outcomes
- How wellbeing can be supported through social care and education systems
- The impact of the physical environment and structures in which we live and interact
- How does environmental sustainability contribute to living well?
- Impact of global challenges (such as climate change) on health outcomes in the global south

The ECR workshop is interdisciplinary, and we invite ECRs working in all relevant backgrounds to apply.

What you can expect

The five-day programme is challenge-based, designed to support cross-disciplinary knowledge exchange, skills-sharing and networking via small group workshops, poster and lightning-talk sessions by ECRs, talks by established researchers,

and panel sessions that include international and interdisciplinary perspectives. The workshop will be a unique opportunity for ECRs from across all disciplines to work collaboratively on a joint challenge, share knowledge, experiences and current projects from around the world.

In addition to developing specialised knowledge related to the theme, the workshop will also have a strong focus on collaboration, networking and gaining an international perspective on:

- funding opportunities including international projects
- researcher leadership
- communicating your research and its impact
- connecting to R&D industry and translating research ideas; and
- career paths for researchers.

By the end of the workshop, ECRs will have a greater understanding of the challenges and interdisciplinary solutions to the theme, as well as inspiration for opportunities for collaboration within the U21 network.

Eligibility

Early career academics from all disciplines are welcome to join. To be eligible for the workshop researchers should have been their PhD and have no more than 8 years post-PhD experience; this definition is flexible with each university having the discretion to nominate ECRs who fall outside this definition, due to an atypical career path, including those who have:

1. started the research-intensive component of their career later
2. had career breaks
3. spent time in industry

Each U21 member university may nominate up to 6 researchers to attend the workshop, four nominations per member will be guaranteed, with two reserve nominations (to be confirmed at a later date should spaces become available).

Workshop costs are covered by U21 and the host university, however each U21 member must be willing to cover travel and accommodation costs for all nominated researchers. The University of Nottingham will provide information on recommended hotel accommodation for all participants, with details and estimated cost per night available soon.

Nominations

Each university may nominate six early career researchers: four guaranteed nominees and two reserve nominees. The first four ECRs on each University's list of nominees are guaranteed a place. Depending on availability, further places may be offered to the reserve nominees. *Each University must agree to cover travel and accommodation costs for **all six** nominees. U21/UQ will cover all workshop costs.*

The deadline for nominations is 28 APRIL 2025

To submit your nominations, please [complete this form](#).

Participants will then be contacted by U21 confirming their participation in the workshop and invited to complete a registration form. Participant registration deadline 30 MAY 2025.