

European Research Council (ERC) Starting / Consolidator Grants 2026 Self-Assessment Checklist

Version of July 2025

1 - Are You Eligible?

- Starting Grant (StG): 2-7 post PhD¹, any age, any nationality, all fields of research, project budget up to €1.5 million for a 5-year project
- Consolidator Grant (CoG): 7-12 post PhD¹, any age, any nationality, all fields of research, project budget up to €2 million for a 5-year project
- PI must spend $\geq 50\%$ (Starting Grant); $\geq 40\%$ (Consolidator Grant) of total working time on the ERC project and $\geq 50\%$ of total working time in an EU member state and/or associated country

2 - Are You a Competitive Candidate?

- Are you amongst the best researchers in Europe in your scientific field at your academic age?
- We recommend comparing your achievements with those of past grant winners to get an idea of a 'typical' ERC grant PI in your research field by searching the [ERC database of funded projects](#).
- Do you have at least one (for StG applicants) or several (for CoG applicants) important publication(s) without your PhD advisor?
- Can you demonstrate potential for research independence?
- Can you demonstrate your achievements in terms of significant publications (as main author), invited presentations, patents, awards, prizes etc.?
- Assess your potential as Principle Investigator and your project idea in relation to the evaluation criteria²

Contacts

- your Euresearch Regional Office (www.euresearch.ch/en/team-136.html)
- your ERC National Contact Points (www.euresearch.ch/erc)

¹ Extension of eligibility time window possible in case of maternity, paternity, long illness, military service or clinical training – see p. 18 of the [ERC Work Programme 2026](#); specific eligibility rules for MDs – see Annex 2 of the ERC Work Programme

² Evaluation criteria cf. [ERC Work Programme 2026](#); p. 27