

Write a summary of your project.

Demonstrate your potential.

Think beyond the project.

Don't give up.

Choose a research question that genuinely matters to you.

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Be Bold.

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Invest time.

Have a clear vision.

Tell a story with your project.

1. Be Bold.

Find a research question that you really want to answer, and design a project that will excite and stimulate you.

2. Write a summary.

Write a summary of your project that fits on one page of A4, and share it with everyone you can think of, both experts and non-experts. Do this before the project design feels completely finished. The more criticism you can process, the better the application will be.

3. Tell a story with your project.

How did you get from hypothesis to your project and what will be different once your project is done? Build a clear narrative from where you are now to where you want to be at the end of the fellowship. In parallel, show how your scientific idea will develop into change has a real clinical impact.

4. Choose a research question that genuinely matters

The strongest applications are driven by an important unmet clinical need. Make it clear why your project is timely, how it will advance the field, and, most importantly, how it has the potential to improve patient care. If you are passionate about the question, that enthusiasm will come across in both your application and your interview.

5. Invest time in developing both your project and your application

Start early, refine your proposal through multiple iterations, and actively seek feedback from supervisors, collaborators, methodologists, and colleagues outside your immediate specialty. A successful application is not only scientifically rigorous but also clearly written and accessible to reviewers from a range of backgrounds.

6. Think beyond the project and demonstrate your potential as a future clinical academic leader.

At interview, know your project inside out, but also be prepared to discuss your wider career vision. Explain how the fellowship will help you develop the skills, collaborations, and independence needed to build a sustainable research career. The panel is investing not only in an excellent research proposal but also in the person who will deliver it.

7. Don't give up!

Applications and knock backs are part of the academic journey. You only need one yes and it's ok if there are several nos before that one yes. You may have to try a few times. Whoever you are, keep going, it's worth it!