

## Recommendations for social media:

With the aim of promoting the Postdoctoral Junior Leader Fellowships Call as widely as possible, we kindly suggest you adopt the following criteria on your social media sites:

- It's important to use the main hashtag [#laCaixaFoundFellowships](#) or [#BecasFundlaCaixa](#), [#BequesFundlaCaixa](#)
- It's a good idea to tag the main "la Caixa" Foundation accounts so mentions can be detected and shared through our channels.

**Twitter:** [@BecarioslaCaixa](#) + [@BecarislaCaixa](#) + [@FundlaCaixa](#)


**Instagram:** [@BecariosFundlaCaixa](#)

## Tweet example

*Use this text as a guide to share these fellowships on social media. Don't hesitate to use any of the materials provided in the communications kit.*

**Tweet:**

Are you looking for a postdoc in Spain or Portugal?

The "la Caixa" Foundation Postdoctoral Junior Leader Fellowships programme aims to support the best scientific talents to conduct excellent and innovative research. Find out more 

**Hashtags:** #laCaixaFoundFellowships, #BecasFundlaCaixa, #BequesFundlaCaixa

**Mentions:** @BecarioslaCaixa + @BecarislaCaixa + @FundlaCaixa

**Image:**



*Thank you for your collaboration*

## Instagram post example

*Use this text as a guide to share the present fellowship on social media. Do not hesitate to use any of the materials provided in the communications kit.*

**Post:**

Are you looking for a postdoc in Spain or Portugal?

The "la Caixa" Foundation Postdoctoral Junior Leader Fellowships programme aims to support the best scientific talents to conduct excellent and innovative research.

**Hashtags:** *#laCaixaFoundFellowships, #BecasFundlaCaixa, #BequesFundlaCaixa, #becariosFundlaCaixa*

**Mentions:** *@BecariosFundlaCaixa*

**Image:**



*Thank you for your collaboration*