**Social Media recommendations**

In order to generate beneficial synergies and achieve maximum reach for the new Postdoctoral Junior Leader Fellowships Programme, we suggest you follow certain criteria in your social media publications with the aim of mutually publicising each other and achieving as many applicants as possible.

* It’s important to use the main hashtag #laCaixaPostdoctoralFellows to ensure content is spread under the same tag.
* It’s a very good idea to mention ’’la Caixa’’ Foundation profiles so the mention can be detected and published via our channels.

**Twitter:** @BecarioslaCaixa + @BecarislaCaixa

**Facebook:** <https://www.facebook.com/BecarioslaCaixa>

**Instagram:** @FundlaCaixa

**LinkedIn:** ”la Caixa” (<https://www.linkedin.com/company/546456/admin/>)

Redirecting anyone interested: the URL for up-to-date information and the platform for processing applications is:

[juniorleaderlacaixa.org](http://juniorleaderlacaixa.org/)

**Tweet example**

***Use this as guidance to publicise this call on social media. Feel free to use any of the materials provided in the communication kit.***

**Tweet:** The ”la Caixa” Foundation Postdoctoral Junior Leader Fellowships Programme supports the best scientific talents to carry out excellent, innovative research in Spain or Portugal. This is the opportunity you're looking for. Apply now: [www.juniorleaderlacaixa.org](http://www.juniorleaderlacaixa.org/)

**Hashtag**: #laCaixaPostdoctoralFellows

**Mentions:** @BecarioslaCaixa + @BecarislaCaixa

**Image:**

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 ***Many thanks for your collaboration***