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| **Description** | **NSF GRFP fellowships**  <https://www.nsf.gov/pubs/2019/nsf19590/nsf19590.htm> | **NIH NRSA fellowships**  <https://researchtraining.nih.gov/programs/fellowships> |
| **Eligibility** | -must be a US citizen, US national, or  permanent resident  -must be in a research-based Master's or  Ph.D. program in an NSF-supported field  -must intend to or be enrolled in an eligible program at an accredited United States graduate institution  -must meet all other eligibility requirements  as set forth in the current Program  solicitation including number and timing of application submissions | F-30: Predoctoral, the individual must be a citizen or a permanent resident enrolled in a combined MD/PhD or other dual-degree program (e.g. DDS/PhD, AuD/PhD, DVM/PhD), and who intend careers as physician-scientists or other clinician-scientists.  F-31:  Predoctoral, individual must be U.S. citizen or permanent resident, enrolled in a research doctoral degree program. |
| **Award amounts** | Fellows benefit from a three-year annual stipend of $34,000 along with a $12,000 cost of education allowance for tuition and fees | **Stipend**: for FY2020 is $ 25,320  **Tuition and Fees**: per predoctoral trainee equal to 60% of the level requested by the applicant institution, up to $16,000 per year  **Institutional Allowance**: $4,200 |
| **Online submission systems** | Fastlane – applicants register themselves | ERA Commons – applicants register thru UVM SPA |
| **Guidelines** | [Administrative Guide for Fellows and Coordinating Officials](http://www.nsf.gov/publications/pub_summ.jsp?ods_key=nsf16104) | [How to Apply – Application Guide](http://grants.nih.gov/grants/how-to-apply-application-guide.htm) (under Forms Version F choose fellowship instructions) |
| **Application Download** | must be submitted in research.gov through the GRFP Application Module (<https://www.research.gov/grfp/Login.do>) | Through UVM’s InfoEd system with SPA help |
| **Responsible Conduct of Research (RCR) Training Requirements** | Required for all Fellows; UVM does not require recurring training. | Required of all Fellows; at least once during each career stage, and at a frequency of no less than once every four years. |
| **Resources** | For all applicants:   * [NSF GRFP Website and Solicitation](http://www.nsf.gov/funding/pgm_summ.jsp?pims_id=6201)   For all Fellows:   * Institution’s Coordinating Official (Dr. Cynthia Forehand at UVM)   For UVM Applicants:   * Sponsored Project Administration Office | For all applicants:   * [NIH NRSA Fellowship solicitation](https://researchtraining.nih.gov/programs/fellowships) * Program Officer from relevant NIH Institute or Center * Academic Advisor/Mentor   For UVM Applicants:   * Sponsored Project Administration Office |