



## Canadian MSK Rehab Research Network - Trainee Exchanges

We are pleased to announce the launch of the **Canadian MSK Rehab Research Network Trainee Exchanges**. In 2026, we will be supporting up to 2 individuals with reimbursements of up to \$5000 CAD. This new initiative aims to:

- Foster the development of future leaders in MSK health rehabilitation research.
- Enhance trainee involvement in interdisciplinary musculoskeletal rehabilitation research.
- Support the career advancement of trainees.
- Provide opportunities for trainees to gain hands-on experience in different sites/lab settings.
- Facilitate exchanges fostering the acquisition of skills in scientific methodologies, knowledge translation, and dissemination of research.
- Provide educational, networking, and partnership-building opportunities.

**Application Timeframe:** The Network will evaluate applications twice per year once on January 15<sup>th</sup>, the next on June 15<sup>th</sup>. Applications will be adjudicated by a committee.

**Length of Site Visit:** The visits should last a minimum of 6 weeks and a maximum of 4 months. Visits should be for a length of time that allows a trainee to develop new skills and abilities. The total duration of a visit is determined by the recipient trainee, their thesis supervisor, and their host supervisor as long as it falls within the 6-week to 4-month timeframe. Trainees and host supervisors should also be mindful of how long allocated trainee funding can sustain the visit.

**Dates of Site Visit:** Selecting when a recipient will travel to their host site/lab is determined by the recipient trainee, their host supervisor, and their home program supervisor – and must meet any additional requirements of the trainee's educational program and at the host institution. Funding will be provided only after the recipient has begun their exchange.

### Description

The purpose of the Trainee Exchange is to provide financial support for travel and lodging expenses, enabling trainees to spend an extended amount of time working in a host supervisor's laboratory/program of research. Host sites can be located within Canada or internationally. Through this exchange, trainees are expected to learn new skills and gain experience in new techniques which they can bring back to their institutions and apply to their research.

Please note that reimbursements are contingent upon securing a host site/lab, host supervisor, and **matched funding from the supervisor(s)/investigator(s) from the home or host institution(s)**. Additionally, trainees must provide proof of approval from their home supervisor before receiving a reimbursement. This is to ensure awarded students are in good



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standing with their institutions, are on track to complete their programs, and that this exchange will not conflict with their academic programs.

The MSK Rehab Research Network will select the exchange recipients and host supervisors based on the quality of the application, learning experience, and learning environment. A maximum of \$5000 will be provided by the MSK Rehab Research Network and the total amount of funding allocated to each trainee will be based on the length of the site/lab visit, estimated expenses, and travel distance.

Please note that additional trainee reimbursements and opportunities will be launched by the MSK Rehab Research Network throughout 2024-2025. Please access the MSK Network website to stay up to date with trainee opportunities <https://mskrehabnet.com>

### Funds Available

Recipients will be reimbursed for travel and lodging up to \$5000 from the MSK Network during the course of their exchange. **The supervisor(s)/investigator(s) from the home or host institution(s) must commit to matching the Network funding** to provide the awarded trainee funds for their travel, lodging, and meal expenditures.

Applicants will submit a budget of expenses based on CIHR-eligible expenses, and reimbursements will be given based on incurred/budgeted expenses up to the maximum of \$5000 from the MSK Network. Applicants will be eligible for a maximum of one award.

Trainees should be aware that funding for similar exchange opportunities are available through OARSI, Mitacs, and other organizations that may be paired with funding from the MSK Network. It is to the trainees' advantage to secure multiple sources of funding before going on an exchange.

<https://oarsi.org/scholarships>

<https://www.mitacs.ca/our-programs/accelerate-international-students-postdocs/>

### Exchange Requirements:

Exchange opportunities must be specific to MSK rehabilitation research. Trainees should learn new skills and gain experience in new techniques which they can bring back to their institutions and apply to their research.

### Trainee Eligibility Criteria

- Outstanding potential to contribute to musculoskeletal health rehabilitation research.
- Open to registered full-time graduate students and postdoctoral fellows.
- Registered as an MSK Network member.
- Enrolled in an accredited program.



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- Supervised by a current Network Member.
- Engaged in research that is clearly relevant to musculoskeletal health rehabilitation.
- In good standing with their institution.

### Trainee Applications

- Trainees should complete the **Trainee Exchange Application Form** once selecting and confirming a host supervisor, linked below.
- Within the Form, trainees will be asked to indicate:
  - The site/lab, institution, and host supervisor.
  - The institution at which the trainee is currently located and the site/lab they will be hosted by. An estimate of their accommodation rent price.
  - The length of stay is a minimum of 6 weeks and a maximum of 4 months.
  - A proposed budget and justification of funds for travel to a site/lab specific to MSK rehabilitation research.
  - Details on the research topic, main focus, and activities trainees will be engaged in at the site/lab.
  - Applicants must state the novel research, data collection methods, and skills that they will gain from their exchange.
  - Applicants must provide a letter from their home supervisor indicating that the applicant is in good standing with their institution, is on track to complete their program, their home supervisor is aware of and okay with their exchange period, and that this exchange will not conflict with their academic program.
  - Applicants must provide an acceptance letter from their host supervisor indicating that they approve of your proposed visit and have discussed with you the details of your exchange.
  - Applicants are asked to include an up-to-date CV and unofficial transcript.

### Recipient Requirements

- Upon completion of the exchange, recipients are required to **submit all receipts** (i.e., travel, lodging), **boarding passes** (if travelling via plane or train), **a photo of themselves at the site/lab or with their host supervisor** (to include on the MSK Network website and social media), and **a short paragraph summarizing their experience abroad** (to include on the MSK Network website and social media) to the research network coordinator via email.
- Recipients are required to provide a presentation to the MSK Network outlining their exchange experience, the activities they engaged in at the host site/lab, and the new skills and abilities they developed during their exchange.
- Recipients are encouraged to post a photo of themselves at the site/lab they were provided reimbursement for on Twitter/X using the Network hashtag **#MSKrehabnet**.

### Host Supervisors

- Hosts must complete the **Host Application Form** linked below and available on the



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Trainee Opportunities website page, once deciding a student they would like to work with. The form asks to indicate the trainee the host would like to work with, detailed information about activities the trainee will be involved in at the site/lab, and funding hosts will be able to provide to trainees.

- If you would like to apply to become a full MSK Network member (Canadian researchers) or an affiliate member (International researchers) please access this link and complete the application form: <https://mskrehabnet.com/about/current-members/>. Both full network members and affiliate network members can become host supervisors.
- Host supervisors are responsible for investigating any **legal/policy requirements** for the trainees visit to the host institution and site/laboratory. The host supervisor is responsible for ensuring **the trainee exchange is in line with the host institution's legal/policy requirements**.

Trainees, please apply via the Qualtrics **Trainee Exchange Application Form**:  
[https://uwo.eu.qualtrics.com/jfe/form/SV\\_0ixrzpM6zBwEqh0](https://uwo.eu.qualtrics.com/jfe/form/SV_0ixrzpM6zBwEqh0)

Hosts, once you have selected a trainee, please apply via the Qualtrics **Host Application Form**: [https://uwo.eu.qualtrics.com/jfe/form/SV\\_87xY2n8SgWr7Aj4](https://uwo.eu.qualtrics.com/jfe/form/SV_87xY2n8SgWr7Aj4)

**Any questions and receipts can be directed to Sierra Crocker (research project coordinator) at [rehabnet@uwo.ca](mailto:rehabnet@uwo.ca)**



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**Here is an ordered list of all the requirements for the trainee exchange application and requirements if awarded.** Please make sure to complete each requirement for full consideration:

1. Find a host supervisor who is willing to work with you and is a member of the MSK Network. Ensure the supervisor(s)/investigator(s) from the home or host institution(s) will be able to match the Network funding up to the maximum of \$5000 CAD.
2. Trainees and host supervisors should prepare a plan detailing their exchange activities. Trainees and host supervisors should have an expectation of the novel research, data collection methods, and skills the trainee will obtain from this exchange. Exchange opportunities must be specific to MSK rehabilitation research.
3. Trainees must include an abstract of the project they will support during their exchange.
4. Trainees must provide proof of approval from their home supervisor before applying for an exchange reimbursement. This should outline that the trainee is in good standing with their institution, the home supervisor approves of their leave, the trainee is on track to complete their program, and that this exchange will not conflict with their academic program.
5. Trainees must provide an acceptance letter from their host supervisor indicating that they approve of the trainees proposed exchange and have discussed with the trainee the details of their exchange.
6. (Optional) Trainees should investigate OARSI, Mitacs, and other organizational funding for similar exchanges. It is in the trainees' best interest to secure additional funding before their exchange.
7. Trainees should plan with their home supervisor and host supervisor when the exchange will begin and the length of their exchange. This should be stated in their application.
8. Trainees should plan a budget for their exchange and share this with the Network. Trainees should provide an estimate of lodging expenses (i.e., rent price) where they will be staying for their exchange.
9. Trainees should apply for the trainee exchange by completing the **Trainee Exchange Application Form** and have their host supervisor complete the **Host Application Form**.
10. Trainees will find out if they are a recipient via email after the outlined application evaluation dates.
11. Upon completion of travel to the site/lab, recipients are required to submit all receipts (i.e., travel, lodging), a photo of themselves at the site/lab or with their site/lab supervisor (to include on the MSK Network website and social media), a short paragraph summarizing their experience abroad (to include on the MSK Network website and social media), and boarding passes (if travelling via plane or train) to the research network coordinator via email.
12. Recipients are required to provide a presentation to the MSK Network outlining their exchange experience, the activities they engaged in at the host site/lab, and the new

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skills and abilities they developed during their exchange.

13. (Optional) Recipients are encouraged to post a photo of themselves at their exchange site/lab on Twitter/X using the Network hashtag #MSKrehabnet.