

## Fellowships Guide: Grad Students and Postdocs with Children

**Purpose:** To provide graduate students and postdocs with families advice on how to identify fellowships that offer support for both research and family needs. This guide offers questions aimed to help parents consider their unique situation and think about practical needs relevant to applying for fellowships and/or planning to travel for research.

For general information on fellowships please visit the [UChicagoGRAD Fellowships page](#), make an [appointment with GRAD Gargoyle](#), or email an advisor at [grad-fellowships@uchicago.edu](mailto:grad-fellowships@uchicago.edu).

### A. Key Questions

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Think about some of the practical considerations for applying for fellowships if you plan to bring your family or use your fellowship funds for childcare.

1. **Family Structure/Needs**
  - Are you planning or considering having children between applying for a travel fellowship its completion? Will you bring your children? If so, how many children are you planning to bring with you?
  - Will a spouse or partner be accompanying you on your research/fellowship trip?
2. **Childcare and Educational Arrangements**
  - If your fellowship requires travel or relocation, have you identified childcare options in the new location?
  - Are there any specific childcare needs or education requirements for your children? Nanny vs. daycare, type of school, etc.
  - Have you looked into local daycare or school enrollment processes, if relevant?
3. **Location-Specific Considerations (for International Fellowships)**
  - Have you researched the cost of living and childcare expenses in the location where you'll be conducting research?
  - Will your family require visas or additional documentation for travel?
4. **Financial and Practical Support Needs**
  - What specific family expenses do you anticipate during your fellowship? (E.g., housing, childcare, health insurance, schooling)
  - Do you have any existing financial support that can assist with family or childcare-related expenses?
5. **Health and Safety Needs**
  - Do you or your family members have specific health care requirements? Have you looked into the availability of health services for families or children in your research location?
  - Consider the possibility of a young child having an allergic reaction or unexpected injury or medical situation.
6. **Long-Term Career and Family Planning**
  - Are there ways in which a particular fellowship could benefit both your career and family (e.g., flexibility in spending, housing support, etc.)? How important is this to you when you think about what fellowships you might want to apply to?
  - Do you anticipate any challenges balancing fellowship responsibilities with family obligations?

## B. Practical Tips for Planning

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Things to consider while applying and prior to accepting fellowships:

1. **Research Fellowship Policies**  
Review the fellowship's policies on the use of funds for family expenses, as some allow flexible use for childcare, health insurance, or schooling, while others may have more restrictions.
2. **Childcare and School Options**  
Before accepting, determine local resources for childcare and education, especially for international fellowships. Some embassies or international offices at host institutions may offer resources or support for family relocation.
3. **Look into Health Coverage and Benefits**  
For fellowships abroad, verify what health insurance options are available and ensure you know whether children or dependents are eligible for coverage.
4. **Assess Cost-of-Living Differences**  
Research the cost of living in the location where the fellowship will be carried out, focusing on family-specific expenses, such as childcare, schooling, and housing.
5. **Networking and Support Systems**  
Look into family networks, spouse/partner groups, or parenting communities at the host institution, if available. Many universities, especially internationally, offer resources for families, such as campus housing or parenting support groups.

## C. Examples of Fellowships that Potentially include Family Support

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Key terminology: When searching for funding, look for terms that might indicate loose funding that you could use to support your family expenses.

- Examples include “dependent care grants,” “family support funding,” “cost-of-living stipend,” “childcare subsidies,” and “flexible research funds.” Or look for “relocation allowances,” “spousal support,” “hardship funding,” or “supplemental grants.”
- Additionally, check if the fellowship offers “no-cost extensions” to accommodate caregiving responsibilities. Look under sections like “benefits,” “eligibility,” “special circumstances,” or “additional funding opportunities” on fellowship websites.

Below is a list of fellowships with vocabulary that indicates the presence of flexible spending, family allowances, or specific provisions for children or dependents. *Note: This is not an exhaustive list.* Check each fellowship's website or to reach out to the fellowship office for the latest/updated information.

1. **Fulbright U.S. Student Program**
  - o **Details:** Provides funding for research and study abroad, with a stipend that varies by country.
  - o **Family Support:** Spouses and dependents can often accompany fellows, and additional benefits (like dependent allowances or healthcare coverage) may be available in some countries.
2. **DAAD (German Academic Exchange Service) Fellowships**
  - o **Details:** Supports graduate students conducting research in Germany, often with a monthly stipend and health insurance.
  - o **Family Support:** DAAD provides an allowance for accompanying children, as well as a spouse stipend in some cases, primarily monthly allowance for accompanying members of family for a funding period of more than six months.

3. **Social Science Research Council (SSRC) Fellowships**
  - **Details:** Supports various fields with international research fellowships.
  - **Family Support:** Some fellowships may allow for flexible spending, which may be applied to family-related expenses.
4. **National Science Foundation (NSF) Graduate Research Fellowship**
  - **Details:** Provides funding for research in science and engineering, with some flexibility in how the stipend can be used.
  - **Family Support:** The NSF allows the stipend to be used for family needs.
5. **Mellon/ACLS Dissertation Completion Fellowship**
  - **Details:** Supports students completing dissertations in the humanities and social sciences.
  - **Family Support:** Offers stipends that can be used flexibly, which may include covering family expenses indirectly; specific family allowances not guaranteed.
6. **Charlotte W. Newcombe Doctoral Dissertation Fellowship**
  - **Details:** Funds dissertation research on values, ethics, and/or religion, offering a stipend that can be used flexibly.
  - **Family Support:** No direct family allowance, but the stipend's flexibility may be able to help with family needs.
7. **Council of American Overseas Research Centers (CAORC) Multi-Country Research Fellowship**
  - **Details:** Provides funding for research in multiple countries for US doctoral candidates.
  - **Family Support:** Allows for travel with dependents, and in some cases, may provide stipends that can be flexibly allocated to cover family expenses.
8. **W.F. Albright Archaeological Research Fellowship, Jerusalem, Israel**
  - **Details:** Offers fellowship funding for students and postdocs in archaeology, biblical studies, and history of the Levant.
  - **Family Support:** These fellowships include a stipend that covers housing, food, cost of living which may be used for flights, childcare, and family support.

#### **D. Additional External Resources**

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Resources to explore for families planning to travel for fellowships:

- **University Resources at the fellowship location:** Some universities offer family housing, childcare services, and parenting groups that can be beneficial for fellowship recipients with families.
- **U.S. State Department (for international fellows):** Provides resources for families moving abroad, including information on local schools, healthcare, and legal requirements.