



Regroupement pour un lait de qualité optimale

Scholarship competition for graduate students and postdoctoral fellows

FIVE TYPES OF SUPPORT

1. Scholarship Supplement
2. Inter-laboratory and Internship Travel Scholarship
3. Conference Scholarship
4. Parental Support Scholarship
5. Recruitment Scholarship for Indigenous Students

1. SCHOLARSHIP SUPPLEMENT

Le Regroupement Op+lait offers scholarship supplements for graduate students and postdoctoral fellows within the network.

- Nine (9) scholarships are available in this competition for Master's and PhD students, with a maximum value of \$10,000/year.
- One (1) scholarship is available for a postdoctoral fellow, with a maximum value of \$15,000/year.
- Application deadline: **Competition closed**
- The next competition will take place in **Fall 2026**.
- Renewal is possible once for PhD students and postdoctoral fellows, but priority will be given to those who have not received previous funding.

Eligibility Criteria:

1. Scholarship available to Master's and PhD students and postdoctoral fellows supervised by an Op+lait member and enrolled at a Quebec university.
2. The research project must align with at least one of Op+lait's four research axes (see www.oplait.org).
3. Students receiving major funding (FRQNT, FRQS, FRQSC, NSERC, CIHR or SSHRC) are **not eligible**.
4. Scholarship accumulation is allowed up to a limit of:
 - Master's \$35,000
 - PhD \$40,000
 - Postdoctoral \$70,000
5. Co-supervision by two Op+lait members is strongly encouraged and will be considered during evaluation.

Amount and Duration:

The value of the scholarships is up to \$10,000 for one year for Master's and PhD students, and up to \$15,000 for postdoctoral fellows.

Selection Criteria:

Academic excellence (25%), research experience/contributions (25%), leadership and community involvement (20%), relevance of the project to Op+lait's research axes (20%), and collaborations and/or co-supervision (10%).

Members of the Op+lait Scientific Committee are responsible for evaluating applications and awarding the scholarships. If a committee member has a conflict of interest, they will not participate in evaluating the relevant application.

Requirements:

Applicants must have actively participated in Op+lait's training and networking activities.

Documents to Submit (as a single PDF):

1. Application form (with supervisor's help)
2. Transcripts for all university studies (in French or English, otherwise an official translation is required)
3. If applicable, an extra page for Publications and Presentations

Complete applications must be submitted by email to Josée Labrie (josee.labrie@umontreal.ca).

Deadline: Competition closed. The next competition will take place in Fall 2026.

2. INTER-LABORATORY AND INTERNSHIP TRAVEL SCHOLARSHIP

These scholarships aim to stimulate collaboration, optimize use of platforms, and encourage students and postdoctoral fellows to travel between laboratories, to partner institutions, or any relevant location for their research and training.

- Several grants of up to **\$500 each** are available for the 2025–2026 year, to undergraduate, Master's and PhD students and postdoctoral fellows supervised by an Op+lait member.
- Cannot be applied retroactively for past travel.
- **Open competition** (can be submitted at any time).

Eligibility Criteria:

1. Open to undergraduate, Master's, PhD students and postdoctoral fellows supervised by an Op+lait member at a Quebec university.
2. The project must align with one of Op+lait's four research axes (see www.oplait.org).

Value:

Each scholarship value is up to **\$500**, for travel, accommodation, and meal expenses.

Selection Criteria:

Relevance of the internship or collaboration (50%) and added value for the student's or postdoc's training (50%).

Requirements:

Applicants must have actively participated in Op+lait's training and networking activities.

Document to Submit (AT ANY TIME):

Application form (with supervisor's help) must be submitted by email to Josée Labrie (josee.labrie@umontreal.ca).

Responses will be provided within one month.

3. CONFERENCE SCHOLARSHIPS

These scholarships support Master's, PhD students and postdoctoral fellows presenting their research at a conference.

Conference scholarships of up to \$1,000 for events taking place outside Quebec, and \$500 otherwise, will be offered to selected Master's, PhD students, and postdoctoral fellows who will participate (oral or poster presentation) in an in-person conference, to cover all or part of the related expenses.

- **Application deadline:** **February 25, 2026.**
- The next competition will take place in Fall 2026.
- Cannot be applied retroactively for conferences already attended.
- Priority goes to applicants who have not yet received funding during their program.

Eligibility Criteria:

1. Master's, PhD students and postdoctoral fellows supervised by Op+lait members, enrolled in a Quebec university. Must be **first author** presenting their research.
2. Priority given to applicants not previously funded during their studies.

Amount :

Conference scholarships of up to \$1,000 for events taking place outside Quebec, and \$500 otherwise, will be offered to selected Master's, PhD students, and postdoctoral fellows who will participate (oral or poster presentation) in an in-person conference, to cover all or part of the related expenses.

Selection Criteria:

Relevance of the conference to:

- Research project of the applicant (30%)
- Student's training (30%)
- Op+lait's research program (40%)

Personalize this section carefully. Your application must be **individual** and **not coordinated** with others attending the same conference.

Members of the Op+lait Scientific Committee are responsible for evaluating applications and awarding the scholarships. If a committee member has a conflict of interest, they will not participate in evaluating the relevant application.

Requirements:

Applicants must have actively participated in Op+lait's training and networking activities.

Document to Submit:

Application form (with supervisor's help) must be submitted by email to Josée Labrie

(josee.labrie@umontreal.ca).

Deadline: **February 25, 2026.**

4. PARENTAL SUPPORT SCHOLARSHIPS

These grants support Master's and PhD students balancing **parenting and graduate studies** who are expecting a child or are experiencing a special situation*.

- Scholarship amount: **\$1,000/month**, up to **\$4,000** for one trimester.
- Available at any time while funds last.
- The committee reserves the right to award grants in exceptional cases.
- Open competition (can be submitted at any time).

* Non-exhaustive list of situations for which a parental support scholarship may be requested:

- Birth
- Adoption
- Family reunification
- Illness

* A maximum of \$4,000 may be granted per student per situation.

Eligibility Criteria:

1. Available to Master's and PhD students of Op+lait members enrolled at a Quebec university.
2. The research project must align with at least one of Op+lait's four research axes (see www.oplait.org).
3. Students receiving major funding (FRQNT, FRQS, FRQSC, NSERC, CIHR or SSHRC) are **not eligible**, because some benefits offered by these major funding agencies are available.
4. Students must **not** be employed and eligible for **RQAP benefits** (Quebec Parental Insurance Plan).
5. Must be **enrolled full-time** at the time of the application and commit to maintaining full-time or writing status the following trimester.
6. Scholarship cap: \$35,000 for Master's, \$40,000 for PhD.

Amount and Duration:

Scholarship amount: **\$1,000/month**, up to **\$4,000** for one trimester.

Documents to Submit (AT ANY TIME):

1. Completed application form
2. Medical certificate confirming birth/adoption date, proof of dependent child, or any supporting documentation.

Application form must be submitted by email to Josée Labrie (josee.labrie@umontreal.ca).

Responses will be provided within one month.

5. RECRUITMENT SCHOLARSHIPS FOR INDIGENOUS STUDENTS*

The goal of this SCHOLARSHIP is to encourage Op+lait members to recruit **Indigenous Canadian students** entering graduate research programs. *

** Indigenous ancestry includes First Nations (status and non-status), Métis, and Inuit peoples of Canada.*

- Grant amount: \$5,000 for one trimester
- Non-renewable
- Available at any time, subject to available funds
- Open competition (can be submitted at any time).

Eligibility Criteria:

1. Open to Indigenous students newly admitted to a graduate research program (Master's or PhD) at a Quebec university under the supervision of an Op+lait member
2. Research must align with one of Op+lait's four research axes (see www.oplait.org).
3. Students receiving major funding (FRQNT, FRQS, FRQSC, NSERC, CIHR or SSHRC) are **not eligible**.
4. Scholarship cap: \$35,000 for Master's, \$40,000 for PhD

Document to Submit (AT ANY TIME):

- Completed application form

Application form must be submitted by email to Josée Labrie (josee.labrie@umontreal.ca). Responses will be provided within one month.