



## A.Y. 2025-2026

### PhD in Life, Environmental and Drug Sciences Regulation

The PhD in **Life, Environmental and Drug Sciences** is a three-year research-oriented doctoral programme aimed at training scientists capable of conducting independent and high-quality research in biology, environmental sciences, and drug sciences.

#### Activities and Internal Regulations of the PhD Programme

The PhD Programme fully adheres to the Regulations for PhD Programmes of the University of Cagliari ([link](#)), which govern the overall organization, rights and duties of PhD Students, as well as the general procedures for admission, attendance, evaluation, and awarding of the degree.

In addition to these general rules, the Programme is also governed by its own **Internal Regulations**, reported below, which provide further details on the organization, educational structure, and operational guidelines. These internal rules are designed to ensure the effective planning of training and research activities, in line with the scientific goals of the PhD Programme.

#### Educational Requirements and Training Guidelines for PhD Students

PhD Students must obtain the total **180 FC** (Formative Credits) divided over the three years and must achieve a level of knowledge of the English language equal to **C1**.

The distribution of credits is to be agreed upon with the respective Supervisors and must follow the attached credit framework, which identifies both mandatory and optional training activities (**Table 1**).

Mandatory courses are scheduled preferentially across the first and second year (**Table 2**). However, in agreement with the Supervisor and taking into account the annual teaching calendar and any planned periods abroad, the Student may arrange a different distribution of the courses over the three years.

PhD Students are required to spend at least **6 months abroad** as part of their training, as indicated in the [Rules and Regulations](#) on PhD Programmes of the University. Additional time abroad may be planned and can entitle students to earn extra optional credits (5 FC/month, see **Table 3**). However, the number of credits will be proportionally reduced if a shorter period is spent.

Given the multidisciplinary nature of the PhD programme, each student's training path is customized to align with their specific research goals and scientific background, ensuring a personalized and effective learning experience.

Therefore, during the initial months of the programme, the student will undergo targeted training coordinated by their PhD Supervisor. This training typically includes:

- Introduction to the research project and its scientific context;
- Laboratory management procedures and good laboratory practices (GLP);
- Training on the use and maintenance of scientific instruments and core facilities;



- Safety procedures and compliance with institutional and ethical guidelines. This point is intended to complement the mandatory laboratory safety course included in the PhD programme, by providing further specific insight into practical procedures (e.g. Biosafety Level 3 (BSL3) course and Animal Experimentation Course – FELASA).

After the specific training, the Supervisor will assess the Student's acquired knowledge through a written test and/or an oral evaluation.

To further support the experimental phase of the project, the Student may receive supplementary training within other laboratories of the Department, depending on the technical needs of the research.

This specific training, together with the mandatory transferable skills courses (details are available on the website under Teaching>Courses) constitutes the core of the PhD training and all these activities are subject to evaluation.

Additional activities contributing to the doctoral path are also considered and the corresponding Formative Credits (FC) are reported in the **Table 3**. In particular, the seminar schedule is available on the dedicated section of the website under Teaching> Seminars.

### Structure and Credits

To successfully complete the PhD, candidates must earn at least **180 Formative Credits (FC)** over three years. Activities are divided into **mandatory** and **optional** components, and credits are distributed as indicated in **Table 1**.

**Table 1. Yearly allocation of mandatory and optional formative credits**

	Mandatory Activities Credits	Minimum Optional Credits
<b>Year 1:</b>	45 FC	20
<b>Year 2:</b>	41,5 FC	19,5
<b>Year 3:</b>	39 FC	15
<b>Total</b>	<b>125,5</b>	<b>54,5</b>

However, the exact distribution can be adjusted in agreement with the PhD Supervisor, as long as the total required number of credits is fulfilled.

**Table 2. Mandatory activities**

Activity	Credits		
	Year 1	Year 2	Year 3
<b>Mandatory Courses</b>	15 FC*	11,5 FC*	–
<b>Participation in final thesis presentations</b>	10 FC	10 FC	10 FC
<b>Tutor meetings (mid-year evaluation)</b>	5 FC	5 FC	5 FC
<b>Annual research presentation to PhD board and colleagues</b>	15 FC	15 FC	–



<b>Final thesis presentation to PhD board</b>	–	–	15 FC
<b>English certificate (C1 level)**</b>	–	–	4 FC
<b>Participation in congresses/workshops**</b>	–	–	5 FC
<b>Total mandatory Credits</b>	<b>45 FC</b>	<b>41,5 FC</b>	<b>39 FC</b>
** credits can be obtained in any year.			

### Optional Activities

PhD students may earn additional credits through optional activities. These activities may include:

- **Extra courses** on research-related topics or proposed as optional by the PhD Board
- **Additional seminar attendance or research training or webinars**
- **Tutoring activities** (It is recommended not to exceed **8 FC**)
- **National and international congresses** (poster/oral presentations, additional to the 5 mandatory credits)
- **Publications** (journal articles or book chapters)
- **Research stays** in Italy or abroad (additional periods beyond the mandatory 6 abroad months, and up to a maximum of 18 months, if the PhD programme includes a co-tutorship agreement).

All optional activities must be approved by the Supervisor and properly documented.

**Table 3. Credit allocation per optional activity**

<b>Optional Activities</b>	<b>Credits</b>
<b>International journal publication</b>	FC <b>6, 10</b> if first or last name
<b>National journal publication</b>	FC <b>3, 4</b> if first or last name
<b>Chapter of book from international editor</b>	FC <b>5, 10</b> if first or last name
<b>Chapter of book from national editor</b>	FC <b>2, 3</b> if first or last name
<b>International congress participation</b>	FC <b>2/day</b>
<b>National congress participation</b>	FC <b>1/day</b>
<b>Poster presentation to an international congress</b>	FC <b>3</b> first name, <b>2</b> other position (+ <b>2</b> for participation)
<b>Poster presentation to a national congress</b>	FC <b>2</b> first name, <b>1</b> other position (+ <b>1</b> for participation)



<b>PhD Student Oral presentation to an international congress</b>	FC 5 (+ 2 for participation)
<b>PhD Student Oral presentation to a national congress</b>	FC 3 (+ 1 for participation)
<b>National workshop or stage</b>	FC 2 / day
<b>International workshop or stage</b>	FC 3 / day
<b>Abroad stay</b>	FC 5 / 30 days
<b>Other University/Company stay (in Italy)</b>	FC 5 / 30 days

**Table 4 Optional activities additional details**

Optional activity	Description	Year 1	Year 2	Year 3
<b>Courses</b>	Optional courses on doctoral topics	Max 10	Max 10	0
<b>Research activity</b>	Participation in congress/workshops/stages – copy of registration must be sent to the PhD coordinator	No fixed limit	No fixed limit	No fixed limit
<b>Research activity</b>	Publications	No fixed limit	No fixed limit	No fixed limit
<b>Research/Training activity/Seminar*</b>	-Training activity for research techniques or instruments use FC 1/ day  -Participation to seminars/webinars <b>on doctoral topics</b>  <b>0.5</b> FC/hour of seminar with final test  <b>0.33</b> FC/ hour without final test	Max 10	Max 10	Max 10



<b>Tutoring</b>	Tutoring activity at teaching courses /orienting activity dedicated to secondary schools 5hour=1 credits	It is recommended not to exceed <b>8</b>	It is recommended not to exceed <b>8</b>	It is recommended not to exceed <b>8</b>
<b>Abroad stay</b>	additional periods beyond the mandatory 6 months, up to a maximum of 18 months (for joint-supervisor doctorate) (5 FC/month)	Max 60	Max 60	Max 60
<b>Minimum number of optional credits required</b>		<b>20</b>	<b>19,5</b>	<b>15</b>
*for seminar or webinar with or without test, the coordinator should receive a copy of registration and the "SEMINAR ATTENDANCE FORM filled in with seminar details and, when possible, with seminar organiser's signature.				

### English Language Requirement

PhD candidates must obtain a **C1 level English certificate**. This corresponds to **4 mandatory FC**, which can be obtained in any of the three years.

English Courses are organized by The University of Cagliari Language Centre:  
[https://web.unica.it/unica/en/cla\\_servizi\\_accertamento.page](https://web.unica.it/unica/en/cla_servizi_accertamento.page))

### Research Presentations

Each year, students must:

- Present their own research progress to be admitted to the following year
- Attend the **annual** and **final presentations** of colleagues

Participation in these activities is mandatory for students in both their own and other curricula.



### Activity Planning and Reporting

- Within the first **6 months**, each PhD student must submit a **training and research plan**, signed by their Supervisor.
- At the end of each year, students must submit:
  - A **summary report** of their activities
  - A **plan for the upcoming year**
  - A list of **acquired credits**, co-signed by their Supervisor
- The third year the Student must provide a final report

Templates are present in website under the page “Forms”.

### Third Mission

In addition to its primary roles in teaching and research, the University of Cagliari places a strong emphasis on the **Third Mission**: the active transfer and sharing of knowledge with society. This mission encompasses public engagement, cultural dissemination, technology transfer, and collaboration with local communities and industries.

PhD students are strongly encouraged to participate actively in Third Mission activities. Engaging in public outreach, science communication, workshops, exhibitions such as:

- Leading interactive workshops and demonstrations (e.g., SHARPER, Science Festival).
- University organized Open-days
- Guiding thematic visits in museums and university collections (e.g. Monumenti aperti).
- -Moderating and presenting at public talks and cultural events for the general public.
- -Participating in special initiatives or pre-events in collaboration with local partners.

Participation in this activity is optional and will be recognized as a national workshop or internship (**2 FC** per day). While talks delivered by the PhD student during the event will be credited as an oral presentation at a national conference (**3 FC**, plus **1 FC** for participation).

### Final Notes

- All activities, including optional ones, must be authorized by the Supervisor and documented.
- At the beginning of each academic year, the PhD Coordinator will organize a **dedicated meeting** during which the rules, procedures, and details of the PhD programme will be thoroughly explained. Attendance is strongly recommended, as the information provided is essential for the proper progression through the doctoral programme.