

SHOULD I TAKE THIS RESEARCH VISIT?

Seven questions before committing months of your time and career.

Host: _____

Institution: _____

Duration: _____

Cost: _____

7 QUESTIONS	YES	PARTLY	NO
1. Is there a compelling reason for me to go? What can I gain there that I cannot reasonably achieve at home, online, or through a shorter/cheaper option?	☐	☐	☐
2. Can I name 2-3 outcomes that would make the visit worthwhile? Research progress, skill/method, access, publication/grant, collaboration, network, or another concrete result.	☐	☐	☐
3. Do I have a host who is genuinely available and interested? Have we discussed expectations, meeting rhythm, introductions, and realistic support?	☐	☐	☐
4. Will I actually be able to do the work when I arrive? Data, lab/library/software, ethics, permissions, workspace, IP/confidentiality, and essential access are clear?	☐	☐	☐
5. Is the timing and duration right? Long enough to achieve the goal, but not longer, more expensive, or more disruptive than necessary?	☐	☐	☐
6. Can I realistically benefit from the visit now? Workload, finances, housing, visa, family/caring, health/access, language, and protected research time are manageable?	☐	☐	☐
7. What will still exist six months after I return? Which research, relationships, skills, outputs, or collaborations should continue after the visit ends?	☐	☐	☐

DECISION

GO

Clear value; no critical NO.

REVISE FIRST

Fix weak points before deciding.

DO NOT COMMIT YET

A critical issue remains.