

“My Three-Minute PhD Thesis” is a research communication competition open to all PhD students from the ten partner universities¹ of **UNITA**, in any discipline. Participants are challenged to present their research clearly and effectively to a **non-specialist audience**. The competition contributes to the broader objective of opening research to society.

The competition is organized in two steps. As a first step, each university organizes its own local competition and selects two PhD students. As a second step, the selected PhD students participate to a final face-to-face competition at UNIBS (Italy). Both local and final selections follow the same objectives and rules, as described below.

PhD students have three minutes to deliver a compelling presentation of their thesis and its significance, in a clear and concise manner. The objective is to develop the communication skills needed to explain a research topic effectively in a short time and in language appropriate for a non-specialist audience.

PhD students benefit from a common online training programme organized at UNITA level from March 30 to May 1, 2026 to prepare them for the exercise before the local selection (with a maximum of 10 trained PhD students per university).

Selected PhD students will come to the campus of Brescia (UNIBS, Italy) from June 29 to July 3, 2026. They will receive additional face-to-face training before the final. This training emphasizes oral expression in stressful situations, including voice control, body language, and managing interaction with the jury and the audience.

Rules for the presentations:

- The presentation must be delivered **in English**.
- The presentation must not exceed **3 minutes**
- One single static slide (landscape format) must be used. The slide is compulsory and is part of the evaluation.

The presentations are evaluated by a jury according to a set of criteria provided at the end of this document.

Each university determines the jury for its local selection. For the final selection, each university appoints one member for the final jury. The president of the final jury is the member of the university hosting the final.

For the final selection, the presentations may be filmed and simultaneously broadcasted through UNITA’s social media channels. Participation in the competition implies the consent of the contestants for the dissemination of their interventions.

Certificates will be awarded to all participants for both the local and final selections. Prizes will be awarded to the top three winners of the final competition.

Agenda:

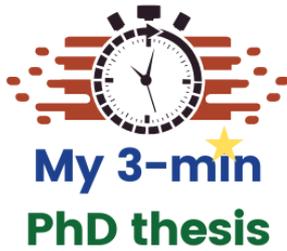
- Local competition from May 11 to May 29.
- Final face-to-face competition at the [Università degli Studi di Brescia](#) (UNIBS, Italy) from June 29 to July 3, 2026, held jointly with a UNITA event.

Additional rules:

- At the time of application, candidates must have the approval of their PhD supervisor.
- Any data or information presented must be suitable for public dissemination. If the research is subject to a confidentiality agreement, participants must verify the content of their presentation with the parties concerned. Their university cannot be held responsible for any infringements resulting from non-compliance.
- Participants commit to being present at the local selection session and, if selected, at the final phase in Brescia.

¹ Participating universities:

- Universidade de Beira Interior (UBI, Portugal)
- Universidad de Zaragoza (UNIZAR, Spain)
- Université de Pau et des Pays de l'Adour (UPPA, France)
- Université Savoie Mont Blanc (USMB, France)
- Università di Torino (UNITO, Italy)
- Universitatea de Vest din Timisoara (UVT, Romania)
- Transilvania University of Brasov (UNITBV, Romania)
- Universidad Pública de Navarra (UPNA, Spain)
- University of Brescia (UNIBS, Italy)
- Instituto Politécnico da Guarda (IPG, Portugal)



ASSESSMENT GRID

TALENT FOR PUBLIC SPEAKING (7 points)

Clear voice
Well-paced presentation
Fluid gestures
Appropriate tone (humour, seriousness, etc.)
Stage presence, interaction with the audience, enthusiasm
Storytelling ability (captivating the audience, sparking curiosity)
Effective time management

MEDIATION (7 points)

Accessible vocabulary with no excessive scientific jargon, and clear explanations of any technical terms
Clear presentation of the research purpose and objectives
Relevant metaphors and examples

SLIDE (2 points)

Clarity, structure, and visual appeal of the slide
Added value of the slide in supporting the presentation
Originality of the slide

STRUCTURE OF THE PRESENTATION (2 points)

Logical structure of the presentation
Good balance between the different parts (introduction, main body, conclusion)

MY FAVORITE (2 points)

Particularly outstanding aspect of the presentation