## SUPPORTING INFORMATION

## Liquid self-diffusion of H<sub>2</sub>O and DMF molecules in Co-MOF-74:

## molecular dynamics simulations and dielectric spectroscopy studies

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$ \begin{array}{c}                                     $	Atom Type	Partial Charge [e-]
	Со	1.101
	C1	0.817
	C2	-0.302
	С3	0.376
	C4	-0.163
	01	-0.716
	02	-0.643
6	03	-0.645
	Н	0.175

Figure S1. Partial charges of the Co-MOF-74 metal-organic framework used in this work.



**Figure S2**. Mean squared displacement versus time of (A)  $H_2O$  and (B) DMF for different temperatures as obtained from MD simulations.



**Figure S3.** Le Bail refinement of the Co-MOF-74 sample. Key: Observed (black dots), calculated (solid red line) and difference (bottom green line) profiles. The blue tick marks indicate the positions of the allowed Bragg reflections.



Figure S4. TGA curve of Co-MOF74 (Co<sub>2</sub>(dobdc)·[2DMF.1H<sub>2</sub>O]).



**Figure S5.** Infrared spectra of (A) Co-MOF-74,  $(Co_2(dobdc) \cdot [2DMF.1H_2O])$ , and (B) Co-MOF-74(ev),  $(Co_2(dobdc) \cdot [0.5DMF])$ . Band around 3500 cm<sup>-1</sup> correspond to the presence of water, which is almost negligible for Co-MOF-74(ev).



**Figure S6.** (A) Probability of finding water molecules at CoMOF-O<sub>H2O</sub> distances less than 4 Å, for several temperatures. (B) Percentage of water molecules with probability P > 70 % of being located at CoMOF-O<sub>H2O</sub> distance less than 4Å, as obtained from MD simulations. Solid lines are shown as guide for the eyes.



Figure S7. Typical impedance complex plane plot for Co-MOF-74(ev) at 350 K.