



OCTA

Overseas Countries
and Territories Association



**OPPORTUNITIES FOR YOUNG PEOPLE
AT EUROPEAN LEVEL**

Internships at the European institutions

EUROPEAN COMMISSION: BLUE BOOK TRAINEESHIP PROGRAMME

The EC offers a 5-month paid traineeship in its Directorate-Generals, Agencies and other bodies. The traineeships take place mostly in Brussels, but it depends on the location of the EU body. It offers a monthly allowance of around 1200€/month, plus travel costs covered. The calendar is as follows:

- October to February: applications in January the previous year (upcoming process 5-31 January 2022).
- March to July: applications in August the previous year.

Check the full information and details: <https://traineeships.ec.europa.eu/>

EUROPEAN PARLIAMENT

1. Schuman traineeships (in the Secretariat)

They are paid and can be undertaken at one of the European Parliament's official places of work – Brussels, Luxembourg and Strasbourg – or in its Liaison Offices in the Member States. It offers a monthly allowance of around 1300€/month, plus travel costs covered. The calendar is as follows:

- October to February: applications in June.
- March to July: applications in November the previous year.

2. Traineeships with Members of the European Parliament

Members of the European Parliament may offer paid traineeships at their offices in the premises of the European Parliament in Brussels (or Strasbourg) based on an agreement with the European Parliament.

MEPs freely choose their trainees. To submit an application, it is necessary to contact directly the [Members of the European Parliament](#).

Check the full information regarding traineeships at the European Parliament: <https://www.europarl.europa.eu/at-your-service/en/work-with-us/traineeships>

COUNCIL OF THE EUROPEAN UNION

The General Secretariat of the Council (GSC) offers around 100 paid traineeships a year to EU nationals. The traineeships take place in Brussels. It offers a monthly allowance of around 1200€/month, plus travel costs covered. The calendar is as follows:

- September to January: applications in February/March.
- February to June: applications in August/September the previous year.

Check the full information and details: <https://www.consilium.europa.eu/en/general-secretariat/jobs/traineeships/>

OTHER EU INSTITUTIONS

Additional opportunities for paid internships in European institutions:

- [Traineeship in Delegations of the European Union](#)
- [European Economic and Social Committee](#)
- [Committee of the Regions](#)
- [Court of Justice of the European Union](#)
- [European Central Bank](#)
- [European Court of Auditors](#)
- [European Investment Bank](#)
- [European Ombudsman](#)
- [European Union Aviation Safety Agency](#)
- [European Centre for Disease Prevention and Control](#)
- [European Centre for the Development of Vocational Training](#)
- [European Chemicals Agency](#)
- [European Food Safety Authority](#)
- [European Foundation for the Improvement of Living and Working Conditions](#)
- [European Chemicals Agency](#)
- [European Maritime Safety Agency](#)
- [Fusion For Energy](#)
- [European Training Foundation](#)
- [European Union Agency for Fundamental Rights](#)
- [Europol](#)
- [European Union Intellectual Property Office](#)
- [European Union Satellite Centre](#)
- [Joint Research Centre](#)
- [European Union Agency for Criminal Justice Cooperation](#)

INTERNSHIPS IN BRUSSELS

Beyond the EU institutions, many organisations based in Brussels (such as OCTA), offer traineeships in their offices to work on EU affairs. To find internship or job opportunities in Brussels in EU affairs, the following websites will be the most useful:

- <http://jobs.euractiv.com/>
- <https://www.eurobrussels.com/>
- <https://programmes.eurodesk.eu/internships>

TRAINEESHIP AT THE OCTA SECRETARIAT



OCTA offers a paid 4-month internship at the Secretariat office in Brussels twice per year. The application process is published in OCTA's website a few months before the start of the traineeship.

OCTA trainees will have the opportunity to contribute to the development of the Association. They will help in the day to day basis of the work carried out by the Executive Team and its Secretariat. It will be the opportunity to put academic theory into practice.

The traineeship is open to **young professionals and young graduates from the OCTs members of the Association. Each candidate needs to be endorsed by their OCT**, candidates need to contacts the representatives of their OCTs to OCTA (information available in the profile of each OCT in our [website](#)).

Profile requirements:

- C1 Level in English – according to the CEFR¹ - (Proficiency in Danish, Dutch, French, or local languages will be strong assets).
- Bachelor degree (License) in Communication, International Studies or any related field linked to the OCTs.
- Some working experience in a company or organisation (NGO, Government, International organization, etc.) is desirable.

Calendar:

- March - June
- October - December

Traineeship compensation package:

- Living allowance for the traineeship sessions in 2022 will be €1000 per month.
- Reimbursement of insurance and other related costs.
- Covered travel expenses (Economy Class) from and to the home address at the beginning and end of the traineeship.

¹ Common European Framework of Reference for Languages (<https://www.coe.int/en/web/common-european-framework-reference-languages>)

EUROPEAN SOLIDARITY CORPS

The European Solidarity Corps is an EU programme for young people that would like to engage in solidarity activities across Europe and beyond for a duration of up to 12 months. It is open to people aged 18 – 30 for volunteering addressing societal challenges, and 18 – 35 for humanitarian aid activities. Young people in the OCTs can apply to the European Solidarity Corps and apply to projects everywhere as they are European citizens.

Young people can find volunteering opportunities can be found via the [European Youth Portal](#). They need to register in the portal to view and apply to all the available opportunities. It is possible to filter by country, duration and topic. The organisations will then contact the potential recruits and make a final choice.

All organisations will undergo checks before they are authorised to run projects for the European Solidarity Corps, and before they are allowed to search for and recruit participants for their projects.

The European Solidarity Corps project provide financing to cover the following expenses for the volunteers:

- Travel to and from the project, accommodation and food.
- Small allowance for personal expenses (€3-6 a day, depending on the country).
- Complementary insurance.
- Support services such as linguistic support and training.
- Specific needs (e.g. a disability), these costs may also be covered.

