



OCTA YOUTH DAYS

24 - 25 May 2022

Paid Traineeships at the European Institutions - Getting in -



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What are traineeships in EU Institutions?

They are paid traineeships lasting 5 months in the EU institutions

https://epso.europa.eu/job-opportunities/traineeships_en

Offer

Duration: in general 5 months

Paid: Yes. Approximately €1,220.78 and travel allowance.

Starting Dates: varies depending on institution

Place: varies depending on institution

Conditions

Have completed a standard 3-year higher education degree (minimum EQF 6 level), corresponding to a complete Bachelor's cycle, or equivalent.

Have no prior work experience of any kind, in excess of 6 weeks in any EU institution, body or agency

Have a very good knowledge of languages

There is generally no age & experience limit for participating in the traineeship programmes – it can even be an advantage.



Which traineeship for me?

Bluebook Traineeship

<https://traineeships.ec.europa.eu/>

What?

The biggest traineeship program in Brussels, it is organized by the European Commission. Twice per year about 650 to 900 people participate per session.

When?

Two Sessions: 1 October - 28 February & 1 March - 31 July

How?

Submit application in [January](#) (for October Traineeship) and in [August](#) (for March Traineeship)

Where?

In the European Commission, its services and agencies, mostly in Brussels, but also in Luxembourg and elsewhere across the European Union.



Which traineeship for me?

Schuman Traineeship

<https://www.europarl.europa.eu/at-your-service/en/work-with-us/traineeships>

What?

The Schuman traineeships may be undertaken in a wide variety of fields, such as EU internal and external policies, finance, law, multilingualism, administration, infrastructure and logistics, communication or IT.

When?

Two Sessions: 1 October - 28 February & 1 March - 31 July

How?

Submit application in [May](#) (for October Traineeship) and in [October](#) (for March Traineeship)

Where?

In the European Parliament offices in Brussels, Luxembourg and Strasbourg – or in its Liaison Offices in the Member States



Which traineeship for me?

Council of the European Union

<https://www.consilium.europa.eu/en/documents-publications/publications/traineeships-council-european-union/>

What?

Every year, the General Secretariat of the Council (GSC) offers around 100 places for paid traineeships

When?

Two Sessions: 1 September - 31 January & 1 February - 30 June

How?

Submit application in [February-March](#) (for September Traineeship) and in [August-September](#) (for February Traineeship)

Where?

In the GSC offices in Brussels. Trainees will also be invited to take part in a study programme that includes visits to and conferences at other EU institutions in Brussels, Luxembourg and Strasbourg.



Which traineeship for me?

Court of Justice of the European Union

https://curia.europa.eu/jcms/jcms/Jo2_7008/en/

What?

Every year, the Court of Justice of the European Union offers a limited number of paid traineeships in the chambers of Members of the Court of Justice and the General Court of the European Union and in the administrative departments of the Court.

When?

Two Sessions: 16 September/1 October - 28 February & 1 March - 31 July

How?

Submit application in [February - April](#) (for October Traineeship) and in [July - September](#) (for March Traineeship)

Where?

In the European Court of Justice in Luxembourg

Which traineeship for me?

European External Action Service

Traineeship in Delegations of the European Union

https://www.eeas.europa.eu/eeas/traineeship-delegations-european-union_en

You will be working in a Delegation of the European Union in a non-EU country;

Additional requirement - maximum one year of professional experience;

No specific timeline – check EEAS recruitment website.

Junior Professionals in Delegation (JPD) Programme

https://www.eeas.europa.eu/eeas/next-call-expression-interests-junior-professionals-delegation-jpd-programme-will-be-open-4th_en

Every 24 months, the EEAS and the EC open a call for expression of interests.

Next call for expression of interests: **4th January 2023 until the 31st January 2023**. There will be 54 JPDs posts

The pre-selection of candidates is managed by the EU Member States.

No specific timeline – check EEAS recruitment website



Which traineeship for me?

European Commission - PILOT JUNIOR PROFESSIONALS PROGRAMME

<https://traineeships.ec.europa.eu/pilot-junior-professionals-programme-jpp>

Every year, up to 50 Trainees from the European Commission are recruited for a two-year contract as temporary agents. This process happens during your traineeship.

During the first year, Junior professionals are placed at the disposal of two different Commission DGs for each six-month period.

During the second year, Junior professionals work in the DG that pre-selected them.

A training programme runs in parallel to the internal mobility and the work in the services. It aims at improving participants' key skills, understanding of the EU functioning and main policies, and challenges them to work in team on concrete projects among those proposed by the Commission DG's management.

By the end of the programme, an internal competition is held. Junior professionals will have the possibility to access an internal competition, also open to other staff, and to become AD5 officials.



Which traineeship for me?

Other Institutions, Agencies & Bodies

https://epso.europa.eu/job-opportunities/traineeships_en

Over 50 organisations linked to the EU offer traineeships in different Member States – either independently (through their own Traineeship programme), or through the European Commission Bluebook Traineeship. A full list of traineeship opportunities is available by accessing the link above.

These include:

[Court of Auditors](#)

[Committee of the Regions](#)

[European Economic and Social Committee](#)

[European Ombudsman](#)

[Joint Research Centre](#)

[ACER – Agency for the Cooperation of Energy Regulators](#)

[CDT - Translation Centre for the Bodies of the EU](#)

[CEDEFOP - European Centre for the Development of Vocational Training](#)

[European Central Bank & European Banking Authority](#)

[European Investment Bank](#)

[FRA – EU Agency for Fundamental Rights](#)



What about other paid Traineeships

Euractiv

<http://jobs.euractiv.com/>

Eurobrussels

<https://www.eurobrussels.com/>

Networking Events

https://en.wikipedia.org/wiki/Place_du_Luxembourg

Linkedin & University Website

<https://www.linkedin.com/>



What about after?

Stay in the institutions

[Pilot junior professionals programme](#)

[Interimaire opportunities](#)

[Contract Agent \(CAST\)](#)

[Administrator \(AD\)](#)

[Assistant to an MEP](#)

https://epso.europa.eu/job-opportunities_en

<https://www.europarl.europa.eu/at-your-service/en/work-with-us/how-to-apply>

Companies in Brussels

Wide range of consultancies, lobby groups, NGOs, regional and political representations and other bodies

To somewhere else

Valuable first hand experience with the EU Institutions



Tips

Apply! Apply! Apply!

Apply! no matter what your profile is

The EU Institutions, Agencies and Bodies recruit a wide range of specialisations – you do not need a degree in EU-related studies.

For example, many of the Agencies recruit scientists specific to their field of activities. Similarly, there are a wide range of opportunities for linguists, translators and interpreters.

Apply! no matter your experience

Applying straight after University can give you an edge when starting your career (but don't continue studying afterwards, these Traineeships are useful as a step after you have finished your studies).

Applying after you have 3 – 5 – 10 years of experience means that the work you will do is more technical/more senior. The job will be adapted to your profile – it is a stepping stone in your career.

Apply! no matter how many times you have applied before

Despite the many positions available, competition is fierce. Do not be discouraged if you miss application deadlines or if you get rejected. We have all been through this.

An example – Traineeship statistics for the Bluebook Traineeship:

<https://traineeships.ec.europa.eu/home/key-facts-and-figures>



More Tips

It's all about points – each section of your application is graded.

Languages

A Mother Tongue does not count as extra points, but it does not need to be justified either.

A foreign language is worth extra points, but you will have to justify your level in that language.

Studies and experience

A Master's Degree does not count unless it is finished when you apply. Same logic for work experience.

Start the application early

The application form is long, complex and very unfriendly. Do not leave it to the last days, it will take days to draft it.

Read the FAQ and documents linked to your traineeship before applying

The FAQ for the BlueBook Traineeship (for example - <https://traineeships.ec.europa.eu/faq>) lists over 108 questions. It is similar for the other Traineeships. This is important in order to maximise the points your application is getting (and to not have any points subtracted).



Questions & Answers



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Thank you!

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