



SHAPING EUROPE TOGETHER



EU Traineeship options, selection processes & conditions



Traineeships

Traineeships in the EU institutions

- All EU institutions offer traineeships – not centralised
- Consult EPSO's website for links to each programme:
Job opportunities > Traineeships



If you would like to get a taster of a career with the EU institutions, why not apply for a traineeship?

Each year, around 1.900 young people are offered the chance to increase their professional skills, develop their personal qualities, and enhance their EU knowledge through the EU trainee programmes. Most of the EU institutions organise traineeships for young university graduates, each lasting usually between 3 and 5 months.

Traineeships are available in a wide range of fields and offer a great insight into the work of the EU. The content of the job largely depends on the service you are assigned to. Opportunities are available in the fields of competition law, human resources, environmental policy, communication and many more.

The selection procedures for traineeships are run individually by the EU institutions and agencies themselves. You can see below some of the opportunities available. Please note that maybe not all available opportunities are displayed on this site.

Institution/Agency

(ACER) Agency for the Cooperation of Energy Regulators	Search
(EUIPO) European Union Intellectual Property Office	
(EUROFOUND) European Foundation for the Improvement of Living and Working Conditions	
(EUROJUST) The European Union's Judicial Cooperation Unit	
(Europol) European Union Agency for Law Enforcement Cooperation	
(EUSPA) European Union Agency for the Space Programme	
(F4E) European Joint Undertaking for ITER and the Development of Fusion Energy	
(FRA) European Union Agency for Fundamental Rights	
(FRONTEX) European Border and Coast Guard Agency	
(SatCen) European Union Satellite Centre	
Bio-based Industries Joint Undertaking	
Council of the European Union	
Court of Auditors	
Court of Justice	
European Commission	
European Committee of the Regions	
European Data Protection Supervisor	
European External Action Service	
European Ombudsman	
European Parliament	
Joint Research Centre	

Member States or that are subject to more. have had or have any kind of

Starting Dates: 1st September or 1st March.



Open Traineeship Calls

- Consult EPSO's website for links to each programme:
Job opportunities > Traineeships > Highlights

- (EFSA) European Food Safety Authority
- (EDA) European Defence Agency
- Joint Research Centre
- (EMSA) European Maritime Safety Agency
- (ELA) European Labour Authority
- (EUSPA) European Union Agency for the Space Programme
- (ECA) European Court of Auditors
- European Committee of the Regions
- (ECHA) European Chemicals Agency
- (ACER) Agency for the Cooperation of Energy Regulators



Traineeship in the European Commission: BlueBook

5 months

01/03 - 31/07

01/10 - 28/02

Paid

(± €1.300)



Brussels

Luxembourg

+ representations



1.800

trainees/year



Participate in the
work processes

High number of
applicants

Who can apply?

Application
within the
deadline

Bachelor
degree

Minimum of
2 EU languages

1 language
must be:



No EU
citizenship
needed

No age limit

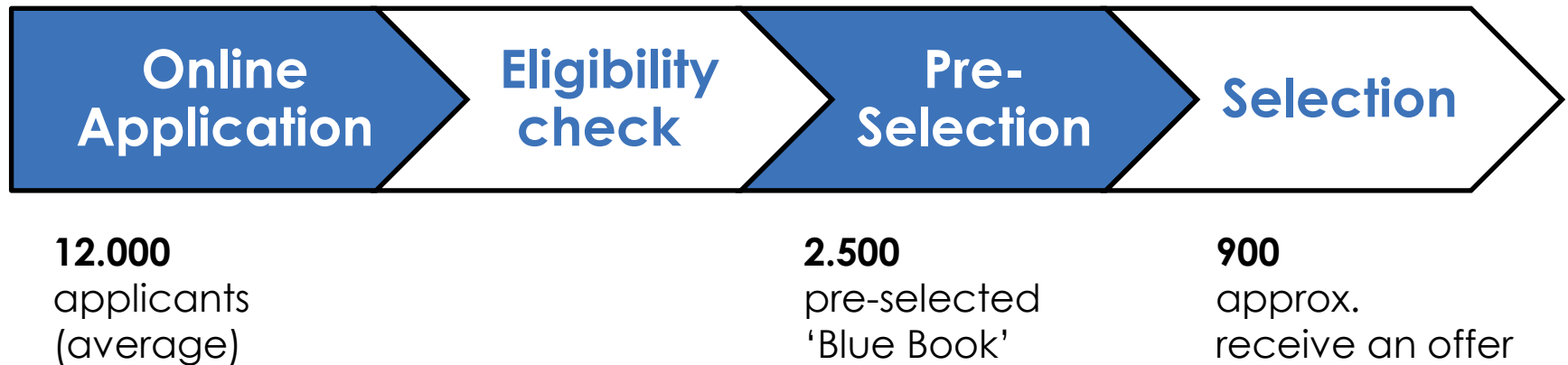


You?

No prior EU
employment
of more than 6
weeks

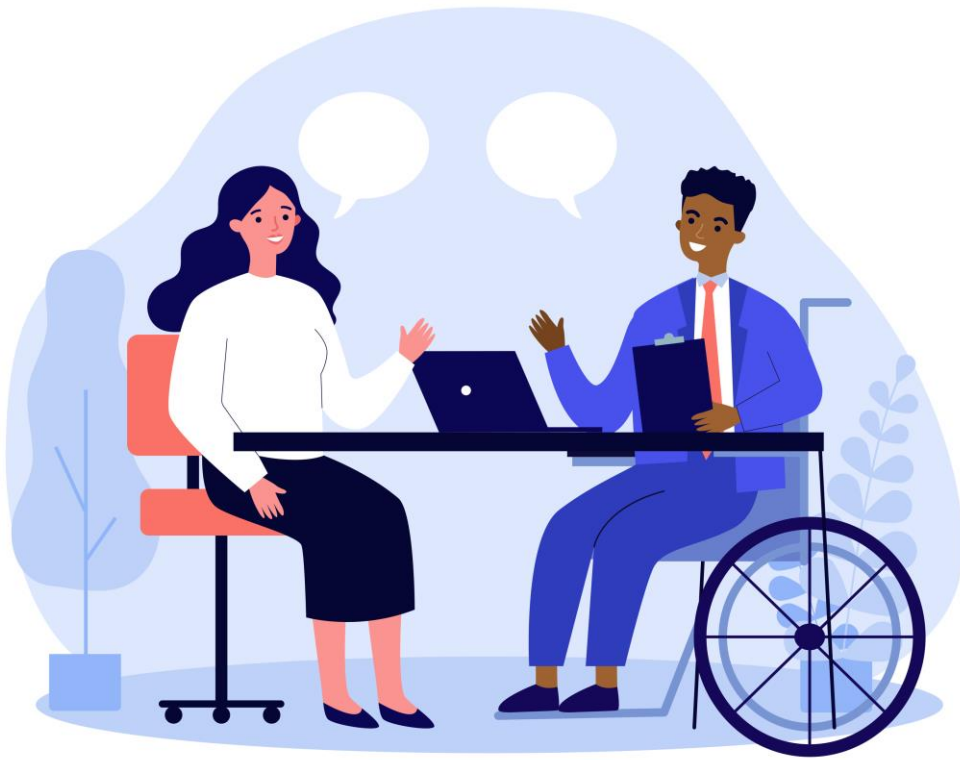
Blue Book Traineeship – key steps

Apply 16 July-31 August 2023 for the March 2024 traineeship
Apply in January 2024 for the October 2024 traineeship



Online application for EC Traineeship:
http://ec.europa.eu/stages/index_en.htm





Competitions

Permanent officials (civil servants)

Types of competitions

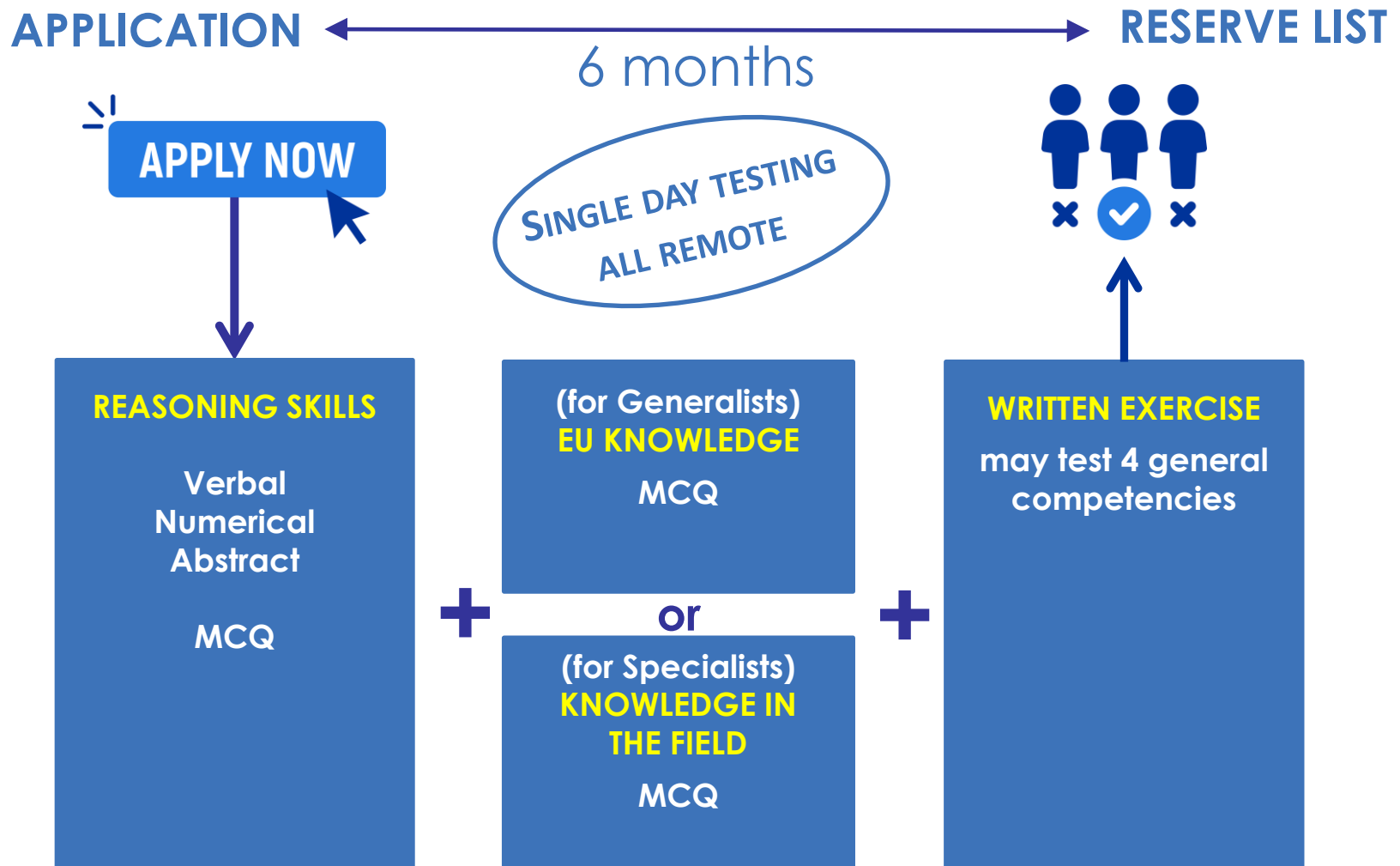
Generalists

- All fields
- No professional **experience** needed
- For **graduates**
- Grade AD5

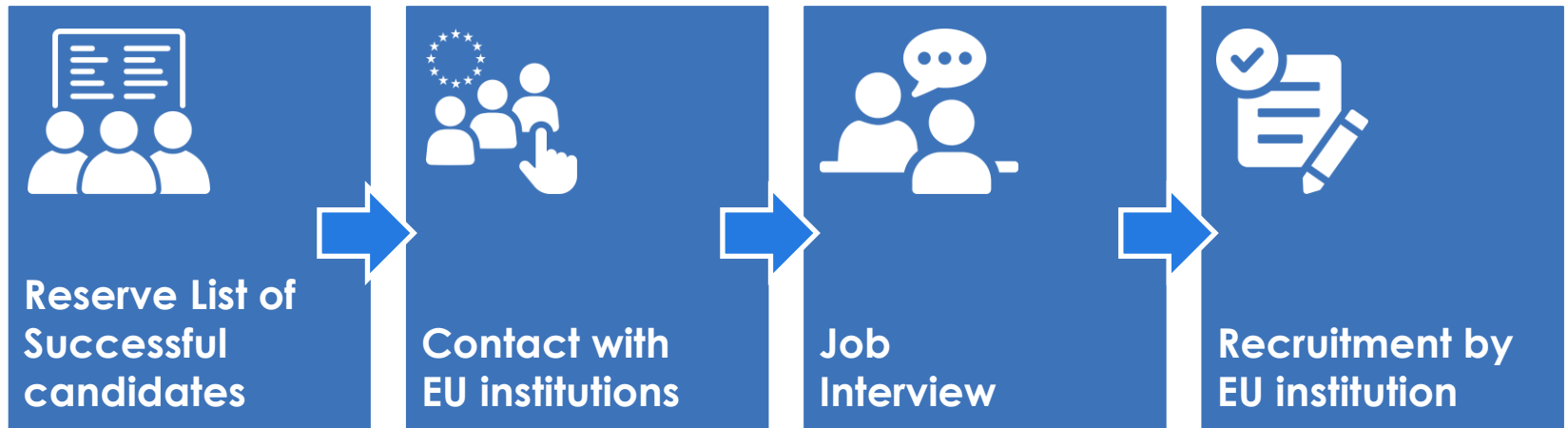
Specialists

- **Specialised** fields
- Professional **experience** needed for most profiles
- For **graduates** and **non-graduates**
- Grade AD6, AD7, AST3

Elements of a competition



Successful Candidate





Other staff

Staff categories

**Contract
agents
(CAST)**

**Temporary
agents**

Interim staff

Freelance

**Seconded
National
Experts**

Trainees



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Questions? Thank you!

More info:

