



EU opportunities for young people





EUROPEAN

YOUTH PORTAL

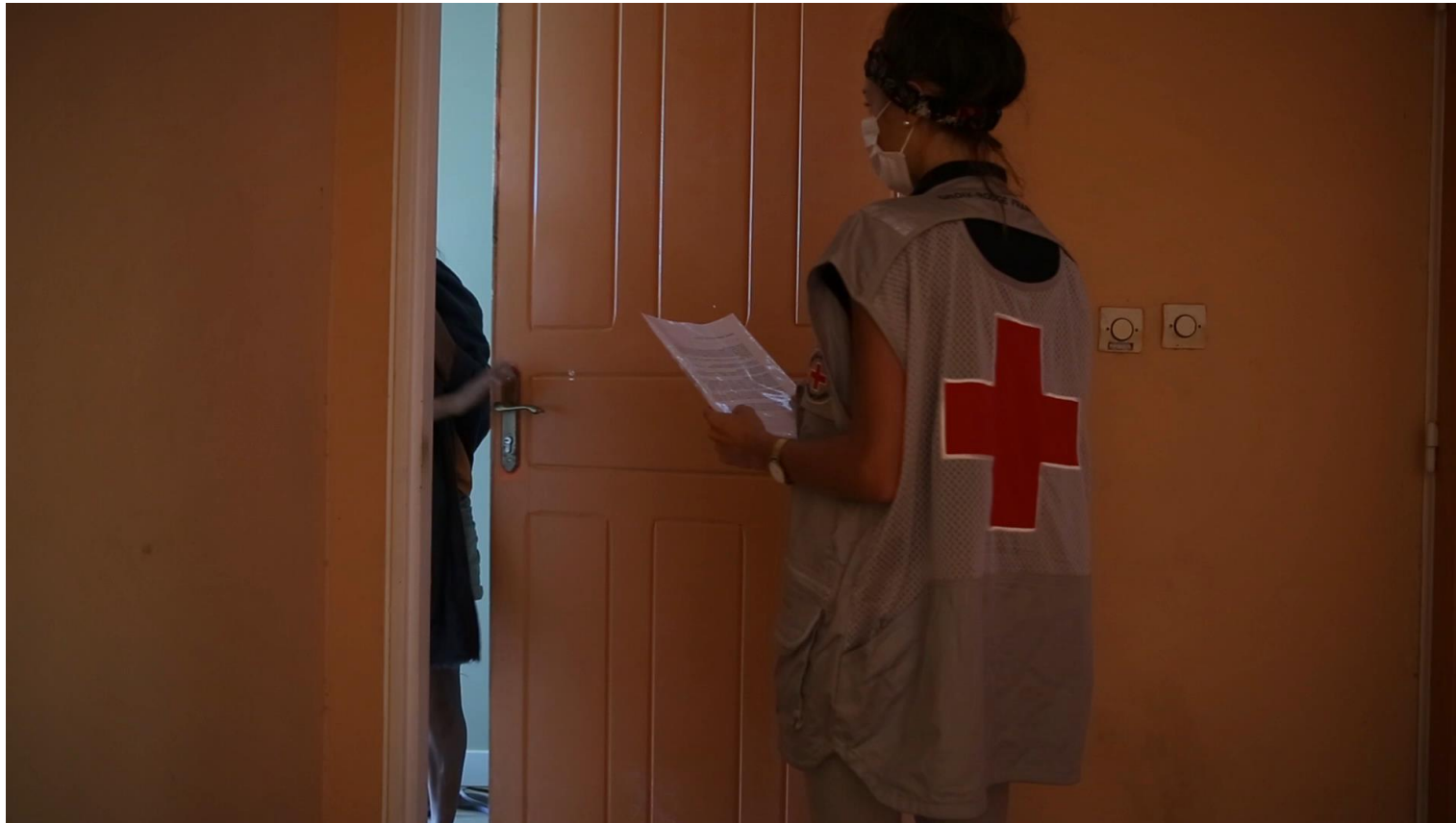
<https://youth.europa.eu>

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1. Stories from the Regions

Let's take a look at some of the stories!



- [Coronavirus - EU solidarity in action in Réunion, Comoros and Seychelles](#)
- [Gorreana Tea, the oldest operating tea plantation in Europe](#)
- [The Pyrénées region and young immigrants build a common future](#)
- [Foodtruck GULE "Handicap? So, what!?" Prague, Czech Republic](#)
- [CAMPUS Project, Romania](#)
- [You will find more stories on our youtube channel!](#)



2. EU Programmes and events for young people

Eligibility:
18-30 y. old
from the EU or
neighbouring
countries



Interreg Volunteers for Youth

Interreg Volunteers for Youth

- Do you want to support projects promoting cooperation among regions? Are you looking forward to contributing to society and you care for sustainable development?
- Volunteering offered in Communication and/or project management
- Volunteer for 2 to 6 months - placements are all over Europe and in its neighboring countries.
- You receive financial support, full insurance and help for the travel expenses.

[Interreg Volunteer Youth](#)



Be part of Interreg programmes in Europe, IPA countries, Neighbouring Countries and outermost regions

Eligibility:
18-30 y. old
from the EU or
neighbouring
countries



Youth4Cooperation

Youth4Cooperation



- Take part of the Youth Councils and Youth Initiatives in the four EU Macro-Regional Strategies : in the Alps, the Danube, the Baltic Sea Region and the Adriatic and Ionian Region, you meet with young people and you lead projects to make your territories greener, more innovative and in line with your needs.
- Be a beneficiary of Interreg projects, by replying to special calls dedicated to youth from Interreg programmes, Interreg NEXT and Interreg IPA programmes, dedicated to young people.
- Stay in touch with a vast community of youth from Cooperation, by joining the Interreg Youth Manifesto core group on LinkedIn <https://www.linkedin.com/groups/13908870/>



Eligibility:
15-24 y. old
from the
outermost
regions

**Donner aux jeunes les moyens
d'agir dans les régions
ultrapériphériques**



**#OutermostRegions
#Youth4ORs**

 **European
Commission** | **Regions and
urban Policy**

**Youth for
Outermost
Regions**
Call for actions for
young people

Youth for Outermost Regions



- **Call for proposals** – worth **€1 million** – to help **empower youth in your regions**, exclusively **targeted at entities located in the EU's outermost regions**.
- The aim of this initiative is to mobilise youth to develop actions tailored to their regions to improve quality of life, development and growth.
- The first call for actions for young people will be published by Spring 2023.



EU policy for the
EU outermost regions

Eligibility:
18-30 y. old
from the EU or
neighbouring
countries

**Youth4Regions –
the programme for
aspiring journalists**

#Youth4Regions



Youth4Regions for young journalists and photographers

Youth4Regions



- Helping journalism students and young journalists to discover what the EU is doing in their region.
- It offers trainings, mentorships, press trips on journalism and EU regional policy



*All you need is a pen,
paper, and passion.*

Sarah Nassar,
#Youth4Regions 2021 alumna



[Youth4Regions](#)

Eligibility:
15-24 y. old
from and
outside the EU



EU Teens4Green Call for actions for young people

EUTeens4Green



- Teens set up projects to make sure all people can take part in the green transition* whose aim is to reach climate neutrality by 2050.
- Duration of project up to 12 months; budget up to EUR 10.000.
- Call for proposals closes on 9 Jan. 2023

EUTeens4Green

** The green transition is a general concept of moving from a carbon based economy to a more sustainable economy.*





<https://erasmus-plus.ec.europa.eu/>

@EUErasmusPlusProgramme

European_Youth_EU

EUErasmusPlus

Erasmus+
Enriching lives, opening minds.

Eligibility:
All young
people from
and outside
the EU

Erasmus +

What can Erasmus+ offer?

- Studies and traineeships abroad
- Short-term mobility (5-30 days) combined with virtual online learning or long-term mobility (2-12 months)
- Available to students at all study levels
- Opportunity for schools to organise learning mobility activities for school pupils and staff
- <https://erasmus-plus.ec.europa.eu/>



- Erasmus for Young Entrepreneurs to work alongside an experienced entrepreneur
- www.erasmus-entrepreneurs.eu

Eligibility:
18-35 y. old
from the EU +
partners
countries



**WANT TO MAKE
A DIFFERENCE WHERE
IT'S MOST NEEDED?**



European Solidarity Corps



Are you up for a challenge?



Join the European Solidarity Corps!



- Volunteering activities



- Solidarity Projects



- Humanitarian aid volunteering

**EXPAND
YOUR
COMFORT
ZONE**

#DiscoverEU

**A lifetime
of inspiration
starts here**

Eligibility:
18 y. old
people from
the EU

DiscoverEU
Free travel
passes to
explore Europe
mostly by train

Conditions

- ✓ **18 years old** when travel period starts (either on 1st January or 1st July of each year)
- ✓ **Legal resident** in one of the Erasmus+ Programme countries
- ✓ Travel alone or in a **group of 5 friends** (in total)
- ✓ Travel between **1 day and up to 30 days by rail**
- ✓ Become a DiscoverEU Ambassador



When and how to apply?

- ✓ **In spring and autumn each year** (exact dates to be announced on the website)
- ✓ <https://europa.eu/youth/discovereu>
- ✓ Provide personal data
- ✓ Answer 5 **quiz** questions + subsidiary
- ✓ **Results in May and January** respectively



***EUROPEAN
YEAR OF
YOUTH***

**European
Year of
Youth (EYY)
2022**

How to get involved?

- Take part in the Social Media activities linked to the Year
- Take part in the next surveys/consultations and share your ideas!
- Encourage your youth organisations/schools to organise youth related activities throughout the Year.

[European Youth Portal](#)





EU events:
take part
and learn
even more

EU events for young people



- DiscoverEU Meet ups may also be organised in your city: https://youth.europa.eu/discovereu/meetups_en
- Conferences, events organised in the framework of the [European Year of Youth](#)
- [Interreg Annual Event](#) organized each year by DG REGIO in the fall
- [EU Week of Region and Cities](#) organized each year by DG REGIO in the fall including lots of practical youth oriented workshops. As young journalist, you can participate to it via the Youth4Regions programme described earlier.





EUROPEAN

YOUTH PORTAL

<https://youth.europa.eu>

3. Career opportunities for young people



<https://epso.europa.eu>

Who are we looking for?



**EU
citizens**

**Minimum of 2
EU languages**

**Working in
multicultural
teams**

**Graduates +
Non-graduates**

Traineeship is the European Commission



5 months paid
traineeship
(Administrative/Translation)



European Commission
(incl. EC Reps) or
European
Services/Agencies



2 sessions/year (1st
March or
1st October)



Approx. 1000
trainees/session

Traineeship: Eligibility Criteria



Completion of higher education: Full degree (min. 3 year on university level e.g. BA)



No prior experience in a EU Institution or body for more than six weeks or 42 days
(incl. assistant to MEP)



Very good knowledge of at least 2 EU official languages:
EN/ FR/ DE (CEFR – level C) + other EU language (min. CEFR level B2)

Traineeship: Eligibility Criteria

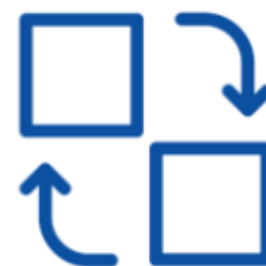
Eligibility:
No age limit.
Open to EU
and non-EU
applicants

No age limit



If not selected:
You can apply for more
than one session

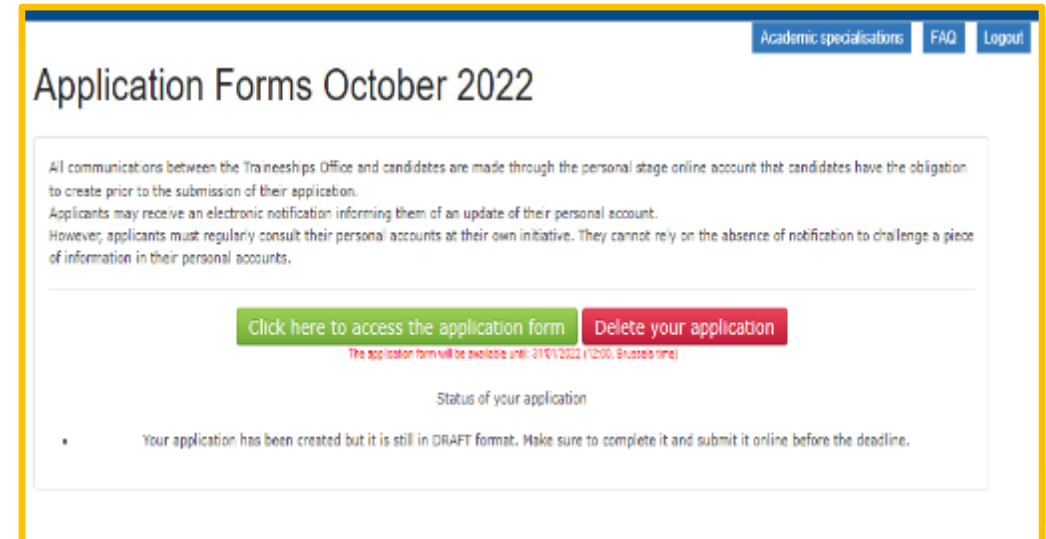
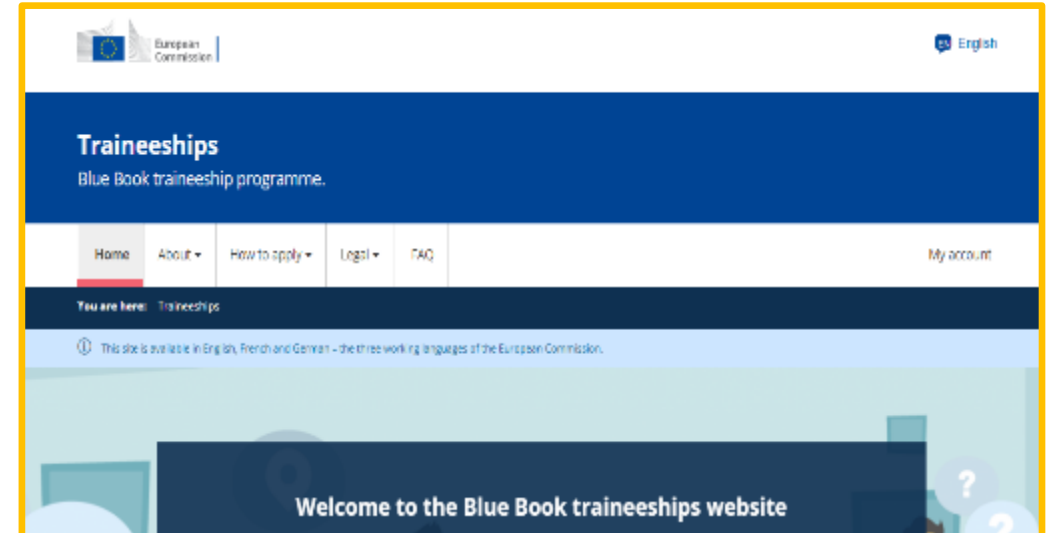
Open to EU and non-EU
applicants



If not selected:
You have to submit a
new application for each
session

Traineeship : How to submit your application

- **ONLY** during application periods
(usually January & Summer)
- **ONLY** online application form
- **NO AMENDMENTS or CORRECTIONS** after submission
- **ALL COMMUNICATION** with Traineeships Office via **personal stage online account or e-mail**



Traineeship : content of your application

Educational
background

International
experiences
(exchanges,
mobility)

Professional
experience

Language skills

Publications

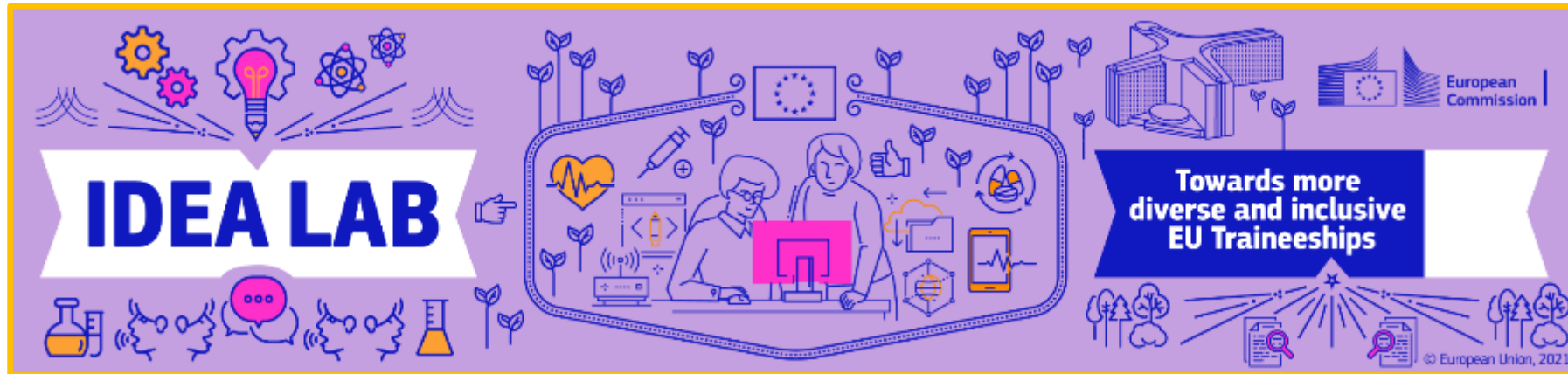
Motivation

Preferred
DGs/services/agen
cies & areas of
interest

Other skills: IT,
organisational, ...

Traineeship : Inclusion & Diversity

- Important topic for European Commission & Traineeships Office
- New strategy is in the pipelines with concrete action points
- Reinforce existing measures: e.g. support for trainees with disabilities
- More information on the topic on <https://traineeships.ec.europa.eu/about/equal-opportunities>



Traineeship : Application calendar & timeline



- Application process takes time
- Appr. 6 months between application & selection
- **Short deadlines during the process, be prepared (e.g. documents)**
- Applications for March 2023 are closed
- The application period for the October 2023 session will open in January 2023

Traineeships

Blue Book traineeship programme.

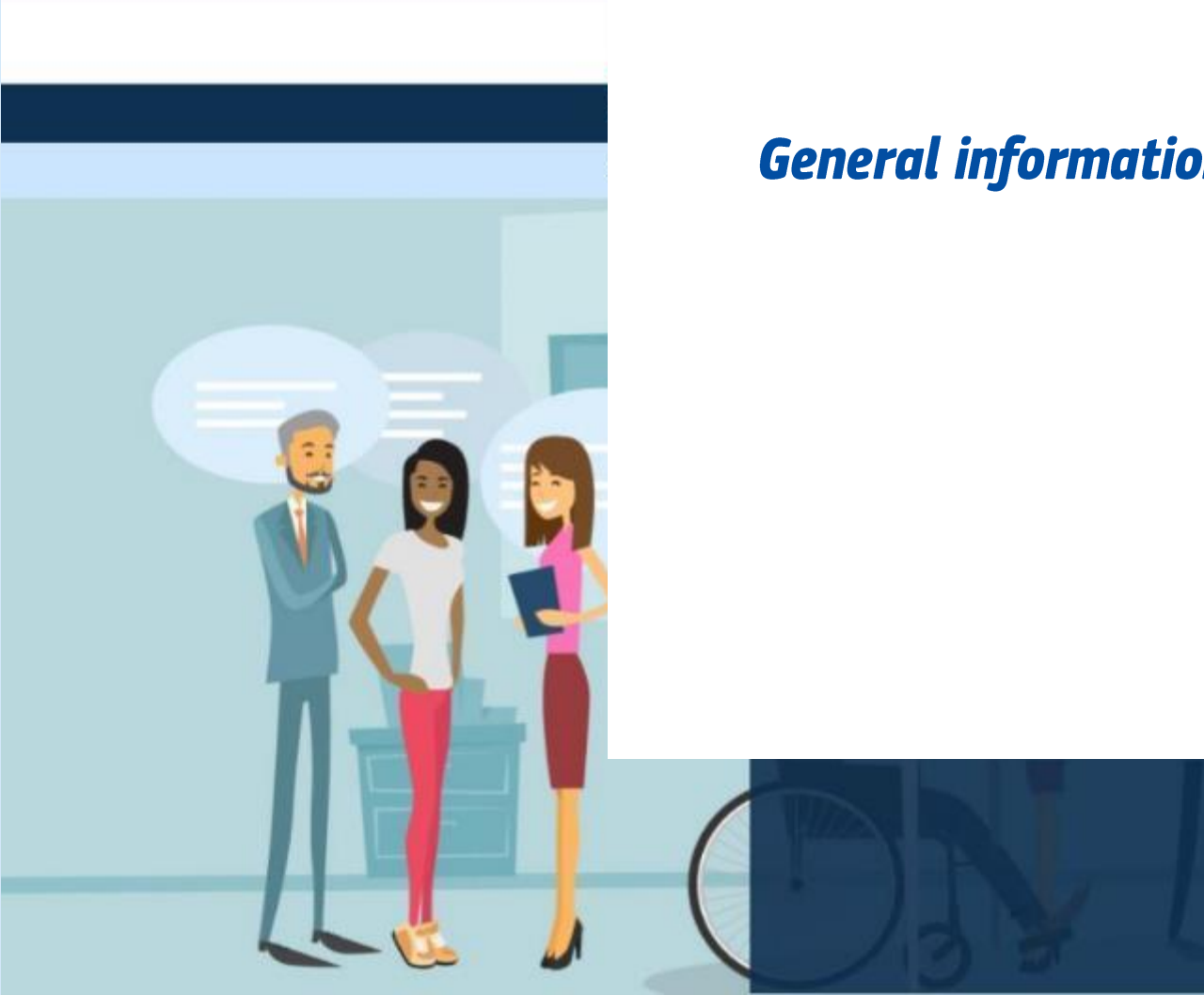


General information, application forms and selection procedure

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

PLEASE CONSULT OUR FAQ SECTION

Eac-Stages@ec.europa.eu



Junior Professional Programme (JPP)

- As a Blue Book trainee or contract agent, you can also apply to the Junior Professional Programme (JPP) in the European Commission (or in Delegations of the European Union around the world).
- A professional development plan to integrate junior staff at the Commission for 24-30 months, experiencing the work of three different services.
- Plus junior professionals can participate in an internal EU competition to become EC civil servants.
- <https://traineeships.ec.europa.eu/pilot-junior-professionals-programme-jpp>



Traineeship in other European institutions

Each EU institution, body and agency individually runs its own traineeship selection procedures.

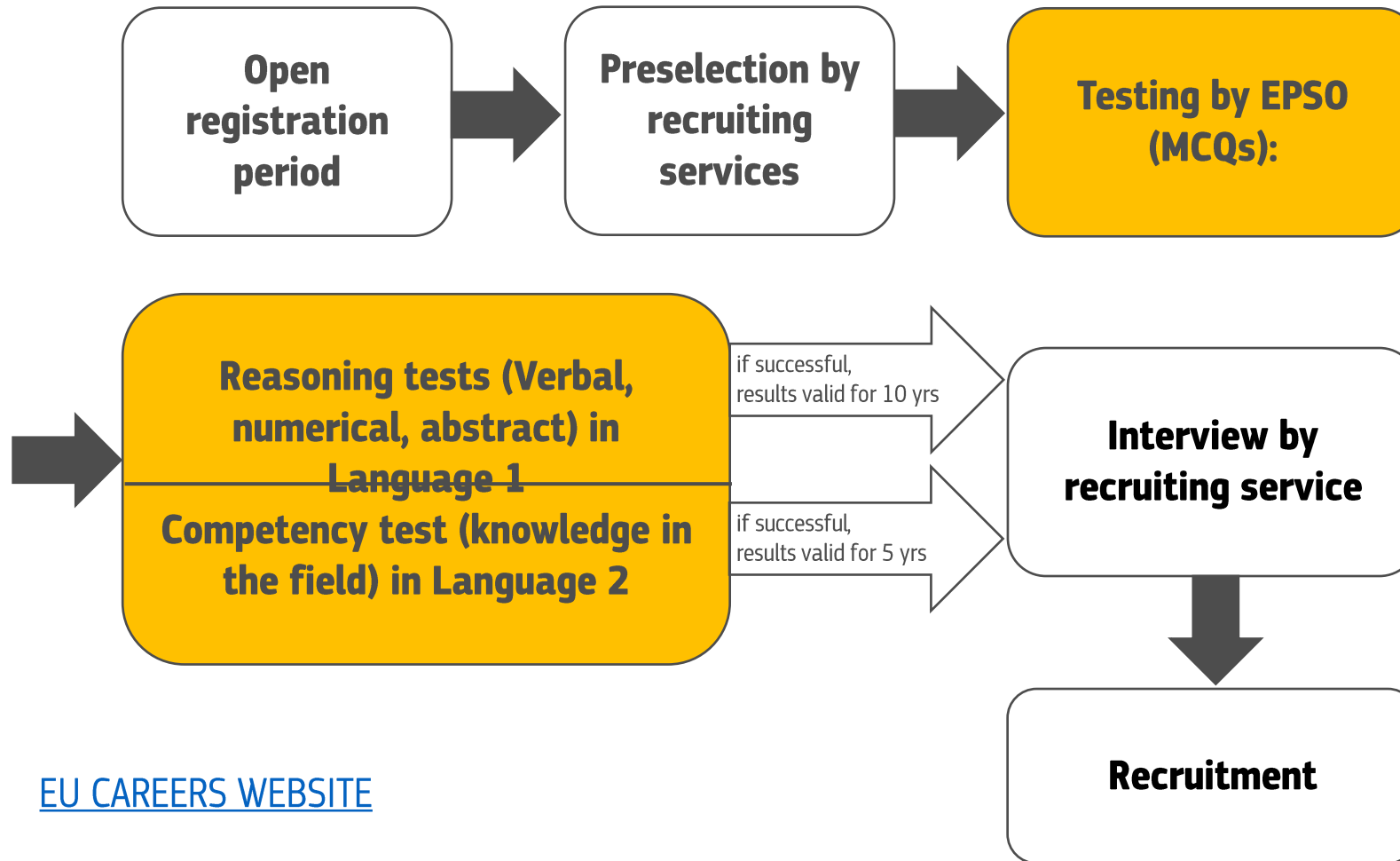
- The **European Parliament** offers two types of traineeships: Traineeships in the Secretariat (Schuman traineeships) and Traineeships with Members of the European Parliament. More information: <https://www.europarl.europa.eu/at-your-service/en/work-with-us/traineeships>
- The **European Council** offers different types of traineeships, including for persons with disabilities. More information: <https://www.consilium.europa.eu/en/general-secretariat/jobs/traineeships/>
- The **Diplomatic Service of the European Union (EEAS)** offers traineeships in Delegations of the European Union around the world. More information: www.eeas.europa.eu
- The **European Agency for Fundamental Rights (FRA)** offers traineeship opportunities for candidates of Romani background or candidates with disabilities. More information: <https://fra.europa.eu>
- The **European Centre for Disease Prevention and Control (ECDC)** offers a traineeship programme targeted at recent university graduates who are at the beginning of their professional careers: <https://www.ecdc.europa.eu/en/about-ecdc/work-ecdc/ecdc-traineeship-programme>

Contract agent (CA) in the European institutions

Field	Function Group	Registration period
Manual workers	I	Open
Secretaries/Clerks	II	Open
Child Care staff	II	Open
Administration/HR	II – III – IV	Open
Finance	II – III – IV	Open
Project/Programme Management	III – IV	Open
Communication	III – IV	Open
Political affairs	III – IV	Open
Law	III – IV	Open
ICT	III – IV	Open
Educational psychologists	IV	Open
Translators	IV	Open
Proofreaders	III	Open



Contract agent (CA) in the European institutions



[EU CAREERS WEBSITE](https://europa.eu/european-commission/en/about/european-commission/european-commission-careers)

Contract agent (CA) in the European institutions

Contract staff

Job title	Domain(s)	Grade	Institution/Agency	Location(s)	Deadline
Registry Control Officer – Crypto Custodian	European Public Administration	FG IV	(EUSPA) European Union Agency for the Space Programme	Madrid (Spain)	15/09/2022 - 11:59
Local Information Security Officer	European Public Administration	FG IV	(EUSPA) European Union Agency for the Space Programme	Paris (France)	15/09/2022 - 11:59
Legal Officer	Law	FG IV	European Commission	Brussels (Belgium)	15/09/2022 - 12:00
Program Officer	Information Technology	FG IV	(ECCC) European Cybersecurity Competence Centre	Bucharest (Romania)	15/09/2022 - 23:45
Project Officer - SESAR Support	European Public Administration	FG IV	(EDA) European Defence Agency	Brussels (Belgium)	15/09/2022 - 23:59
Policy Officer - Defence Industry Engagement	European Public Administration	FG IV	(EDA) European Defence Agency	Brussels (Belgium)	15/09/2022 - 23:59
R&T Coordination Support Officer	European Public Administration	FG IV	(EDA) European Defence Agency	Brussels (Belgium)	15/09/2022 - 23:59
IT Product Manager	Information Technology	FG IV	European Commission	Brussels (Belgium)	16/09/2022 - 12:00

Testimonials and tutorials on EU Careers

Online testimonials from people working in the EU institutions:

<https://epso.europa.eu/en/selection-procedure/equal-opportunities-diversity-inclusion/testimonials>

Online tutorials for each selection procedure:

<https://www.youtube.com/user/EUCareers>

Maurizio



Maurizio is press officer in the European Parliament in Italy. He is blind and has been working for the EU institutions since 2015.

We asked him how he found the selection procedure and if he feels integrated in his team.

"The EPSO Accessibility Team was great! Everything went very well during the competition. I had my test in Brail and a personal assistant; I also had a test in an electronic version. In terms of proper job selection, it was only the interview so I didn't really need any accommodation. I don't feel any obstacles. I never had problems because I was disabled. If you have a positive attitude, even if people are ignorant or sceptical, if you're keen on sharing your experience, you can break walls."

Maurizio advises other candidates with special needs to apply for an EU Career.

"I would say, it is absolutely feasible, it can be done, and you don't need to be polyglot or a super hero! It's just something very feasible. It takes so little of your time, that you don't have anything to lose, and what you have to win is a very interesting career. Cost benefit analysis is definitely interesting. The only thing painful thing is the application.... But once you've done with it, it's very little time and potentially a huge opportunity! Don't be discouraged by the application!"



<https://epso.europa.eu>

Need more info?

For more information in your local language, don't hesitate to contact your local EC Representation and/or your local Europe Direct office

Thank you



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