EU opportunities for young people
1. Stories from the Regions
2. EU Programmes and events
   Interreg Volunteers for Youth
   Youth for Cooperation
   Youth for ORs
   Youth4Regions
   EU Teens4Green
   Erasmus+
   European Solidarity Corps
   Discover EU
   European Year of Youth 2022
   EU Events for young people
3. EU Careers
   Traineeships and Junior Programmes
   Contract agent
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

- 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](#)
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

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.

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**EU policy for the EU outermost regions**
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
A new generation of youth ambassadors for an inclusive green transition

EUTeens4Green
Call for actions for young people

Eligibility:
15-24 y. old from and outside the EU
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.
Eligibility:
All young people from and outside the EU
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/](https://erasmus-plus.ec.europa.eu/)

- Erasmus for Young Entrepreneurs to work alongside an experienced entrepreneur
- [www.erasmus-entrepreneurs.eu](http://www.erasmus-entrepreneurs.eu)
WANT TO MAKE A DIFFERENCE WHERE IT’S MOST NEEDED?

European Solidarity Corps

Eligibility: 18-35 y. old from the EU + partners countries
Are you up for a challenge?

Join the European Solidarity Corps!

- **Volunteering activities**
- **Solidarity Projects**
- **Humanitarian aid volunteering**
Eligibility:
18 y. old people from the EU

DiscoverEU
Free travel passes to explore Europe mostly by train
DiscoverEU

**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](https://europa.eu/youth/discovereu)
- Provide personal data
- Answer 5 quiz questions + subsidiary
- Results in May and January respectively
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](https://youth.europa.eu/discovereu/meetups_en)

- Conferences, events organised in the framework of the [European Year of Youth](https://www.yeoeuropa.eu)

- 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

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

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/agencies & 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](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
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.

Traineeship in other European institutions

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


- 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](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/ecdctraineeship-programme](https://www.ecdc.europa.eu/en/about-ecdc/work-ecdc/ecdctraineeship-programme)
## Contract agent (CA) in the European institutions

<table>
<thead>
<tr>
<th>Field</th>
<th>Function Group</th>
<th>Registration period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manual workers</td>
<td>I</td>
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</tr>
<tr>
<td>Secretaries/Clerks</td>
<td>II</td>
<td>Open</td>
</tr>
<tr>
<td>Child Care staff</td>
<td>II</td>
<td>Open</td>
</tr>
<tr>
<td>Administration/HR</td>
<td>II – III – IV</td>
<td>Open</td>
</tr>
<tr>
<td>Finance</td>
<td>II – III – IV</td>
<td>Open</td>
</tr>
<tr>
<td>Project/Programme Management</td>
<td>III – IV</td>
<td>Open</td>
</tr>
<tr>
<td>Communication</td>
<td>III – IV</td>
<td>Open</td>
</tr>
<tr>
<td>Political affairs</td>
<td>III – IV</td>
<td>Open</td>
</tr>
<tr>
<td>Law</td>
<td>III – IV</td>
<td>Open</td>
</tr>
<tr>
<td>ICT</td>
<td>III – IV</td>
<td>Open</td>
</tr>
<tr>
<td>Educational psychologists</td>
<td>IV</td>
<td>Open</td>
</tr>
<tr>
<td>Translators</td>
<td>IV</td>
<td>Open</td>
</tr>
<tr>
<td>Proofreaders</td>
<td>III</td>
<td>Open</td>
</tr>
</tbody>
</table>
Contract agent (CA) in the European institutions

1. Open registration period
2. Preselection by recruiting services
3. Testing by EPSO (MCQs):
   - Reasoning tests (Verbal, numerical, abstract) in Language 1
   - Competency test (knowledge in the field) in Language 2
     - If successful, results valid for 10 yrs
     - If successful, results valid for 5 yrs
4. Interview by recruiting service
5. Recruitment

EU CAREERS WEBSITE
## Contract agent (CA) in the European institutions

### Contract staff

<table>
<thead>
<tr>
<th>Job title</th>
<th>Domain(s)</th>
<th>Grade</th>
<th>Institution/Agency</th>
<th>Location(s)</th>
<th>Deadline</th>
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<tbody>
<tr>
<td>Registry Control Officer – Crypto Custodian</td>
<td>European Public Administration</td>
<td>FG IV</td>
<td>(EUPSA) European Union Agency for the Space Programme</td>
<td>Madrid (Spain)</td>
<td>15/09/2022 - 11:59</td>
</tr>
<tr>
<td>Local Information Security Officer</td>
<td>European Public Administration</td>
<td>FG IV</td>
<td>(EUPSA) European Union Agency for the Space Programme</td>
<td>Paris (France)</td>
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<td>Legal Officer</td>
<td>Law</td>
<td>FG IV</td>
<td>European Commission</td>
<td>Brussels (Belgium)</td>
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</tr>
<tr>
<td>Program Officer</td>
<td>Information Technology</td>
<td>FG IV</td>
<td>(ECCC) European Cybersecurity Competence Centre</td>
<td>Bucharest (Romania)</td>
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<td>Project Officer - SESAR Support</td>
<td>European Public Administration</td>
<td>FG IV</td>
<td>(EDA) European Defence Agency</td>
<td>Brussels (Belgium)</td>
<td>15/09/2022 - 23:59</td>
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<tr>
<td>Policy Officer - Defence Industry Engagement</td>
<td>European Public Administration</td>
<td>FG IV</td>
<td>(EDA) European Defence Agency</td>
<td>Brussels (Belgium)</td>
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<tr>
<td>R&amp;T Coordination Support Officer</td>
<td>European Public Administration</td>
<td>FG IV</td>
<td>(EDA) European Defence Agency</td>
<td>Brussels (Belgium)</td>
<td>15/09/2022 - 23:59</td>
</tr>
<tr>
<td>IT Product Manager</td>
<td>Information Technology</td>
<td>FG IV</td>
<td>European Commission</td>
<td>Brussels (Belgium)</td>
<td>16/09/2022 - 12:00</td>
</tr>
</tbody>
</table>
Testimonials and tutorials on EU Careers

**Online testimonials** from people working in the EU institutions:


**Online tutorials** for each selection procedure:

https://www.youtube.com/user/EU Careers

**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 Braille 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!"
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