



European Parliament
Directorate-General for
Personnel

SCHUMAN TRAINEESHIPS AT THE EUROPEAN PARLIAMENT



Schuman Traineeships at the European Parliament

The European Parliament is an important forum for political debate and decision-making at the EU level. Its Members are directly elected by voters in all EU countries to represent the interests of European citizens.

The Parliament acts as a co-legislator, sharing with the Council the power to adopt and amend legislative proposals and to decide on the EU budget. It also supervises the work of the Commission and other EU bodies.

Each year, the European Parliament selects around 1000 Schuman trainees.

The European Parliament is an equal opportunities employer

The European Parliament is an equal opportunities employer; candidates are encouraged to apply regardless of their gender, sexual orientation, cultural, ethnic and religious background or disability. Reasonable accommodations are available for successful candidates with disabilities who may require such assistance.

What is in it for you?

- discover how the EU, and in particular the European Parliament works;
- get a 'behind the scenes' view of the Parliament's activities by contributing to its daily work;
- gain hands-on experience in the EU decision-making process;
- work with people from various backgrounds in a multicultural and multilingual environment; and
- build on the knowledge acquired from your studies.

Maybe you will be the next one?

Duration: 5 months.

Monthly grant: €1.889 in Brussels and Luxembourg (from January 2026). Amounts may vary in other countries to reflect local living costs. Please consult the [Traineeships in the European Parliament](#) webpage for the most up to date amounts (QR code at the end of this flyer).

Start dates: March 1 or October 1 – which can be advanced or postponed by one month.

Where will you work?

You can complete your Schuman traineeship in one of the European Parliament's three places of work—Brussels, Luxembourg, or Strasbourg.

It is also possible to complete your Schuman traineeship at one of the European Parliament Liaison Offices (EPLO) in the EU member states, which are responsible for the local implementation of institutional communication activities.

In which field?

You can choose from around 500 traineeship offers per campaign, in the following fields:

- Communication;
- Law;
- Multilingualism;
- International Relations;
- Administration;
- Infrastructure and Logistics;
- EU Internal Policies;
- IT;
- HR;
- ... and many others.



Who can apply?

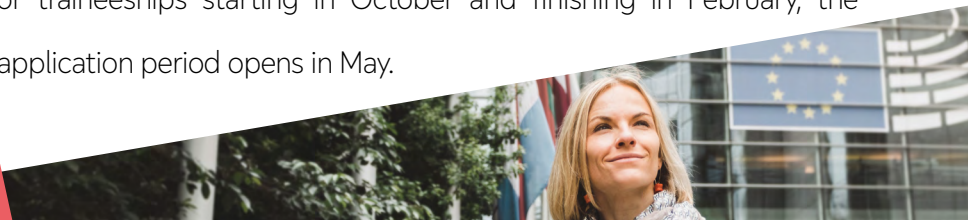
To be eligible for a traineeship, you must:

- be aged 18+;
- provide a university level diploma (EQF level 6), or – for a limited number of traineeships – a vocational education qualification (EQF levels 3, 4 or 5);
- provide a recent extract from your criminal record;
- have a thorough knowledge of one official EU language and a very good knowledge of a second (or a good knowledge of a second, for applicants with a vocational education qualification); citizens of non-Member States must have a very good knowledge (or good, for applicants with a vocational education qualification) of either English, French or German;
- not have worked for more than two months in an EU institution or body.

When can you apply?

For traineeships starting in March and finishing in July, the application period opens in October.

For traineeships starting in October and finishing in February, the application period opens in May.



Positive Action Scheme for trainees with disabilities

The inclusion of persons with disabilities is a priority of the European Parliament. In addition to the possibility of being recruited under the general selection procedure for Schuman trainees as previously outlined, persons with disabilities now have a greater opportunity to take part via the Positive Action Scheme for trainees with disabilities.

Persons who have a long-term physical, mental, intellectual or sensory impairment of at least 20% can apply to this programme. Shortlisted candidates from the Positive Action Scheme who meet the general eligibility criteria for a Schuman traineeship may receive an offer for a traineeship, once the European Parliament's Medical Service confirms that they have a recognised disability as described above.

Successful candidates may receive an additional allowance of up to 50% of the monthly grant to help cover extra costs.

Reasonable accommodation may be provided to trainees with disabilities in relation to the essential functions of their job. Appropriate measures where needed will be taken in order to enable a person with a disability to have access to, participate in, or advance in employment, or to undergo training.

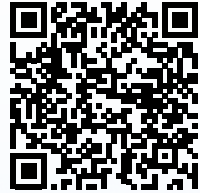


Looking for more information?

Email: PERS-Schuman-Trainees@europarl.europa.eu

Website: [Traineeships in the European Parliament](#)

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



How to apply?

If you are interested in applying for a traineeship at the European Parliament, visit [our information page](#) (<https://ep-stages.gestmax.eu/website/application-informations>) and follow the instructions on how to register and apply.

