Traineeship opportunity – Digital communications
5 months (March 2027 – July 2027)

About the Greens/EFA Group
The Greens/EFA Group brings together Members of the European Parliament (MEPs) from Green, Pirate, Volt and Independent movements, as well as MEPs from the European Free Alliance (EFA) representing stateless nations, regions and minorities, standing up for the right to self-determination. We work towards a more sustainable, democratic and inclusive Europe, defending human rights, equality, social justice and environmental protection.

Our work covers a wide range of political and organisational activities, including policy development, parliamentary work, communication, administration and support services. We offer traineeships to people interested in gaining practical experience in the work of a political group within the European Parliament and learning more about the European political environment.

About the traineeship
This traineeship offers an opportunity to discover political communication and gain hands-on experience in digital media and social media strategy within the Greens/EFA Group at the European Parliament. You will learn how a political group develops and communicates its messages, engages with online audiences and assesses the impact of its communication activities. Working alongside colleagues from the social media, audiovisual and web teams, you will develop creative, technical and analytical skills, while contributing your own ideas to digital campaigns and content production. You will also have the opportunity to contribute to a concrete project, either by helping develop the Group's TikTok presence or, depending on your profile and the team's priorities, by supporting the conceptualisation and organisation of its participation in the European Youth Event.

Main tasks and responsibilities
Working alongside your supervisor, you will contribute to activities such as:

- TikTok content and strategy: Support the development and implementation of the Group's TikTok strategy by following platform trends, suggesting creative ideas and contributing to the planning and production of content.
- Monitoring and evaluation: Monitor the performance of communications' activities, particularly following plenary sessions, and help assess engagement, reach and the effectiveness of communication initiatives.
- Community management: Support the management of the Group's online community by helping respond to citizens' comments and messages, including emails and interactions on social media.
- Audiovisual and creative content production: Assist with editing and subtitling videos and producing communication materials such as quote cards, presentations and social media visuals.
- Campaigns and events: Contribute to the conceptualisation and organisation of the Greens/EFA Group's participation in the European Youth Event, as well as other digital communication activities when needed.

- Website: learn how to manage the website and upload content on it.

The traineeship is designed as a learning experience. Tasks and responsibilities will be adapted to the trainee's learning objectives, skills and level of experience, with appropriate guidance and supervision.

Who we are looking for

We are looking for someone with interest in digital communication and social media, who is creative, curious and interested in political communication, and motivated to learn and contribute to the activities of the team.

You do not need to have professional experience. We welcome applications from people at different stages of their education and career, including those looking to explore a new professional direction.

This role would suit someone who has:

- Interest in social media and digital trends: Familiarity with platforms such as TikTok and Instagram, an understanding of their formats and audiences, and an interest in how they can be used to communicate political messages.
- Creative thinking: The ability to translate complex political topics into accessible, engaging and relevant content, and to suggest new ideas and approaches.
- Communication skills: Good writing and communication skills, with an ability to adapt messages to different audiences and formats.
- Digital and audiovisual skills: Some experience with video editing, graphic design or content creation is an asset. Familiarity with relevant tools and platforms is welcome.
- Strategic and analytical thinking: An interest in understanding communication strategies and evaluating the impact and effectiveness of digital activities.
- Organisation and initiative: The ability to manage several tasks, organise priorities, meet agreed deadlines and take responsibility for assigned activities.
- Teamwork and collaboration: The ability to exchange ideas, contribute to creative discussions and work collaboratively with colleagues.

Relevant skills and experience may have been acquired through education, volunteering, personal projects, community involvement, professional activities or other experiences. Previous employment is not a prerequisite.

What you can expect from us

We aim to provide a meaningful learning experience throughout your traineeship. You will receive an introduction to the Greens/EFA Group, the European Parliament and your team's work and you will have a designated supervisor to guide and support you. Regular discussions will give you the opportunity to reflect on your progress, review your learning objectives and raise any questions or support needs. You will also be encouraged to take part in relevant team activities, meetings and projects, and have access to appropriate training and learning resources. Above all, we strive to offer a welcoming working environment where you can ask questions, share ideas and develop your skills.

Practical information and working conditions

- **Location:** European Parliament, Brussels
- **Duration:** 5 months, from 1 March to 31 July
- **Working time:** Full-time, 9h – 18h Monday to Thursday, 9h – 13h30 Friday
- **Monthly allowance:** EUR 1890

- **Insurance:** Health and accident insurance
- **Leave:** 10 days of paid leave, in addition to public holidays established within the EP
- **Training:** Available training opportunities
- **Teleworking (working from home):** 9 days of teleworking per month
- **Teleworking from abroad:** a total of 5 days of teleworking from abroad
- **Travel:** Possibility to go on mission to Strasbourg once during the traineeship

Application and procedure

Interested candidates are invited to submit their application with their CV **by 6 December at 23h59**, Brussels time through the following link:

Application form – Greens/EFA Internship March – July 2027

Please note that this form allows you to apply to a maximum of two profiles for an internship. We will take these into consideration, although we cannot guarantee placement in a particular team or profile. Applications, CVs or cover letters received by email will not be accepted. Multiple applications from the same candidate will not be considered.

Indicative timeline:

- Application deadline: 06/12/2026
- Interviews: during the month of January
- Expected notification of results: end of January

Equality, diversity and inclusion

The Greens/EFA group is dedicated to providing equal employment opportunities, fostering diversity, and creating an inclusive, discrimination free and harassment free work environment. Therefore, we actively work on minimising the influence of our biases in our recruitment procedures, in particular related to but not limited to, ethnicity, national origin, race, age, gender identity and expression, sexual orientation, domestic circumstances, physical appearance, disability status, socioeconomic background and atypical careers.
In case of equal appreciation on competence and suitability for the position, preference will be given to applicants from under-represented groups.

Candidates with disabilities may request reasonable adjustments at any stage of the selection process and, if selected, to their workstation and working arrangements, in accordance with the applicable procedures. Please contact The Greens/EFA HR team. Requests will be handled confidentially.

Data protection

Personal data submitted as part of the application will be processed for the purposes of organising and conducting the recruitment procedure, in accordance with the applicable data protection rules.

Brussels, 16 November 2026