

INTERNSHIPS, COURSES & OPPORTUNITIES FOR YOUTH

International Relations, Political Science, Law, International Business, Development, Human Rights, Management or other related fields

Graduating is exciting, however, jumping into the job application pool can also be frustrating and exhausting. We are facing difficult times for youth employment, but there are plenty of opportunities out there if you're looking into the right places.

For the past few months I have become what you may call an "expert" in internship searches or other type of ways to improve your CV. I have spent hours every day looking for resources, and I'm more than happy to share those with you. If this helps only one person, I'll be more than satisfied. Helping and empowering each other is crucial if we want to see our generation being successful. I hope you may find options that suit you in this document, and please feel free to message me if you think I should add something else. Good luck to all in your future endeavors!

Cheers,

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1. INTERNSHIPS

1.1 SEARCH ENGINES

Here you have a list of some internship search engines, where many NGOs, think-tanks, companies or international organizations post vacancies. I recommend you check these regularly and subscribe with your email to their job subscription, so you don't miss any deadline. Please note that most of these are focused in Europe and related to the fields mentioned in the title.

- Humanitarian Jobs
<https://humanitarian-jobs.org/en>
- Policy Internships
<https://policy-internships.com>
- Open IGO
<https://www.openigo.com/un-internships/internship-programs/>
- EuroBrussels
<https://www.eurobrussels.com>
- Euractiv
<http://jobs.euractiv.com>
- Eurodesk
<https://programmes.eurodesk.eu/internships>
- EURES
<https://ec.europa.eu/eures/droppin/>
- CAGI
<https://www.cagi.ch/en/ngo/ngo-recruitment-platform/job-internship-volunteer-opportunities.php>
- ERASMUSINTERN
<https://erasmusintern.org/traineeships>
- UN Career (not official UN site)
<https://uncareer.net>
- Pay Your Intern
<https://payyourintern.com/category/paid-internships/>
- Human Rights Careers
<https://www.humanrightscareers.com/paid-human-rights-internships/>
- Relief Web
<https://reliefweb.int/jobs>
- Humentum
<https://jobs.humentum.org>

LinkedIn job tab and google jobs are also two great job search engines. They are more general, but you can find jobs anywhere in the world related to all fields imaginable. There are also other generic sites like Indeed, Glassdoor, Ladders, Robert Half, LinkUp, Job.com, etc. However, I'm not too familiar with these so I cannot add much information.

1.2 INTERNATIONAL ORGANIZATIONS

One of the best options to further and better your career is with an internship at an international organization. There are hundreds of them related to every field you can possibly imagine of, so narrow it down to your interest and start looking from there. If you're looking for opportunities in the International Relations field, the UN and affiliated organizations might be of great interest for you. For these, job vacancies are regularly posted on their respective website. You can set up email alerts for them or check them frequently, so you don't miss out on them. I will link some of the main ones, however, please note that there are so many more out there.

- United Nations
<https://careers.un.org/lbw/Home.aspx>
- European Union
https://epso.europa.eu/job-opportunities/traineeships_en
- International Committee of the Red Cross (ICRC)
<https://careers.icrc.org/go/Graduates-and-Students/3808201/>
- UNHCR
<https://www.unhcr.org/internships.html>
- International Organization for Migration (IOM)
<https://www.iom.int/internships-iom>
- UNICEF
<https://www.unicef.org/careers/internships>
- International Labour Organization
https://jobs.ilo.org/content/Internships/?locale=en_GB
- World Bank Group
<https://www.worldbank.org/en/about/careers/programs-and-internships/internship>
- World Trade Organization
https://www.wto.org/english/thewto_e/vacancies_e/iyppe.htm
- International Criminal Court
<https://www.icc-cpi.int/jobs/Pages/internships-and-Visiting-Professionals.aspx>
- NATO
<https://www.nato.int/cps/en/natolive/71157.htm>
- OSCE
<https://jobs.osce.org/internships>

With the site OpenIGO you can find many International Organizations as well as the internships they're offering: <https://www.openigo.com/un-internships/internship-programs/>

1.3 SPAIN'S MFA, EMBASSIES, CONSULATES AND PERMANENT REPRESENTATIONS

This is probably only suitable for people residing in Spain or students attending a university in Spain. Most universities hold agreements with the Spanish Ministry of Foreign Affairs offering three different types of internships:

- *Ministry of Foreign Affairs, European Union and Cooperation (Madrid, Spain)*
- *Embassy/consulate of Spain in a foreign country*
- *Permanent Representation of Spain to an International Organization*

These internships are a great opportunity to have a first-hand experience in Spain's foreign policy, as well as to get an insight of what diplomacy looks like. Note that they are all unpaid positions, so you will have to totally fund your stay there unless you receive some kind of external scholarship or university funding. If you're working in Europe, you can try applying for the Erasmus+ scholarship.

These are only available to those students from universities with an agreement with the MFA. You can check if your university has an agreement through this link: <http://www.exteriores.gob.es/Portal/es/ServiciosAlCiudadano/OportunidadesProfesionalesFormacion/Paginas/Practicas.aspx>

You have to apply directly through your university, so you should get in contact with them for more information.

They recruit interns three times per year. The dates are*:

- Fall semester (October-January)
- Spring semester (February-May)
- Summer (June-August)

*these may vary and sometimes they let you start a month earlier/later

2. ONLINE COURSES

Another great tool to differentiate yourself in the market is by completing online courses that will add a great value to your CV. It is a way to show that not only you have willingness to learn, but also to show the areas that you're more passionate about. It shows that you're not settling for a degree but that you also want to keep learning and building your career.

These are my favorite sites for online courses:

- Edx
<https://www.edx.org>
- Coursera
<https://www.coursera.org>
- Kaya
<https://kayaconnect.org/?lang=en>

These sites offer hundreds of courses from well-known universities and institutions from all over the world. Most of them you can do them for free, however if you want to get a certificate (which I highly recommend), you will need to pay a fee that ranges from 30-150€.

3. VOLUNTEERING

Volunteering is a great opportunity for you personally and professionally. It not only builds up your CV, but also it provides you with a very enriching experience that you will probably cherish forever.

One of the best options (however, I must say that it's very competitive) is **UN Volunteers** (<https://www.unv.org>) (UNV). For most assignments, you must be 25+ years old, however, once you create a profile and log-in into your account, you can click into the "Special Recruitment" tab and click *international youth* and *international university*. These are suitable for 18+ years old so there are plenty of options for all.

Please note that most assignments are for 12 months and, although you do not receive a salary as such, your expenses are normally covered, and you do receive pocket money every month. They also normally pay for the round-trip plane ticket.

Another great opportunity is the **European Solidarity Corps** (https://europa.eu/youth/solidarity_en). It is an initiative created by the European Union for people ranging from 18-30 years old. There are many projects posted and you can apply to those that interest you the most. They last from 2-12 months depending on the project and they're usually located in countries that are part of the Union.

An NGO that is amazing at coordinating volunteering projects in Europe is **YES Europa** (<https://www.yeseuropa.org>). They are accredited for the Erasmus+ program and they act as a link between European associations that seek volunteers and young people that want to help by offering their skills. There are many different projects related to a good number of fields, so check the site out for more info.

There is another initiative proposed by the European Commission called **SALTO -Youth** (<https://www.salto-youth.net/about/>). It stands for Support, Advanced Learning and Training Opportunities for Youth. It works within the Erasmus+ Youth and the European Solidarity Corps programmes. They have an area called European Training Calendar (<https://www.salto-youth.net/tools/european-training-calendar/>) where you'll find many trainings and seminars of all kinds.

Lastly, the **European Youth Portal** is a great database of hundreds of volunteering programs run by different accredited NGOs all across Europe (https://europa.eu/youth/volunteering/organisations_en). You can sort it by country or type of work that you want to do, so it's very convenient and easy.

4. YOUTH OPPORTUNITIES: FORUMS, EVENTS, MODELS, ETC.

So many events are organized for youth all over the world, many of them partially or fully funded. They are a great opportunity to not only further your CV, but also to network, learn new skills and make friends from all over the world.

After some researching, I came across several sites that publish these events so you don't miss them out. I recommend you check them regularly so you're up to date.

- Opportunities for youth
<https://www.opportunitiesforyouth.org>
- Youth Opportunities
<https://www.youthop.com>
- Great Youth Opportunities
<https://greatyop.com>
- Peace Child International
<https://peacechild.org/youth-opportunities/>

Also, I found that Facebook groups are a great tool to staying up to date with these opportunities. I will link some of the ones I have found more useful below:

- Opportunities for youth
<https://www.facebook.com/YouthOpportunities>
- European Youth
<https://www.facebook.com/EuropeanYouthEU>
- Youth Opportunities ES (for Spaniards)
<https://www.facebook.com/groups/YouthOpportunitiesES>
- Youth Opportunity Hub
<https://www.facebook.com/groups/265337490855106>

There are some international and European forums that you should be looking into applying. Here are some of the ones I'm familiar with:

- World Youth Forum
<https://wyfegypt.com>
- European Forum Alpbach
<https://www.alpbach.org/en/>
- European Youth Event (EYE)
<https://www.europarl.europa.eu/european-youth-event/en/home.html>
- The International Youth Forum "Eurasia Global"
<https://forumeurasia.ru/en/>

A great initiative is the **European Youth Parliament** (EYP) (<https://eyp.org>). This is an educational program focused on debating and simulating the work of the European Parliament for a better understanding and closer approach to the European Institutions. You can join the EYP delegation from your country so you can get involved in their different simulations and events.

Lastly, a very helpful tool to grow as a professional, better your public speaking skills and approach diplomacy in a fun way is by participating in the famous **Model United Nations** (MUN). You can either join the MUN club or society at your university if there is one, and if not, you can always participate on your own as an independent delegate. There are hundreds of MUNs organized all across the world every year, now many of them are turning into an online format due to COVID-19, which is great if you want to save some money.

If you have never heard what a MUN is, it's basically a simulation of the United Nations. You are given a country that you will have to represent in a specific committee, discussing about some specific topic. Many dialogues will happen until you reach the drafting of a final resolution, which is challenging yet super helpful for your future.

There are many sites where you can find the different MUN conferences happening all over the world:

- MyMUN
<https://mymun.com>
- MUN Finder
<https://munfinder.com>
- MUN List
<https://munlist.com>

5. MY THOUGHTS

There are hundreds of opportunities out there for you to take advantage of, so many more than the ones mentioned in this document. I of course don't know them all, but I hope this is a great start and that you found this document helpful.

Just by the fact that you're receiving this document and reading this far into it means that you're following the right path and that you're showing interest and willingness to further your career. That says a lot about you, and I'm sure that you will be successful at what you do if you keep that light shining inside of you.

I am by no means a HR professional, I'm just a 22-year-old that likes to sit in front of a computer and find ways to better herself. This is not any kind of official information, just my way of helping out to my field colleagues and hope that we are, as a generation, are successful.

Like I mentioned in the foreword, please let me know if you have any suggestions to make this document better and more complete.

I kindly ask you to please help out to those that are rowing by your side. This is not a competition; we are all in this together.

Wish you all the best,

Caye