



Media and Communications Trainee

Location: Brussels

Start date: **2 March 2026**

Duration: 6 months

Deadline for applications: **2 February 2026**

Allowance: €1,500/month

The internship will provide the successful candidate with insight into the press work of a parliamentary group. Tasks will include monitoring the press, writing press releases, research, and providing organizational support. It is an opportunity to follow the work of the European Parliament from an insider perspective, within a team tasked with strategic communication for a political group.

RESPONSIBILITIES

Assisting the communication department with:

- Media monitoring and data analysis
- Drafting content such as press releases, website posts, etc.
- Administrative tasks – assisting at events, and other various day-to-day tasks
- Maintaining the media contacts database
- Research

Digital communications and social media:

- Assisting the social media team.
- Social media monitoring and analysis – Facebook, Twitter, YouTube, Instagram.
- Content creation – copywriting, graphics, audiovisual content, other creative content.
- Photography and filming of events.
- Writing content for the ECR website.
- Helping create online advertising and social media campaigns.



REQUIREMENTS

- BA in a field of humanities, cultural, linguistic or social sciences, graphic design, communications, marketing, or advertising.
- Interest in EU affairs and national politics.
- English language proficiency (both verbal and written, C1-C2).
- Excellent writing skills with keen attention to detail.
- Commitment and ability to work in a team
- Sound knowledge of other European languages is beneficial.
- Interest in the professional field of press and public relations or journalism
- Creative thinking, enthusiasm for communication, new technologies, and social and digital media.

HOW TO APPLY (Candidates who do not follow these instructions will not be considered)

To apply please send:

1. Your CV
2. A motivation letter

to katie.odriscoll@europarl.europa.eu with the subject “ECR internship application - First and Last name”.