



FRA Internship Trainee Apply Now 2026

Description

As an intern with the FRA, you'll be placed within a specific unit based on your interests and qualifications. You'll work alongside experienced professionals on real-world projects related to various fundamental rights areas, including:

- **Researching and analyzing data** relevant to assigned topics.
- **Drafting reports, presentations, and other materials.**
- **Assisting with organizing events and workshops.**
- **Contributing to outreach and communication activities.**
- **Supporting the work of FRA experts and analysts.**

Responsibilities

- **Researching and analyzing data** relevant to assigned topics.
- **Drafting reports, presentations, and other materials.**
- **Assisting with organizing events and workshops.**
- **Contributing to outreach and communication activities.**
- **Supporting the work of FRA experts and analysts.**

Qualifications

- Currently enrolled in an accredited **undergraduate or graduate program**, with a focus on law, social sciences, human rights, or related fields.
- **Minimum GPA of 3.0** required (may vary depending on program).
- **Fluency in English**; additional EU languages are a plus.
- **Strong communication, analytical, and problem-solving skills.**
- **Ability to work independently and as part of a team.**
- **Commitment to human rights and the values of the European Union.**

Experience

- Prior internship or relevant work experience preferred, but not required.
- Experience in research, writing, or data analysis is a plus.
- Strong academic performance demonstrates your ability to excel in the internship.

Skills

- **Excellent written and verbal communication skills.**
- **Ability to manage time effectively and meet deadlines.**
- **Strong research and data analysis skills.**
- **Teamwork and collaboration skills.**
- **Adaptability and willingness to learn new technologies and processes.**

Job Benefits

Hiring organization

FRA

Employment Type

Intern

Duration of employment

6 Months

Industry

Government Administration

Job Location

Washington, D.C., United States,
20001, Washington, D.C., United States

Working Hours

8

Base Salary

10

Date posted

February 23, 2026

Valid through

27.02.2027

- Gain valuable **real-world experience** in the field of fundamental rights.
- **Network with experienced professionals** from across the EU.
- **Develop your professional skills** in research, writing, and communication.
- **Enhance your resume** and improve your future job prospects.
- **Contribute to meaningful work** that makes a positive impact on people's lives.
- **Competitive stipend** is provided to cover living expenses in Vienna, Austria (duration: 3-6 months).

How To Apply

- Browse the available internship opportunities and identify those that match your interests and qualifications.
- **Create a profile, complete the online application form, and upload your resume, cover letter, and transcripts.**
- Applications for the next intake open in **March 2026**.