



LA RICERCA DELLO STAGE ALL'ESTERO

Incontri di orientamento dedicati a studenti e neolaureati dell'Università degli Studi di Milano

Lecture eighth

Internship in International Organizations



lecturer
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In collaborazione con il COSP - Ufficio
Orientamento Post-Laurea e Placement
Università degli Studi di Milano



World of today

Pandemic

**Crisis
and war**

**Brexit /
America
First ...**

Uncertainty

Opportunity

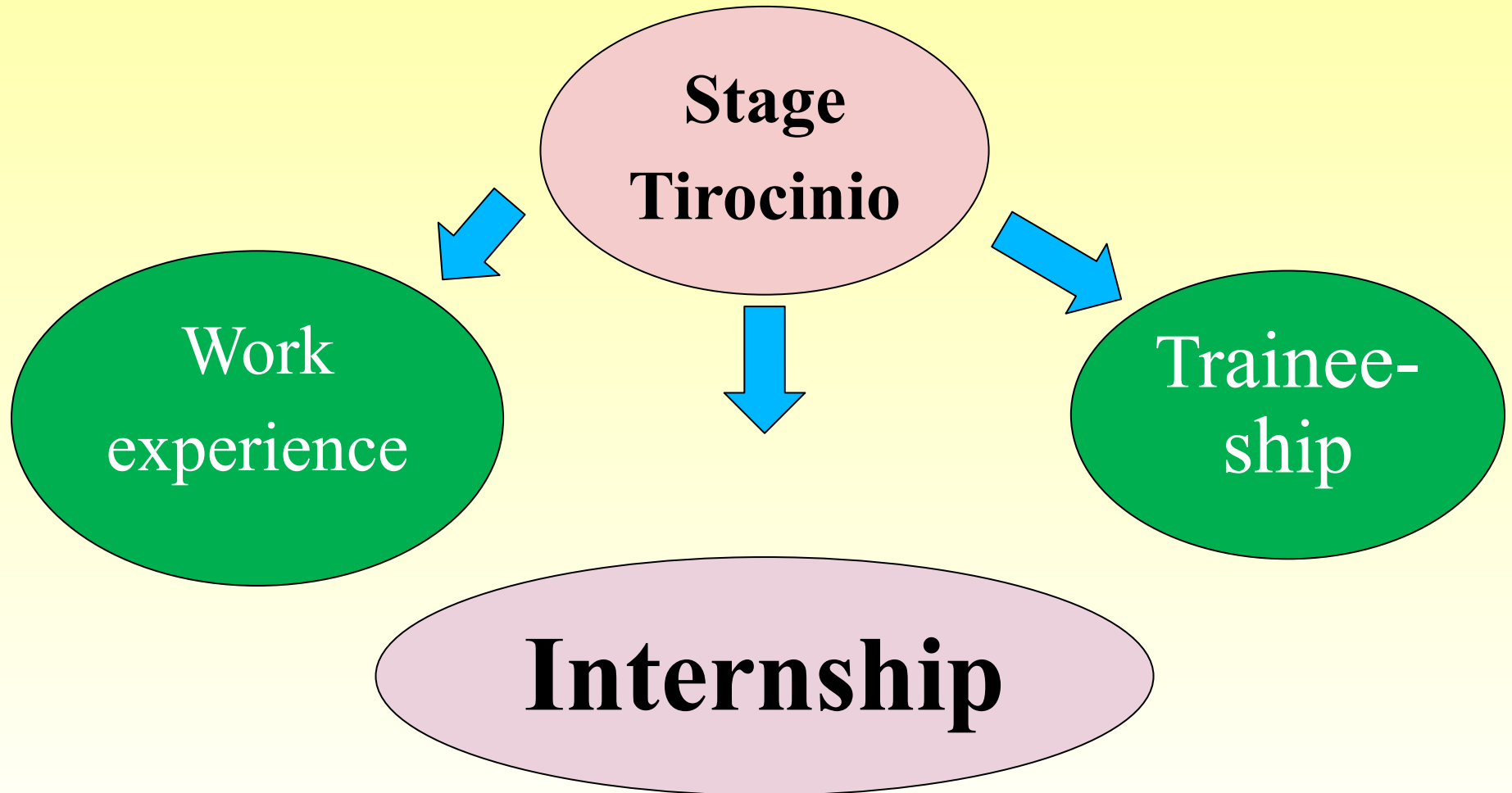


International career

- highly competitive environment
- challenging and multicultural work
- good / excellent salary
- work: direct application or competition/concours
- 70% graduates - 30% non-graduates
- internship during or after university (within 1 year)
- internship as added value for application in “internationalized” company



Terminology





Definition





Requirements

- Excellent academic level
- Fluent language (s) (B2-C1)
- Sharing of values
- Intercultural competence
- Soft skills

xxxxxxxxxxxxxxxxxxxxxxxxxxxx

- Internship: last year of study or recent graduate
- Recent graduate: Graduate program in IGOs
- Work: indefinitely in case of qualified, graduated, recent graduate; fixed-term: staff with proven experience



United Nations



Bodies

- *UN General Assembly*
 - *UN Secretariat*
- *International Court of Justice*
 - *UN Security Council*
- *UN Economic and social Council*
- *UN Trusteeship Council*

*New York - The Hague -
Geneva - Vienna - Nairobi*

Specialized agencies

- FAO
- UNESCO
- World Bank
- International Monetary Fund
- International Labour Organization
- World Health Organization
- International Court of Justice
- World Intellectual Property Organization
- World Tourism Organization
- International Maritime Organization
- UNICEF
-



INTERNSHIP UN



- Duration: 2-6 months
- Start: either prior to or within one year of graduation
- Excellent command of EN or F
- Outstanding students
- Cost: interns are not paid
- Visa: responsibility of intern
- Medical insurance
- Academic Credit

<https://careers.un.org>

**Centralized
application**

*United Nations Development Programme
(UNDP)*

United Nations Children's Fund (UNICEF)

United Nations Populations Fund (UNFPA)

*United Nations Office for Project Services
(UNOPS)*

*United Nations Refugee Agency
(UNHCR)*

*United Nations Environment Programme
(UNEP)*

**Direct
applica-
tion**



Internship UN: examples

INTERN - ENVIRONMENT AFFAIRS	United Nations Environment Programme	PANAMA CITY
INTERN - ECONOMIC AFFAIRS	Department of Economic and Social Affairs	NEW YORK
INTERN - LEGAL AFFAIRS	Int. Residual Mech. for Criminal Tribunals	THE HAGUE
INTERN - POLITICAL AFFAIRS	Office for Disarmament Affairs	GENEVA
INTERN - ECONOMIC AFFAIRS	Department of Economic and Social Affairs	NEW YORK
INTERN - PROGRAMME MANAGEM.	Economic and Social Comm. for Asia- Pacific	BANGKOK
INTERN - POLITICAL AFFAIRS	Department of Peace Operations	GENEVA
INTERN - Technology & Innovation	Economic and Social Comm. for Asia- Pacific	BANGKOK
INTERN - Research and Evaluation	United Nations Office at Geneva	GENEVA

<https://careers.un.org>



UN in Italy



- Centro di Informazione dell'ONU (UNIC), Roma
- Organizzazione delle Nazioni Unite per l'Alimentazione e l'Agricoltura (FAO), Roma
- Progr. Alimentare Mondiale (WFP/PAM), Roma
- Fondo Intern. per lo Sviluppo Agric. (IFAD), Roma
- Alto Commissariato delle Nazioni Unite per i Rifugiati (ACNUR/UNHCR), Roma
- Ufficio Internazionale del Lavoro (ILO/BIT), Roma
- Centro Europ. Ambiente e Salute (ECEH), Roma
- Programma delle Nazioni Unite per lo Sviluppo – Unità di Supporto Roma (UNDP-ERD), Roma
- Ufficio della Banca Mondiale, Roma
- Uff. RU per la Coop. Intern. (UNDESA-HRIC), Roma
- Comitato Italiano per l'UNICEF, Roma

- Commissione Nazionale Italiana per l'UNESCO, Roma
- Fondo delle Nazioni Unite per l'Infanzia (UNICEF) - Centro di Ricerca Innocenti (IRC), Firenze
- Centro Intern. di Formazione dell'Organizzazione Internazionale del Lavoro (OIL), Torino
- Istituto Interregionale di Ricerca delle Nazioni Unite sul Crimine e la Giustizia (UNICRI), Torino
- Ufficio Regionale per la Scienza e la Tecnologia per l'Europa (UVO-ROSTE), Venezia
- Centro Intern. di Fisica Teorica “Abdus Salam” (ICTP), Trieste
- Centro Internazionale per la Scienza e l'Alta Tecnologia (ICS), sotto l'egida dell'Organizzazione delle Nazioni Unite per lo Sviluppo Industriale (UNIDO), Trieste
- Base Logistica delle Nazioni Unite di Brindisi (UNLB)

www.onuitalia.com



Language level C1

Effective Operational Mastery

- Can understand a **wide range of complex** and rather long texts and can also derive their implicit meaning.
- It expresses itself **smoothly and spontaneously**, without excessive effort to search for words.
- Use the language **flexibly and effectively** for social, academic and professional purposes.
- He can **produce clear, well-structured and articulated texts** on complex topics, showing that he can control discursive structures, connectives and cohesion mechanisms.

Test	Score equivalent to the C1 level ¹
IELTS	6.5 - 7.5
TOEIC (R&L)	945 - 990
Cambridge English Scale	180 - 199
TOEFL iBT	95 - 120
Global Scale of English (Pearson)	76 - 84

800 ore ca. di apprendimento

Online courses
www.bbc.co.uk/languages
RAI scuola

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European Union



Institutions and bodies

European Parliament

European Council

Council of the European Union

European Commission

Court of Justice of the European Union (CJEU)

European Central Bank (ECB)

European Economic and Social Committee (EESC)

European Investment Bank (EIB)

....

Agencies (40+)

Europ. Centre for the Developm. of Voc.Training - Cedefop

European Food Safety Authority - EFSA

European Environment Agency - EEA

European Border and Coast Guard Agency - Frontex

European Railway Agency - ERA

European Medicines Agency - EMA

Translation Centre for the Bodies of the EU - CdT

European Institute of Innovation and Technology - EIT

European Union Agency for Cybersecurity - ENISA

https://europa.eu/european-union/about-eu/institutions-bodies_en



Schuman Trainee - European Parliament

400+ positions

sector: internal policies EU, international relations, communication, IT,

Bruxelles, Luxemburg, Strasburg, offices of European Parliament around Europe

duration 5 month

indemnity vary depending on country of internship

Requirements:

have a thorough knowledge of one of the official languages of the European Union and a good knowledge of a second official language

hold a university degree



TRAINEESHIPS
At the European Parliament

Deadline may: start 1st of October

Deadline october: start 1st of March

1. REGISTER

- A. a. create an account
- B. b. select an offer
- C. c. click on the button **Apply online**;
- D. d. complete the **New registration form**

2. APPLY

- A. select an offer that I would like to apply for (max. 3 offers)
- B. login to my account;
- C. upload my CV (only Europass Format);
- D. upload a motivation letter per traineeship offer (maximum one page)

<https://ep-stages.gestmax.eu>



Blue Book Traineeship - European Commission

Around 1000 positions / year

Location(s): Brussels (Belgium), Grange (Ireland), Luxembourg (Luxembourg), JRC Ispra (Italy)

Who can apply: university graduates, from all over the world. Work experience and postgraduate education is a plus, but not an eligibility criterion

Languages: fluency in 2 (mother tongue and foreign language)

Sectors: competition law, human resources, environmental policy, communication and many more, same sort of tasks as newly-recruited graduates

Duration: 5 months

Paid: €1,476.34 and travel allowance



Registration january: start 1st of October
Registration july-august: start 1st of March

SELF ASSESSMENT

Step 1. REGISTER

Step 2. COMPLETE YOUR APPLICATION

Step 3: SUBMIT YOUR APPLICATION

Assessment and eligibility check > creation of preselected candidates (3000 candidates) > available for services and agencies

<https://ec.europa.eu/stages>



Internship abroad in Italian institutions



- Embassies / consulates
- Institute of Italian Culture
- Foreign Trade Institute
- ENIT- national tourism agency
- Regional offices at the EU

Programma di tirocini curriculari

MAECI-MUR-CRUI

www.tirocinicrui.it

Deadline: june

**Junior Professional Officer
(JPO) / Fellowship**

- graduate up to 30 years (33 for medicine)
- 1 year (+ ev. 2. year)
- application in june

www.undesait



Key competences

- Capacity of problem – solving
- Self-management
- Capacity of communication
- Capacity of team working
- Language competence

**“certification”
via CV**

+ leadership



Organizations with specific purpose

- NATO
- Organisation for Economic Co-operation and Development (OECD)
- Interpol
- International Energy Agency (IEA)
- Organization of the Petroleum Exporting Countries (OPEC)
- European Organization for Nuclear Research (CERN)
- World Trade Organisation (WTO)
- World Tourism Organization (UNWTO)
- Council of Europe
- European Central Bank (ECB)
- European Bank for Reconstruction and Development (EBRD)
- European Patent Office (EPO)
- Joint Research Centre (JRC)
- European Space Agency (ESA)
- Organization for Security and Co-operation in Europe (OSCE)

students - graduates



Internship - European Space Agency

100 positions / year

Location(s): Noordwijk (NL), Paris, Darmstadt (DE), Frascati (IT), Cologne (DE), Villanueva de la Cañada (WS), French Guiana, Redu (BE), Harwell (UK)

Who can apply: 2. year master studies from member and associated States

Languages: fluency in 2 (mother tongue and foreign language)

Sectors: engineering, science, IT, business and administration services

Duration: 3 a 6 months

Allowance: €800,00/month



Application november
Start: from february onwards

Step 1. Select the one that best matches your interests and profile
Step 2. REGISTER
Step 3: Create your profile with CV and motivation letter
December/January: shortlisting and selection of candidates

www.esa.int/About_Us/Careers_at_ESA/Student_Internships2



Finance - Logistic

**Depends on
specific organization**

- Own funds
 - Salary (EU commission: 1476 Euro, UN New York: \$0,00)
 - scholarship (Erasmus+, MIUR, European Social Fund,)
 - working evening - weekends
- Health insurance
 - Organization of travel, housing and visa
 - Logistic help
 - “Community” di actual interns



International Non-Governmental Organizations

- **Greenpeace**
- **WWF**
- **Scout Movement**
- **Amnesty International**
- **Red Cross**
- **Médecins du Monde**
- **War Child Holland**
- **Birdlife International**

- **Union of Industrial and Employers' Confederations of Europe (UNICE)**
- **Eurochambres**
- **Confédération européenne des syndicats (CES)**
- **UEFA**
- **CARITAS**
- **Bureau Européen des Unions de Consommateurs (BEUC)**
- **Political parties**

Share of values - Engagement



Active research

AMBIENTE

World

**Greenpeace – Friends of Earth –
WWF – IUCN**

Europe

**Eufores – Naturfreunde –
European Environment Bureau
– European Biomass
Organisation**

National level

**National Trust UK – Green Trust
UK – Milieudefensie NL – Eau et
rivières FR**

SOCCER

1. FIFA
2. Fédération Française du
Football
3. Les Ligues Régionales
4. Département du
Bas-Rhin

**Speculative
application**



Foundation - Charity

**European Charitable
Foundations: 148.000**

**Operating on national
and international level**

International staff

Social inclusion - democracy - international
development

www.efc.be

European Foundation Centre
236 MEMBERS AND AFFILIATED PARTNERS

Philanthropy Europe
Association

<https://philea.eu>

Artificial Intelligence

Fondation Botnar (CH)
Volkswagen Foundation (DE)
Cloudera Foundation (USA)
Wadhvani Foundation (IND)
Skoll Foundation (USA)

Top Ten FOUNDATION

Stichting INGKA Foundation, Netherlands
Bill & Melinda Gates Foundation, USA
Wellcome Trust, UK
Howard Hughes Medical Institute, USA
Novo Nordisk S/A, Denmark
The MasterCard Foundation, Canada
Lilly Endowment, USA
Ford Foundation, USA
The Garfield Weston Foundation
Robert Wood Johnson Foundation



Lobbying

- **Consultancy:** rural development, cultural innovation, European planning, sustainability....
- **Legal:** internationalization, environmental law, labor law ...
- **Professional bodies:** architects, psychologists, engineers
- **Research institutes:** surveys, market research
- **Think tanks** strategy

Bruxelles: Top Ten

- Cefic - European Chemical Industry Council
- Instituto de Telecomunicações
- European Centre for Development Policy Manag.
- FTI Consulting Belgium
- Fleishman-Hillard
- European Council on Foreign Relations
- Insurance Europe
- Burson Cohn & Wolfe Sprl
- Eurocities
- Google

www.eurobrussels.com

Think tanks

<https://en.wikipedia.org>



“International” internship with english

Features

- "International" orientation
- Medium to large companies
- Qualified tutor
- Internship with a view to recruitment
- Minimum duration 3 months during the year
- Summer Internship: selection by February-March
- Candidature: 3 to 6 months before
- Reimbursement according to sector - company size
- Recent graduates: Graduate Internship / Program

International bank Dublin

Engineering consulting Oslo

Exhibition fair Budapest

Europ. project manag. Valencia

Intern. Organization Lisbona

Headquarter Amsterdam

Twinning office Cracovia

Assoc. Legal advice refugees Malta

Biotechn. research Munich

Tour Operator Prag

Startup Mobility Copenhagen

Health management Paris



Associazioni studentesche internazionali

Offrono programmi di stage all'estero oppure assistenza

www.aiesec.org - www.aiesec.it

tutte le discipline

www.fejs.org

comunicazione

www.iapss.org

facoltà -
università

scienze politiche

www.elsa.org - www.elsaitalia.it

giurisprudenza

www.iaeste.org

materie tecniche

www.best.eu.org

tecnologia

<https://nazionale.sism.org>

medicina



Virtual internships

- application as for face-to-face activities
- even part time
- project work / video tutorials only
- one referent as mentor and instructor
- duration between 1 and 3 months
- most without pay

advantages: flexibility - result and deadline oriented - improvement of technical skills - NO VISA

Activities

(for example)

Research

Marketing

Fundraising

Project Design

Event Management

www.theinterngroup.com

www.virtualinternships.com

CANNOT replace
Internship in attendance



International cities

UN: *New York – Geneva – The Hague - Vienna – Nairobi*
– Paris

EU: *Brussels – Strasbourg – Luxembourg*

NGO: *Brussels – London – New York - Amsterdam*

Companies:

Berlin - Frankfurt



Link

Società Italiana per l'Organizzazione Internazionale

www.sioi.org

Movimento Studentesco per l'Organizzazione Internazionale (MSOI)

World Federation of United Nations Associations

<https://wfuna.org/youth>

www.wikipedia.org

> non profit in europe

ONG cooperazione internazionale

www.ongitaliane.org

Cooperazione intern

www.reliefweb.int

Lavoro, stage e volontariato

www.idealists.org

Newsletter “muoversi”

www.eurocultura.it

Newsletter “Scambi Europei”

www.scambieuropei.info

Eurodesk

www.eurodesk.it



Other services by Career Service

VIDEO

<https://www.youtube.com/playlist?list=PLcN0fu7cnbAu1A6WqFXTqBI7PsQ1fMO53>

.pdf

Download from <https://lastatalenews.unimi.it/eventi/ricerca-stage-allestero-febbraio-giugno-2025>

Individual career advice

by Bernd Faas, mobility expert.

Duration 30 minutes.

The interview can be requested by sending an email to

careerservice@unimi.it

indicating your name and surname, status (student or graduate), degree course, mobile phone number and chosen topic.

Good luck!

Bernd Faas



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