



JUNIOR PROFESSIONALS
IN DELEGATION
HIGH LEVEL TRAINEESHIP PROGRAMME¹



Frequently Asked Questions

1. How do I submit my application?

Applications are to be **addressed exclusively to the authorities designated by each Member State** for the JPD traineeship programme (details are published on the EEAS website), within the mentioned deadline on the EEAS website.

You will need to submit exclusively the application form (available on the EEAS website) duly completed, signed and followed by the hand written mention “read and approved”. For an optimal experience, we advise to complete the application form after having downloaded it (for example, using Adobe Acrobat). We do not recommend completing it using an Internet browser.

2. What is the deadline for application?

The deadline for the 2026-2028 round to submit your application to the authority designated by the partner Member State is **30 April 2025**.

3. Do I need to send or attach any additional documentation, e.g. academic records/certificates/letters of reference etc.?

No. For your application to the JPD traineeship programme, we request that you submit only the application form as outlined in question 2. If the partner Member States, EEAS or the European Commission require further documentation later on in the pre-selection or/and selection process, you will be informed via e-mail.

4. What is the Living Conditions Allowance (LCA)?

Pursuant to Art. 10(1) of the Annex X to the Staff Regulations, where a EU official is employed in a country in which living conditions cannot be deemed equivalent to those normally obtaining in the European Union, an allowance for living conditions shall be payable. The parameters taken into account for fixing the allowance for living conditions shall be the health

¹Pursuant to the Joint Decision of the European Commission and the High Representative of the European Union of 12.06.2012 establishing a High Level Traineeship Programme in the Delegations of the European Union and the decision of the Chief Operating Officer of the EEAS on its implementing rules.

and hospital environment, security, climate, degree of isolation and other local conditions. This allowance for living conditions shall be fixed, according to the EU official's place of employment, as a percentage of a reference amount.

In the case of the JPD traineeship programme, this reference amount shall comprise the total monthly grant, plus the monthly accommodation contribution. The amount of this monthly hardship contribution (living conditions allowance (LCA)) paid to trainees, varies according to the host country from 10% to 40% and is decided on a yearly basis (please note that no JPDs are assigned in countries with 40% LCA and assignment of JPDs in countries with a lower LCA remains subject to local security conditions).

5. Is there an age limit for candidates?

Please be informed that there is no age limit to submit applications for the JPD programme.

6. What is the difference between –EEAS and European Commission sections?

The EEAS and the European Commission participate in the JPD programme and JPDs are assigned either to the EEAS or to the European Commission. The tasks and assignments are different depending on the institution of assignment: EEAS JPDs are posted in the political, press and information section whereas European Commission JPDs are posted in Cooperation, Operations and other EU Policies sections (covering international partnerships, project/programme management, humanitarian affairs, etc.).

Candidates should apply to EEAS positions **or** European Commission positions taking into account their profile.

7. Which languages are required to participate in the JPD programme?

Applicants must have a thorough knowledge of English and/or French to apply to this programme. Knowledge of other languages relevant to the work of the EU Delegations is an asset.

8. Which diplomas are required?

Applicants must hold, by the closing date for applications, at least a university degree equivalent to a Masters degree in a domain relevant to the activities of the Delegations such as: diplomacy, political analysis and reporting, EU policies in the fields of external relations, CFSP and CSDP, international partnership (project/programme management), humanitarian affairs, economic issues and trade policy, press, communication and information, justice, freedom and security, rule of law, institutional developments, governance, environment, energy, agriculture and fisheries, rural development and infrastructure, etc. Please note that this is not an exhaustive list.