



## TESTIMONIANZA SULL'ESPERIENZA ALL'ESTERO NELL'AMBITO DEL PROGRAMMA ERASMUS+ TRAINEESHIP

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<b>Città</b>	Bruxelles
<b>Corso di Studi</b>	Relazioni Internazionali e Studi Europei
<b>Anno accademico Erasmus+</b>	2021/2022
<b>Periodo di tirocinio</b>	3 mesi
<b>Tipologia della sede</b>	Nominativa
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### Informazioni sull'ente ospitante

I conducted my 4-month traineeship at the Council of European Municipalities and Regions (CEMR), based in Brussels, Belgium. It is the oldest and broadest European association of local and regional governments from 40 European countries. Out of the 5 thematic areas they work with, I was given the chance to work with the International engagement and cooperation theme, being part of PLATFORMA Project. PLATFORMA is the Pan-European coalition of towns and regions – and their national, EU and global associations – active in city-to-city and region-to-region development cooperation. Before being selected, I underwent a recruitment phase, which consisted of an online interview with their project coordinator. The duties I performed were diverse and not restricted to one single task. I assisted the communication officer with copywriting and social media content creation and campaigns. I drafted content for the website and other publications produced by PLATFORMA. My position had a big networking component: I was constantly interacting with the internal team and with our external partners/experts in the field from the EU and outside of the EU. I updated the contacts database and used it accordingly to send important mass communications or engage with partners. I dealt with the policy & advocacy side as well: for instance, I followed discussions in the European Parliament (DEVE and AFET mainly, wrote policy briefs, kept track of legislative tables and wrote a monthly policy update due to be sent to partners). As part of my work in the Eastern Partnerships cluster, I created a database of case studies on decentralized cooperation & good practices between municipalities, which concluded with a descriptive narrative. I participated in online events (e.g.: with the Committee of the Regions, national associations) and, consequently, I became familiar with general logistics, drafting registration forms, invitations, audience and speaker's logistics, management of conference digital platforms. I have also been involved in events management: I helped co-organize a few big events: European Week of Regions and Cities (EWRC), European Days of Local Solidarity (EDLS) and the 3rd edition of Eastern Partnership Local Leaders' Forum. The working environment was multicultural and very friendly. I was treated as an equal to the other team members and was offered constant support, was encouraged to ask questions and to concentrate more on the topics of interest to me. This experience helped me thrive both on a personal and professional level.



I would recommend to any student to take this leap of faith and conduct a traineeship in Brussels, the heart of European affairs.

### **Informazioni sulla città**

Brussels is a very dynamic and multinational city, with a visible blend of various cultures, religions and ethnicities. Since it is very dynamic, there are a lot of housing opportunities for a short period of time. One of the easiest ways to find accommodation is online on Facebook groups, or on different housing websites (e.g. housing anywhere). I would recommend finding accommodation not too far from your place of work, although Brussels is well-connected by bus, metro or tram. The city is quite safe, although there are some areas that are considered dangerous, especially during the night. You should read more about Brussels, its neighborhoods and its way of life before arriving there. This will make your transition easier.

### **Hai un commento generale da lasciare? Quali suggerimenti puoi fornire agli studenti che partiranno dopo di te?**

Overall, my experience in Brussels was very enriching and helped me grow a lot as a person, made me more independent and helped me understand the practical side of my studies. In terms of working experience, only positive events happened to me and I cannot think of any downsides. The team I worked with was very professional, friendly and integrated me fully into their team. I had some challenges with finding accommodation (a room to rent). The negative aspect is that you never know who your roommates will be, and in an unlucky event, you may end up living with people you are not compatible with. This is a compromise you need to make for a few months in case this happens. It was my case for the first 3 months until new roommates came in. I would suggest before departure, you need to ask questions about your duties at work (to make sure you feel you are a good fit for the organization) and always be careful with finding accommodation (there are a lot of scams going on). Try to find out more about the people you will be living with, as this may help a lot in making the final decision on which place to rent or not.

### **Come valuti l'esperienza da 1 a 5?**

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