

Engage with the UN: Internships, Volunteering, Careers, and Youth Programmes

Students may be interested in learning how they can one day work as an intern at the UN, volunteer in some capacity, or even pursue a UN career. Most of these opportunities are only available once students are in the final year of their university studies. Nevertheless, we have provided some information below, which may be helpful to plan for the future!

Internship at the United Nations:



Do you dream of working at the UN? A UN internship could be the ideal start for you!

UN interns gain first-hand experience in the day-to-day working environment. Most UN Departments participate in the UN internship program, providing a unique opportunity to interact with UN staff and to contribute to the UN's work, while also participating in meetings and conferences, and having many other interesting experiences. To be eligible to apply, you must be starting your final year of your undergraduate university degree, or have just graduated, or be in graduate school.

For more information on applying to be a UN intern:

[apply here!](#)

Helpful hint: [Internship Quick Guide \(Fact Sheet in PDF\)](#)

Volunteer with the United Nations:



One way to support and engage with the UN is to apply to be a UN Youth Volunteer or a UN University Volunteer (<https://www.unv.org/>). You must be at least 18 years of age. Interested candidates need to register with the Global Talent Pool at [unv.org](https://www.unv.org/).

Youth Programmes at the UN:

Within the UN Department of Economic and Social Affairs, the Focal Point on Youth builds awareness of the global situation of young people and promotes their rights and aspirations. For more information: www.un.org/development/desa/youth/

Within the Department of Global Communications, there is a committee composed of youth who represent their civil society organizations that are associated with the Department. Their activities range from participating in briefings, to conducting social media campaigns, to advising on how the UN can better engage with young people. For more information: <https://www.un.org/en/civil-society/page/youth>

The United Nations Youth Office (<https://www.un.org/youthaffairs/en>) promotes youth empowerment and fosters leadership opportunities, with a special focus on youth awareness of the Sustainable Development Goals (SDGs).

Employment at the UN:



To work at the UN, one must have at least an undergraduate degree. For more information on UN careers, click [here](#).

More useful information here:

[Detailed Applicant Guide \(PDF\)](#)

[Quick Applicant Guide \(PDF\)](#)

For further ways to get involved, please click here to find out more:

<https://www.un.org/en/get-involved/>