


Insertion in the Labor Market

IEFP Internships

What is it?

Offer of internships lasting 9 months, non-extendable, with a view to promoting the insertion of young people in the labor market or the professional retraining of the unemployed, and which include the offer of scholarships whose values depend on their level of qualification. 



For whom?

These internships are aimed directly at unemployed people registered with the employment services, and who meet one of the access conditions.

As a migrant, can I apply?

Foreign citizens can also benefit from the possibility of a professional internship, as long as they meet the conditions for access to it.



How can I register in the IEFP?

Enrollment is feasible if the candidate is available and able to work, is over 16 years old and has completed compulsory schooling, and presents duly updated personal documentation, depending on the origin of the citizen. Applications can be made by electronic submission through the iefponline portal. Some support documents for submitting applications can be consulted here.



How can I access an internship?

Candidates do not register directly for an internship, but at the IEFP, where they will be classified according to their employment situation. Candidates must, in addition to meeting the foreseen access requirements, have as essential conditions that they are **unemployed and enrolled in the IEFP**, which registration can be done online or in person. Through the iefp online portal iefponline, it is possible to filter the offers available by professional and geographic area, and by the candidate's academic qualifications, in this section of the portal.

For more information, consult the [Estágios Ativar.PT portal](#) or the [summary sheet](#) provided by the IEFP. For more individualized support, contact our CLAIM by phone 963874724, or via email: elisabete.martins@fundacaocidadedelisboa.pt

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