



VACANCY: COMMUNICATIONS INTERN

Seas At Risk (SAR) is an umbrella organisation of environmental NGOs from across Europe that promotes ambitious policies for marine protection at European and international level. We represent 40 member organisations in 19 different European countries. The SAR Secretariat comprises 18 staff members. We are a diverse team and share a passion for the ocean. We work on many issues including fisheries, biodiversity, deep-sea mining, renewable offshore energy, shipping, and plastic pollution.

More information at: www.seas-at-risk.org.

Internship description

SAR is seeking a communications intern to support the work of the communication officer of Seas At Risk. This internship is expected to last 6 months, with possibility of extension. The successful candidate must be based in Brussels and would ideally start working in September 2026.

Main responsibilities could include:

- Drafting articles and texts.
- Helping with keeping SAR's website updated.
- Compiling and disseminating the SAR external newsletter.
- Supporting with managing SAR's social media channels (drafting posts, ensuring the right audiences are targeted, finding tags of key targets etc). Channels used at Seas At Risk are: LinkedIn, X, Facebook, Instagram, YouTube, Bluesky.
- Designing basic communication products using current templates.
- Filming, editing and publishing short audiovisual media.
- Identifying and purchasing new photos for use in communications materials.
- Finding new media outlets and updating the journalist database.
- Media monitoring and reporting.
- Assisting with the coordination of communication activities with SAR's members and other NGOs, and with the development of communication products with external contractors.
- Assisting with the organisation of online and in-person events (such as EU Ocean Week from 28 September – 2 October).
- Providing ideas for the development of communications strategies and communications campaigns.

Qualification, experience, knowledge

- A university degree in communications, journalism, social media or other relevant fields.
- Excellent editing skills in English. Any additional EU language is a plus.
- IT skills. Previous experience with WordPress, social media and design skills (Canva, Adobe Suite) are considered an asset.
- Previous intern or volunteering experience in a relevant sphere, and good insight of the functioning of the EU institutions are considered as assets.
- A passion for the ocean and the EU.



Competence

- Excellent communicator
- Team player and able to work independently as well
- Output oriented
- Commitment to quality
- Strong organisational ability and time management skills
- Flexibility

What we offer

Seas At Risk offers:

- An opportunity to acquire practical experience in a professional and international working environment, with supervision by experienced Seas at Risk staff members.
- An exciting experience with working in an environmental NGO in Brussels.
- The opportunity to learn about marine topics in an EU policy setting and gain a more in-depth knowledge of how EU institutions work.
- A fixed monthly compensation of €1,300, with a monthly net allowance and monthly transport compensation (total value 165€ + 56€ per month).

How to apply

Send a one-page letter explaining your motivation and how you meet the internship requirements, together with your CV to secretariat@seas-at-risk.org, with 'Communications Intern' in the subject line followed by your name and surname. Please also include two samples of articles, videos, design work or social media posts that you have recently produced. Interviews will be held on a rolling basis as applications are received, with all interviews due to be completed by 14 August.

Deadline for applications: 7 August 2026.

Only candidates selected for interview will be contacted. Thank you for your understanding.