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IEFP Internships: **Integrating Qualified Young People into the Labour Market**

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DOWER

The Estágios +Talento Programme supports the integration of qualified young people into the labour market by providing financial contributions towards monthly internship grants for six-month internships hosted by private-sector entities, offering practical work experience in a professional environment relevant to the intern's field of study.

The programme aims to complement and develop the skills of unemployed young people and facilitate the transition from the education and qualifications system into the labour market, thereby enhancing their employability.

An internship constitutes a practical work-based learning experience and must not involve filling an existing job position. Curricular internships and internships requiring qualifications in medicine or nursing are excluded from the programme.

■ Eligible Applicants

Unemployed young people registered with the IEFP, or young people who have emigrated permanently for at least 12 months, aged 35 or under and holding a qualification at Level 6 or above of the Portuguese National Qualifications Framework (QNQ).

Eligible qualifications and conditions for undertaking a further internship:

- i. **QNQ Level 6:** Bachelor's Degree;
- ii. **QNQ Level 7:** Master's Degree;
- iii. **QNQ Level 8:** Doctoral Degree (PhD);
- iv. Young people who have previously completed a State-funded internship may only become eligible again after 12 months and upon obtaining a new qualification.

■ Host Entities

Private individuals or legal entities, whether for-profit or non-profit, whose tax and social security obligations are duly fulfilled. Public-sector entities are not eligible to host internships.

Financial Support

Monthly Internship Grant	
Level 6 (Bachelor's Degree)	1.181,69€
Level 7 (Master's Degree)	1.289,11€
Level 8 (Doctoral Degree)	1.396,54€

Gross monthly amounts.

IEFP Financial Contribution	
Standard contribution towards the intern's monthly grant	65%
Increased contribution of 80%	Internships carried out in inland regions of Portugal, internships involving persons with disabilities, internships in occupations where one gender is underrepresented, or where an open-ended employment contract is concluded within 20 working days following completion of the internship.
Additional Support	Meal allowance of €6.15 per day, occupational accident insurance of €17.70 and, for persons with disabilities, transport support of €53.71.

Financial support is paid in two instalments, calculated on the basis of unit costs per month and per internship:

First instalment	60% following commencement of the internship
Second instalment	40% upon closure of the internship
Duration and Limits	6 months , non-extendable 12 months , or persons with disabilities

Each host entity may accommodate a maximum of 20 interns per calendar year, including internships already approved and those currently being undertaken under other application procedures. Each internship supervisor may supervise no more than five interns simultaneously.

■ Application Process

Application Process

A legally established entity with its tax and social security obligations duly fulfilled, no outstanding debts or breaches of obligations relating to previous IEFP funding, no overdue salary payments, and no serious convictions for labour law infringements in the preceding two years.

Obligations During the Internship

The internship must take place within the intern's field of study or training, under the supervision of a designated internship supervisor and in accordance with an individual internship plan. It must not be used to fill or replace an existing job position. The host entity is responsible for paying the internship grant and meal allowance in full, as well as taking out occupational accident insurance.

Restrictions

The host entity, or any entity belonging to the same corporate group, may not nominate interns with whom it has maintained an employment relationship, a service provision relationship or an internship relationship during the preceding 24 months.



The IEFP covers 80% of the internship grant where the intern is hired under a full-time, open-ended employment contract within 20 working days following completion of the internship.



■ Funding and Budget Allocation

The programme is funded under Portugal 2030 (Ministerial Order No. 221/2024/1 of 23 September). During the previous application period, the total budget allocation amounted to €75 million, and applications could close before the scheduled deadline if the available funding was exhausted.



A new application period is scheduled for October 2026, with specific dates to be announced by the IEFP. Applications will be accepted until the available budget allocation has been exhausted.



How We Can Help

At Dower, we have a dedicated team of consultants focused on helping your business grow by identifying the most suitable funding opportunities.

Drawing on our experience, we support companies in preparing and submitting funding applications, as well as providing comprehensive assistance throughout every stage of project implementation.

Discover how we can help your business navigate this complex and demanding process.



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