



Analysis of internal competition Administrators (AD6) Assistants (AST2)

COM/AD/110/2026 (AD6)
PUBLIC HEALTH, HEALTH EMERGENCY
PREPAREDNESS AND RESPONSE, AND
FOOD SAFETY

1

• Overview

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• The application – eligibility

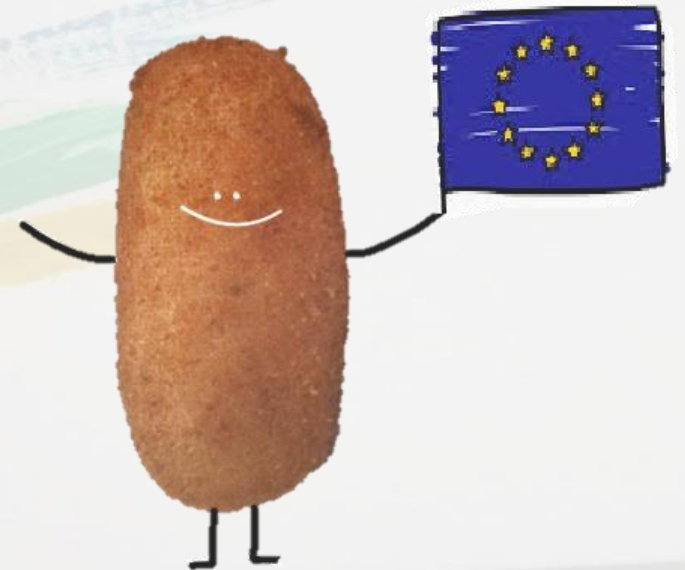
3

• Test and Resources

4

• Q & A

This presentation has been prepared following the notice of competition, real candidates experience, your doubts and our best advices. Probably we'll have an answer to your question but not in the slide you expect, just be patience



OUR GOAL



Help you maximize your opportunities with your application and tests (in a safe and efficient manner)

Most common fears & mistakes

Being your worst enemy – all your experience can be relevant

**Missing details and opportunities – lack of explanations
[You have to explain, even if it's an internal competition]**

Application process is too complicated (not at all, but it requires time/patience)

Procrastination – you have until 30th October NOON

Competition	Seats	Candidates	Your chances
Administrators (AD6)	100	?	ALL
Assistans (AST2)	50	?	ALL

- Thousands of potential candidates (with 2026 staff numbers: temporary, ASTs,ADs, Cast)
- The reserve list gives you a right to be candidate, not a position [unless you are an AD officer already]. Now focus on being on the list

This is a new process. People tend to fail more.

Don't make silly mistakes and you will be in the list

Languages – don't overcomplicate yourselves

Back

Form Sections

- 1 Information
- 2 Eligibility
- 3 **Registration Data**
- 4 My CV
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Administrators AD6

COM/AD/111/2026 (AD6) - Deadline Date/Time: 30/10/2026 12:00:00 CET - Institutions: European Commission

* Required

Registration Data:

*The nationality I am applying with ?

n/a

country can be selected. ✖

Spain

Your main language

First Language in sysper

EN/FR/DE for the competition – Usually your second Language in sysper.
Different from Language 1

Support by Member States ?

Some member states offer support

* Do you require specific adjustments for the selection tests in connection with a disability or a medical condition, or related to pregnancy and breastfeeding?

-- None --

Link to Competition information ?

Please follow this link to see information regarding this competition ✖

https://digit.service-now.com/esc?id=kb_article&sysparm_article=KB0084041

Previous

Next



Save as Draft

Submit

Languages

History

First language

First Language in sysper

Second language

Second Language in sysper

Third language

Third Language in sysper

Administrative language

n/a

Payslip language

n/a

- Check your sysper – if it's ok, don't touch it
- If not ok – check notice to change the language

Languages – don't overcomplicate yourselves

- **Check your SYSPER!! [YES! Mistakes happen in the Commission]**
- **If wrong – ask for a change a.s.a.p**

In the application for this competition, you must choose one language among English, French or German, as the language of competition (language 2).

The language of competition (language 2) will be used for the cognitive reasoning eligibility assessment and all the tests of this competition.

The language of competition (language 2) must always be different from your main or first language (language 1) as recorded in Sysper. Alternatively, candidates who wish to choose as language of competition a language that is encoded as first or main language in Sysper, they need to provide adequate documentary evidence of language proficiency at minimum C.1 level for another language, that will then be considered as their language 1 for this competition (for further details see point 1.2 of Annex III).

For more information on the languages of this competition, please see **Annexes II and III**.

Statutory Criteria

Eligibility



Work experience + Qualifications



Cognitive reasoning assessment



You are eligible

Eligibility conditions – Statutory criteria for AST2

On the deadline for applications, you must:

- (a) be an **official or temporary agent in any grade in the AST/SC or AST function groups, or a contract agent in any grade in the function group III or IV in the Commission**
- AND**
- (b) have **applied for the position in the function group III or IV in the Commission**
- AND**
- (c) have served **at least the last 12 full consecutive months** prior to the deadline for applications as an **official, temporary agent or contract agent** in the Commission, or in any combination of these categories,

AND

FOR CONTRACT AGENTS ONLY

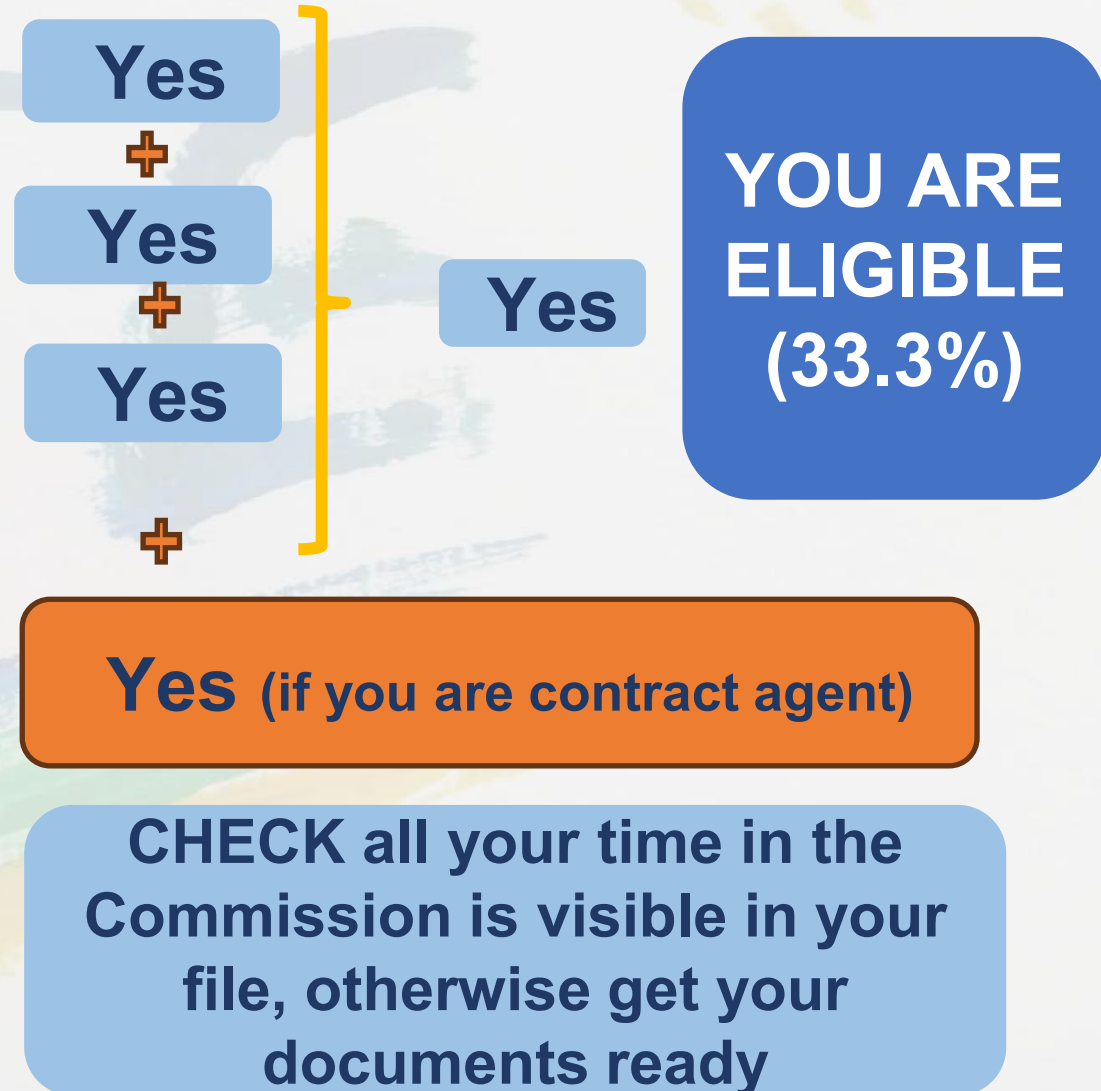
in addition to 2.1) (a), (b) and (c), you must:

- (d) have served **at least the last 24 full consecutive months** prior to the deadline for applications as an **official, temporary agent or contract agent** in the Commission, or in any combination of these categories,

Last year in the Commission, of which last 6 months as AST or AST/SC (official or TA) or CA-FG III or IV

On top of the year, you need 24 months more (total 36) in the Commission if you are CA

Today, we don't comment on fair/unfairness of these rules – please read G2004 article: **Breaking the glass ceiling: structural barriers facing contract agents in internal competitions**



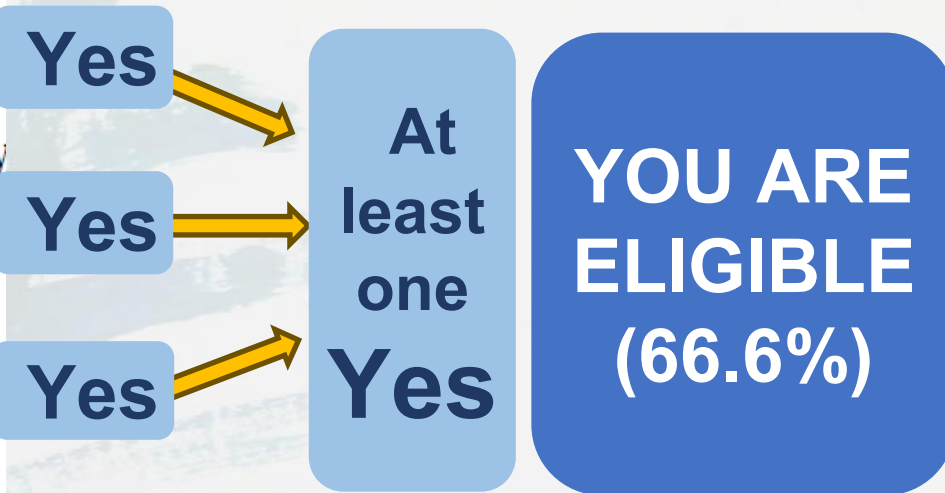
Eligibility conditions – AST2 - Qualifications and experience

2.2) Specific eligibility criteria – qualifications and professional experience

On the deadline for applications, you must demonstrate:

- (a) a level of post-secondary education, attested by a diploma **OR**
- (b) a level of secondary education attested by a diploma giving access to post-secondary education, AND at least three (3) years professional experience relevant to the task described in Section I and Annex I, acquired after the final decision to award the diploma;
- OR**
- (c) vocational training equivalent to post-secondary education² attested by a certificate.

Please note that ONLY diplomas that have been awarded in EU Member States² or that are the subject of equivalence certificates issued by the authorities of a Member State shall be taken into consideration.



It's an easy requirement, don't make silly mistakes
Experience must be relevant to the position

Eligibility conditions – Statutory criteria for AD6

On the deadline for applications, you must:

- (a) be an official or temporary agent in the AD function group OR be an official or temporary agent in grade AST4 or above, or a contract agent in grade FGIV in the Commission¹,
AND
- (b) have applied for the position as an official or temporary agent in the Commission, or in any combination of these categories, **AND**
- (c) have served in the Commission, or in any combination of these categories, for a period of at least 24 months in the last 36 months before the deadline for applications as an official, temporary agent or contract agent in the Commission, or in any combination of these categories, **AND**

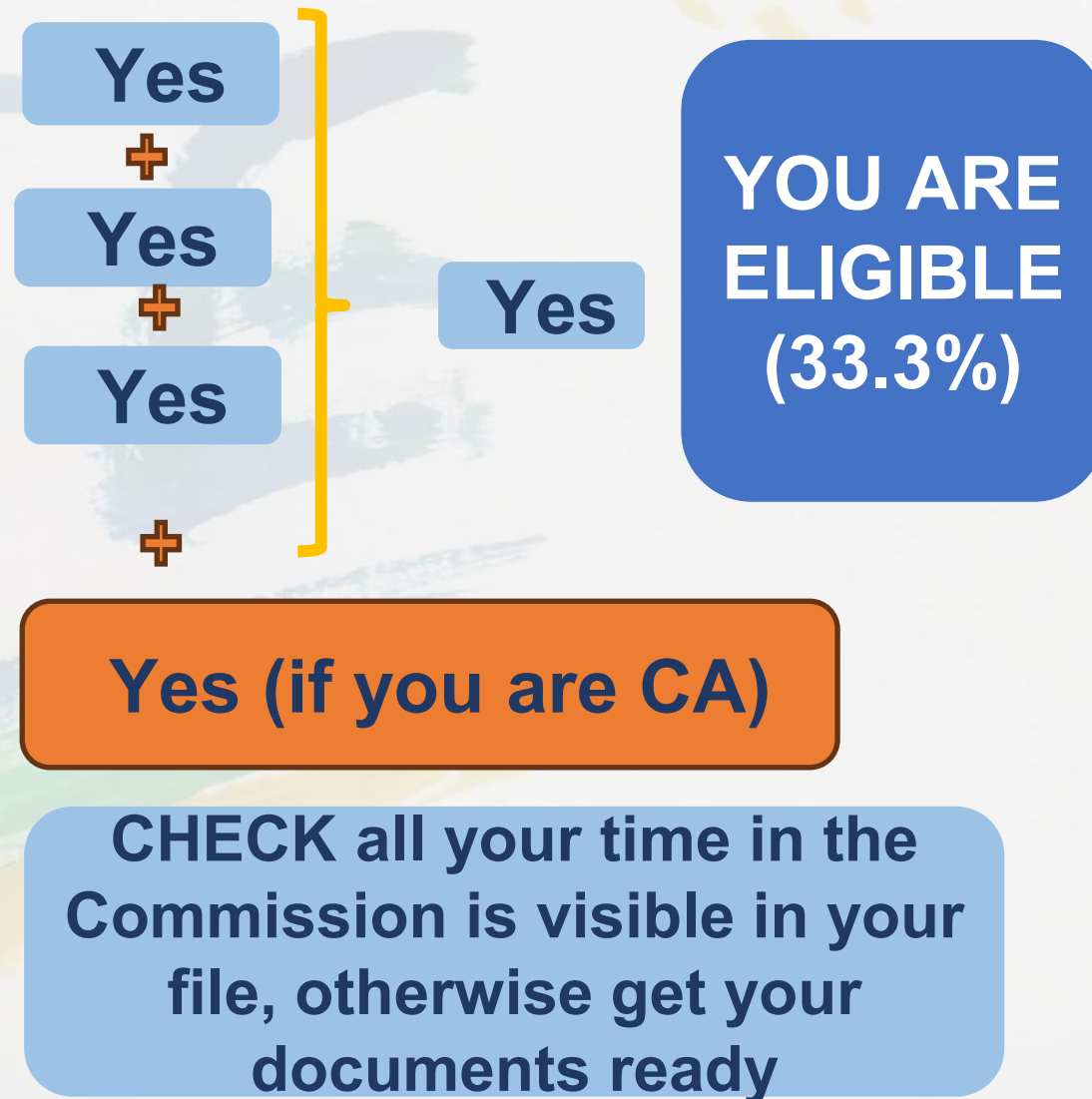
FOR CONTRACT AGENTS ONLY

in addition to 2.1) (a), (b) and (c), you must:

- (d) have served in the Commission, or in any combination of these categories, for a period of at least 24 months in the last 36 months before the deadline for applications as an official, temporary agent or contract agent in the Commission, or in any combination of these categories, **AND**

On top of the year, you need 24 months more (total 36) in the Commission if you are CA

Today, we don't comment on fair/unfairness of these rules – please read G2004 article: **Breaking the glass ceiling: structural barriers facing contract agents in internal competitions**



Eligibility conditions – work experience

On the deadline for applications, you must demonstrate:

a) a level of education which corresponds to **completed university studies of at least three (3) years, attested by a diploma, AND at least two (2) years of professional experience** relevant to the tasks described in Section I and Annex I, acquired after the final decision to award the diploma;

OR

b) a level of education corresponding to **completed university studies of at least four (4) years, attested by a diploma, AND at least one (1) year of professional experience** relevant to the tasks described in Section I and Annex I, acquired after the final decision to award the diploma;

OR

c) **completion of the Commission certification programme AND at least two (2) years of professional experience** in the AD function group relevant to the tasks described in Section I and Annex I, after the final decision to award the certification;

OR

d) **attested vocational training of an equivalent level to university degree² AND at least two (2) years of professional experience** relevant to the tasks described in Section I and Annex I, after the final decision to award the diploma/certification.

Please note that **ONLY** diplomas that have been awarded in EU Member States³ or that are the subject of equivalence certificates issued by the authorities of a Member State shall be taken into consideration.

Yes

Yes

Yes

Yes

At
least
one
Yes

**YOU ARE
ELIGIBLE
(66.6%)**

**It's an easy requirement, don't make silly mistakes
Experience must be relevant to the position**

Eligibility conditions – Statutory criteria for AD6 and AST2

YES – somebody at AST4 level or CA-FG IV can apply to both competitions if:

- **He/she was AST4 level or CA-FG IV during last 6 months;**
- **Has been working from 1 year before the deadline in the Commission;**
- **Accumulates 24 months MORE of experience in the Commission if you are CA**

ANNEX I

TYPICAL AST2 ASSISTANT TASKS

AST2 assistants contribute to performing the functions of the Commission under the supervision of an administrator and are called upon to carry out executive, implementation, support and logistical tasks in various fields of activity.

Reporting to an administrator or to a more experienced senior assistant, the assistant will be expected to perform complex assistance and technical tasks that may vary from one department to another and may include for instance:

- managing and following up projects, processes and procedures relating to the management of resources.
- drafting notes or minutes and drawing up administrative reports in the different fields of the activities of the Commission.
- assisting in preparing, holding and following up meetings, events or conferences.
- assisting with the design, implementation and management of accounting, financial and HR procedures, and IT systems.
- providing administrative support to management and services.
- contributing to reports and their implementation.
- providing assistance, support and logistics for internal and/or external communication and information.
- providing assistance, support and logistics for management of equipment and buildings.
- assisting with the preparation of programmes and work programmes.
- assisting with the preparation of projects, cases and contracts and monitoring their continuity.
- assisting with the supervision and/or evaluation of the implementation of programmes/projects/cases/contracts.
- preparing/verifying calls for proposals/invitations to tender, and calls for expressions of interest, with a view to concluding contracts or agreements relating to grants.
- preparing and monitoring procurement procedures, including the evaluation of tenders.
- contributing to the design and delivery of learning and development activities.

Eligibility conditions – work experience AST 2

- **Explain your working experience according to this tasks**
- **Don't give it for granted**

In calculating the periods of professional experience as specified in point 2.2) of Section II, the Selection Board will take into account experience that is relevant to performing the tasks of an AST2 assistant, as outlined in Section I and Annex I. If the Selection Board finds that the professional experience acquired during a given period is not fully relevant to the tasks of an AST2 assistant, it will take it into account in an appropriate portion.

ANNEX I

TYPICAL AD6 ADMINISTRATOR TASKS

AD6 administrators work independently in the interests of the service, to support decision-making in fulfilling the Commission's goals, in policy design, policy implementation and resource management.

The main tasks of AD6 administrators may include, for instance:

- conducting analysis;
- drafting reports and briefings;
- gathering, evaluating, and interpreting data for decision-making;
- contributing to the design, implementation, follow-up and control of initiatives, policies, projects, programmes or action plans;
- negotiating on behalf of and representing the Commission in different fora (e.g. interinstitutional, judicial, governmental, media, working groups, stakeholders' groups);
- drafting legal documents, including EU legislation;
- implementing, monitoring, enforcing and evaluating EU legislation;
- managing resources (e.g. budgetary/financial, human, informatics);
- performing communication, audit, or other activities;
- coordinating teams.

In calculating the periods of professional experience as specified in point 2.2) of Section II, the Selection Board will take into account experience that is relevant to performing the tasks of an AD6 administrator, as outlined in Section I and Annex I. If the Selection Board finds that the professional experience acquired during a given period is not fully relevant to the tasks of an AD6 administrator, it will take it into account in an appropriate portion.

**Eligibility conditions –
work experience AD6**

- **Explain your working experience according to this tasks**
- **Don't give it for granted**

Filling in the application – Follow the instructions – annex II

Professional experience will be taken into account only if it:

- was acquired after the final decision to award the diploma or certificate attesting the minimum qualification as described in point 2.2) of Section II of the notice of competition.
- constitutes genuine and effective work,
- is remunerated,
- involves a professional relationship, i.e. being part of an organisational structure or supplying a service, and
- subject to the following conditions:
 - traineeships may be taken into account if remunerated;
 - compulsory traineeships, which are part of a studies programme, may be taken into account if they are undertaken after achieving the minimum educational qualification indicated in the notice of competition, and if they are remunerated;
 - compulsory traineeships which are part of a programme leading to, or which is a precondition for obtaining the right to practise a profession (for example, admission to the lawyers' bar association) may be taken into account if they are undertaken after achieving the minimum educational qualification indicated in the notice of competition irrespective of whether the work was remunerated. However, where the work was not remunerated, the traineeship period may only be considered provided that the programme was successfully completed and the right to practice obtained. In all cases, only the minimum compulsory duration will be taken into account;
 - **maternity/paternity/adoption leave:** may be taken into account if taken during an employment contract or active self-employment, and
 - **part-time work:** calculated pro rata on the basis of the number of hours worked, e.g. half-time for six months would count as three months.

Any professional experience obtained after the deadline for applications will not be considered.

The following will also be considered as professional experience:

- **compulsory military service:** completed before or after the required diploma for a period not exceeding the statutory duration in the Member State of nationality and
- a **doctorate:** for a maximum of 3 years, whether or not the work was remunerated, provided the doctorate was actually obtained.

Your application must give full details of the following for each period of professional experience, including your current professional experience:

- the dates on which the period of professional experience began and ended;
- the name and address of the employer /or business name and business address for self-employed; the job title, the precise job content and the nature of tasks performed, clearly listed;
- the working time (full-time, part-time and/or percentage of time worked).

For each professional experience, the supporting documents must prove the duration (including the start and end dates), as well as the working time (including the number of hours worked per day/week/month) and the level of responsibility. The work performed must also be described in as much detail as possible. This is to enable the Selection Board to assess the length of your professional experience and its relevance to the typical tasks of AD7 administrators. Supporting documents per period of professional experience can consist of:

- statements from employers (stamped and/or bearing the company's official header, dated and signed; the title/duties of the person that signed should be indicated) certifying that you have the professional experience declared in the application form, such as copies of contracts, certificates of employment, certificates of career from Sysper, letters or evidence of recruitment, letters from human resources departments, line managers or other official sources; and/or
- copies of the parts of your appraisal reports describing the tasks performed; and/or
- copies of both your first and your most recent salary statements; and/or
- where the work has not been performed on behalf of an employer (in the case of a self-employed person, member of the liberal professions, etc.): tax declarations, contracts or invoices detailing the services provided together with the proof of payment, and any other relevant official supporting document (order forms, email correspondence, minutes of meetings, proof of membership of a professional organisation) covering the full period of activity; and/or
- copies of any other relevant supporting documents that prove that you meet the eligibility criteria in relation to professional experience specified in this competition notice.

**TASKs - always in line with
ANNEX I**

Filling in the application – Follow the instructions

- complete or update the 'education & training', 'work experience', and 'language skills' profile in 'My CV' via the 'My Account' tab on the [Single Candidate Portal](#)
- complete the application form via the 'Internal Competitions' tab under 'Competitions' on the [Single Candidate Portal](#)
- fill in all the parts of the application form, including your choice of language of this competition (language 2 - English, French or German);
- attach:
 - o copies of the diploma(s) attesting the successful completion of studies or certificates attesting completed Commission certification programme or vocational training of an equivalent level to university degree, required in point 2.2.) of Section II 'Qualifications and professional experience'
 - o copies of contracts, certificates of employment, letters or evidence of recruitment clearly indicating the nature of the tasks performed and the start and end dates of periods of professional experience relevant to the tasks described in Section I and Annex I, as required in point 2.2.) of Section II 'Qualifications and professional experience'. Please see **Annex II** for further details.

A step-by step guide and a tutorial on the application process are available on [Staff Centre](#).

[Tutorial single candidate portal.VIDEO](#)

EU LOGIN issue – leaving the Commission

▼ In which languages can I communicate with the Secretariat of the internal competition?

You can communicate with the Secretariat in English, French, or German.

▼ How should I communicate with the Secretariat of the internal competition?

You must communicate with the Secretariat exclusively via the Single Candidate Portal under the "Contact us" tab by clicking on "Ask a question".

▼ How will I receive notifications and updates during the competition?

You can keep track of communications by regularly checking notifications via the Single Candidate Portal by clicking on "My Communications". Furthermore, you must regularly check the competition dedicated page on MyIntraComm to keep track of the general news and updates about the competition.

▼ I am leaving the Commission before the end of the competition. What should I do to keep informed about the competition?

You must notify the Secretariat by submitting a question via the Single Candidate Portal under the "Contact us" tab by clicking on "Ask a question" and make the necessary changes in Sysper to get the "EU login for life" account.

▼ I will not have access to my Europa.eu-mailbox throughout the whole duration of this competition. How will I be informed about the next steps of this competition?

You must notify the Secretariat by submitting a question via the Single Candidate Portal under the "Contact us" tab by clicking on "Ask a question" and make the necessary changes in Sysper to get the "EU login for life" account, in order to keep having access to the Single Candidate Portal.

▼ How do I request more information about the competition?

Requests for more information may be submitted via the Single Candidate Portal under the "Contact us" tab by clicking on "Ask a question". But only questions not covered by the notice of competition nor by these FAQs or webpages in Staff Centre, will be answered.

▼ I have contacted the Secretariat via the Single Candidate Portal, but I have not received an answer. What can I do?

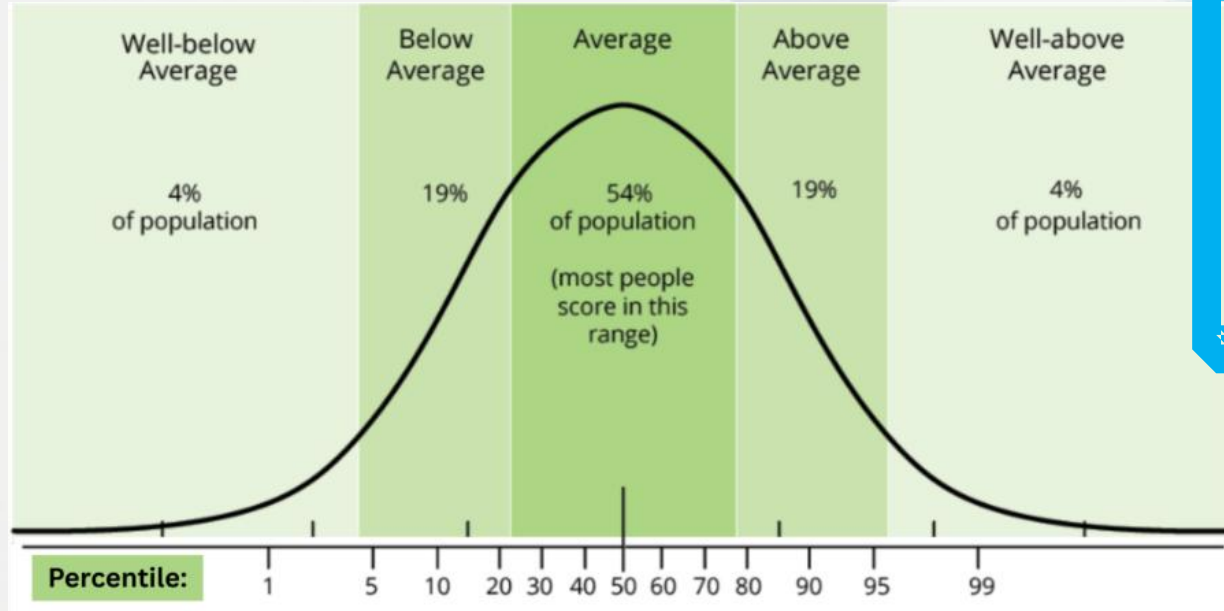
You are invited to check if your query is covered by the available information. The Secretariat will not respond to enquiries that are clearly covered by the information available to all on the competition pages -including FAQs- or in the invitations to the tests. If your question is not covered, the Secretariat will answer as soon as possible.

[CHECK FAQ's](#)

- You need to be in the system when you apply
- **READ THIS** - If, at any moment of the 18th months after the deadline of the competition, you will be outside of the Commission
- Once the competition begins it's possible to be outside the Commission
- Be sure you contact the Secretariat and follow all steps
- Get a EU-login for life

Eligibility conditions – cognitive reasoning

An external company, with recognised expertise in psychometric tests, is entrusted with the task to carry out the assessment. To measure the candidates' general cognitive ability, it assesses numerical, inductive, and deductive reasoning skills through 24 questions in 36 minutes



The assessment lasts 36 minutes.

The company expresses the outcome of the assessment as a percentile of the established benchmark population (population of university graduates with several years of professional experience).

Candidates whose percentile rank is equal or higher than 40th percentile of the benchmark population will be eligible to take the tests of this competition as described from point 2) to 5) of Section IV of the notice of competition, subject to fulfilment of other eligibility criteria described in points 1 and 2.1) of Section II.

If you are here, above 60% (AD6) or 40% (AST2) – you are eligible

**YOU ARE
ELIGIBLE
(100%)**

**Same exam as
AD5 or AD7**

Application – don't forget **(others already did)**

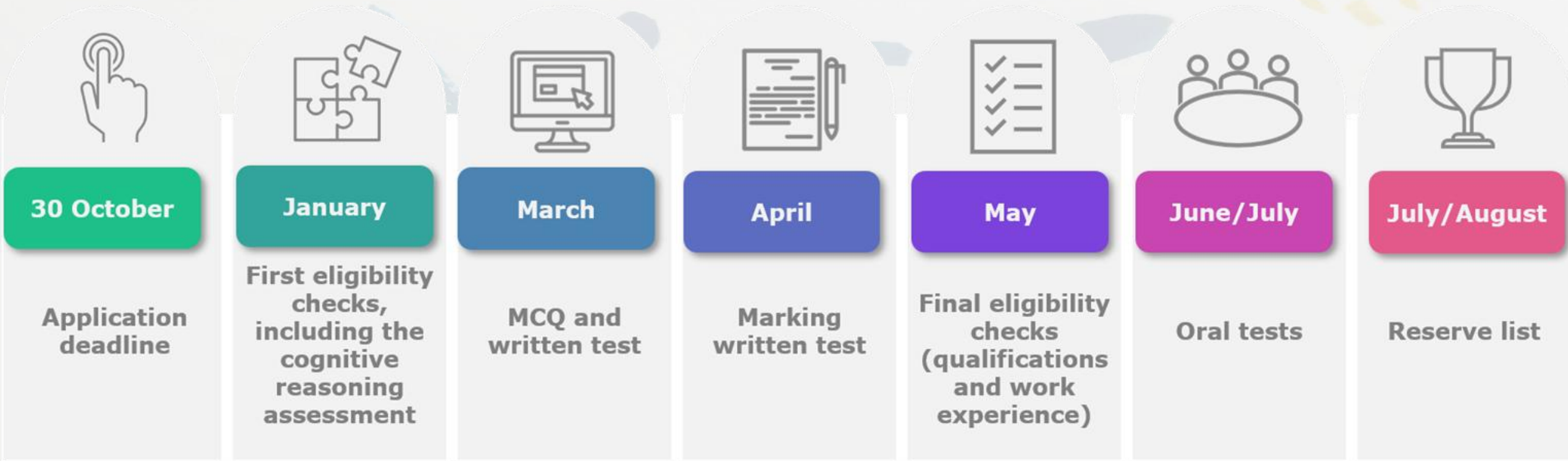
You can edit your application until the day of submission/end period of application

Check the status of your application - It should be confirmed by the deadline. If you reopen it, you have to confirm again

After the application period, you CAN'T TOUCH your application,
only submit & upload your documents

Any reflected working experience needs to have an associated evidence to be taken into account

Timeline (indicative) for AST 2 and AD6



Remember HR committed to announced each test (cognitive and MCQ+Written) at least 2 weeks before it actually takes place, but don't leave things to that day

And the tests?



YASEMOSEUROPEOS.COM



Cognitive Reasoning - Numerical

Numerical Ability: The Numerical Ability questions are designed to measure the ability to solve problems involving numerical data by using the proper mathematical methods and the ability to interpret data presented in charts, graphs, and tables. Candidates will be asked to make correct decisions or inferences from numerical or statistical data. This ability is commonly required to support work and decision-making in many different types of jobs at many levels.

Numerical Ability Sample Question

A car dealership lowered all of its car prices by 15%.

Given the above information, what was the original price of a car now priced at £9500?

- A. £8075.00
- B. £10,925.00
- C. £11,000.00
- D. £11,176.47
- E. £12,322.13

To answer the question, the candidate must calculate the full price of the car before the 15% discount. The price £9500 is 85% of the full price (100%-15%). So, the calculation is the cost of the car post-discount divided by 85 (to find 1% of the full price), then multiplied by 100 to obtain the full cost pre-discount. So the answer is D: £11,176.47

**Very similar to
the EPSO
numerical
reasoning**

**Reading the
problem is key,
despite the
format**

Example of Numerical – follow some conditions

- Sales for each employee per month. Each month is considered of 4 weeks.
- Online sales are distributed equally among the 10 employees
- If the employee sells more than 25% above the shop average per employee of the Quarter, all included, they get a 200€ bonus
- If the employee sells more than 50% above the shop average per employee of the quarter, all included, they get a 500€ bonus

	Employee A - Sales on the shop	Employee b - Sales on the shop	Employee C - Sales on the shop	Employee D - Sales on the shop
April	€18,000	€11,000	€19,000	€29,000
May	€23,000	€28,000	€25,000	€18,000
June	€11,000	€10,000	€19,000	€25,000
Online sales (weekly) for Q2	€3,000			
Average sales for Q2	€45,000			
Bonus				

N/A

200€

500€

We'll post the solution on
[Linkedin](#) and [youtube](#)

Example of Numerical - % distribution

Plastic toys – thirteen times more than teddy bears sold

Teddy bears

Construction games – nine times more than teddy bears sold

Baby toys – double amount as the teddy bears sold

Galleries Inno sold 15.000 items in their toyshop last Christmas. Adjust the pie chart according to the information on the left.



- Problem is easier than you may think
- You don't need long calculations

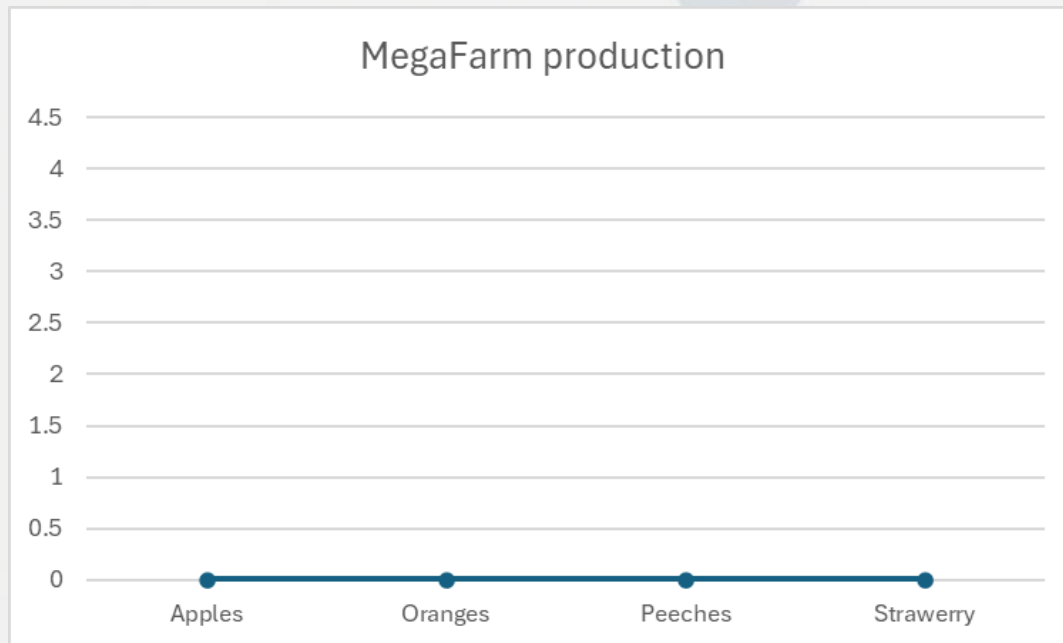
You can find the solution on [youtube](#) and [Linkedin](#)

Mega Farm Production (Tonns)

	Apples	Oranges	Peeches	Strawerry
Year 1	1040	700	1240	796
Year 2	1066	676	1200	802
Year 3	1088	650	1158	804
Year 4	1062	624	1198	812

Type of exercise – Graphic

Plot the graphic showing the strongest variations in production for each fruit



- Problem is easier than you may think
- Without fast mental calculation, this problem become long, very long

We'll post the solution on
[Linkedin](#) and [youtube](#)

Cognitive Reasoning - Deductive

Deductive Reasoning: These questions are designed to assess the candidate's ability to draw logical conclusions based on information provided, identify strengths and weaknesses of arguments, and complete scenarios using incomplete information. It provides an indication of how an individual will perform when asked to develop solutions when presented with information and draw sound conclusions from data.

Deductive Reasoning Sample Question

Review the facts below.

- Jane drives a red car.
- Susan drives a blue car.
- There are no red cars in Ohio.
- Blue cars get 33 miles per gallon of gasoline.

Based on the information above, which of the following **MUST** be true?

1. Jane lives in Ohio.
2. Susan lives in Ohio.
3. Red cars get 36 miles per gallon of gasoline.
4. Susan's car gets 33 miles per gallon of gasoline.
5. Jane and Susan live in the same state.

The correct answer is D. Since blue cars get 33 miles per gallon of gas, the fact that Susan drives a blue car means that her car gets 33 miles per gallon of gas.

- Reading is key too.
- EPSO verbal reasoning can help you to practice but this one contains more details in less text
- Also exercises type dragging and dropping elements to construct your answer. [that imply close reading]

Example of Deductive

- A table with the calendar (hours or days) showing occupancy and free slots
- Not very time consuming
- Check the block slots on their content as they may be linked to conditions
- Text will describe the conditions – get all info
- KEY to identify the minimal fulfilment condition [without or with it – it can / can't happen]

			Post			Call		Grocery S.				Online French							
9		10		11		12		1		2		3		4		5		6	

Schedule your task to end as soon as possible. Note you need to pass by grocery shop and two activities (batch cooking and dinner for the family) can't be done before you go to the shop

Diner with family – 1.5h

Batch cooking – 1h

Gym– 1h

Online lesson – 1.5h



			Post			Call		Grocery S.				Online French							
9		10		11		12		1		2		3		4		5		6	

Remember - Schedule your task to end as soon as possible

Example of Deductive

- A calendar of 1 month (from 28 to 31 days) – Check day distribution – US calendar begins on Sunday
- Instructions may say “for the 30 Day calendar items, you may select up to 5 dates”
- Text will describe the conditions – get all info
- Conditions previous to the exam may indicate the working week is from Monday to Friday (general assumptions)
- KEY to identify the minimal fulfilment condition [cancel all dates when it can't happen]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29						



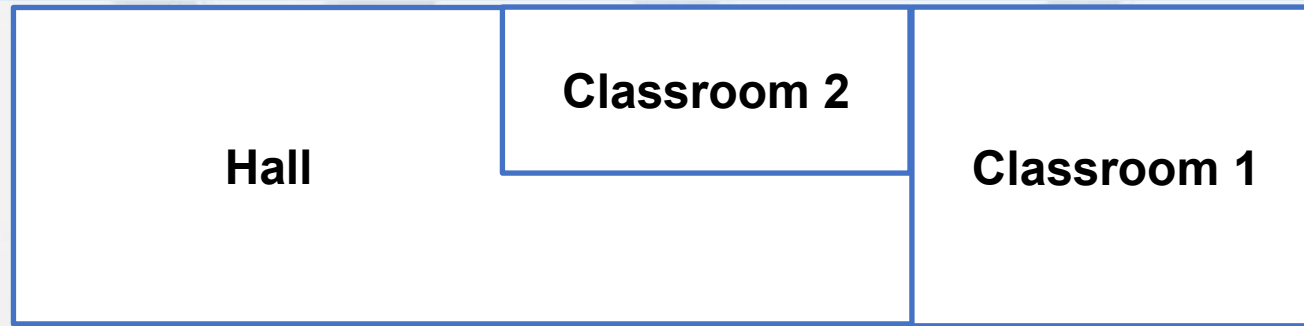
A group of soldiers takes turns to be on duty in the watch tower for 4 consecutive days (excluding weekends) What are the first and last dates when Basurto is on duty?

- *Basurto is on a mission from 9th to 13th included*
- *Uxue must be on duty before Mikel*
- *Danel goes after Uxue*
- *Gorka goes after Mikel*
- *Mikel, his last day on duty is a Monday*

We'll post the solution on [Linkedin](#) and [youtube](#)

Example of Deductive

- A setting – rooms / resources
- 4 to 6 characters /objects
- Each item with its own conditions and/or the conditions introduction in the text
- Pay attention to the details – with that cover, solution should be fast



Classroom 1 can't host science laboratory. Classroom 2 can't host History of art. Put each student in the corresponding classroom

Jaione will attend history of arts and philosophy

Amaia must be in the same class as Patxi

Igor can't be in same class as Amaia

Patxi must attend his mathematic course

Uxue will attend literature and History

Markel needs to attend science lab



Cognitive Reasoning - Inductive

Inductive Reasoning: Ten questions are completely non-verbal and feature only shapes and figures. These questions are designed to measure the ability to detect regularities, patterns, and generalizations and infer rules that can be applied to different situations. Individuals high in this ability tend to excel in global and strategic thinking and are good at finding errors in work processes.

Inductive Reasoning Sample Question

♥	○	□	△	☆
○	△	♥	☆	□
□	♥	☆	○	△
☆	□	?	♥	○
△	☆		□	♥

☆

△

○
a

△

♥

○
b

△

○

○
c

○

△

○
d

△

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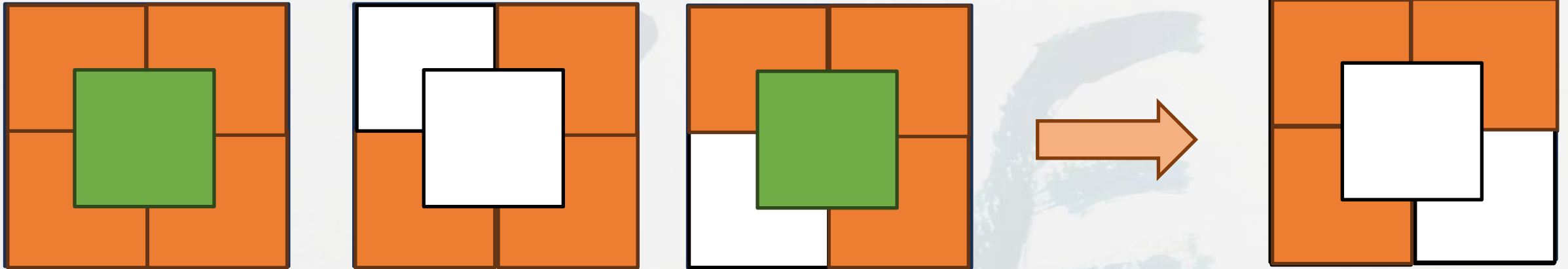
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Next

The correct answer is C. Each row contains 1 of 5 different shapes in no particular order. The only shape missing in the 4th row is a triangle and the only shape missing in the 5th row is a circle.

Same mechanics as the abstract reasoning by EPSO
Patterns may be very different + linking elements, following a logic

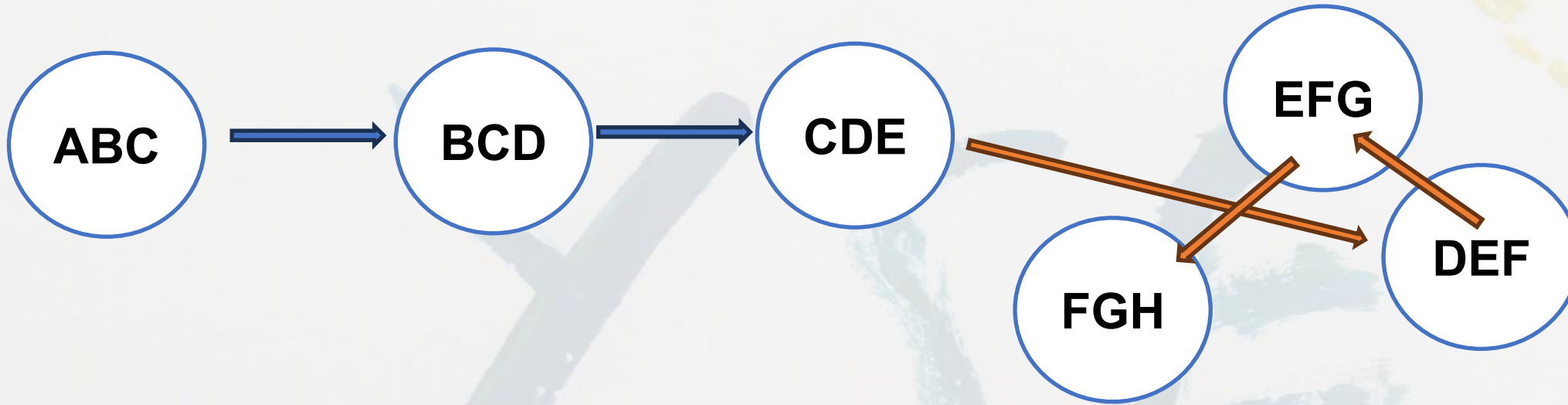
Example of Inductive



Shapes to fill in a specific colour (3 variables – colour 1, colour 2, blank)

- Shapes can be of any type
- Number of references can vary (3 to 5)
- Logics (very similar to EPSO)
 - Movement / displacement
 - Overlap
 - Numbers
 - Symmetries
 - Alternatives

Example of Inductive



- Follow the logic type
- 2 to 5 items inside the circle: letter, numbers or signs. Alone or combined
- 2 to 4 circles to catch the logic

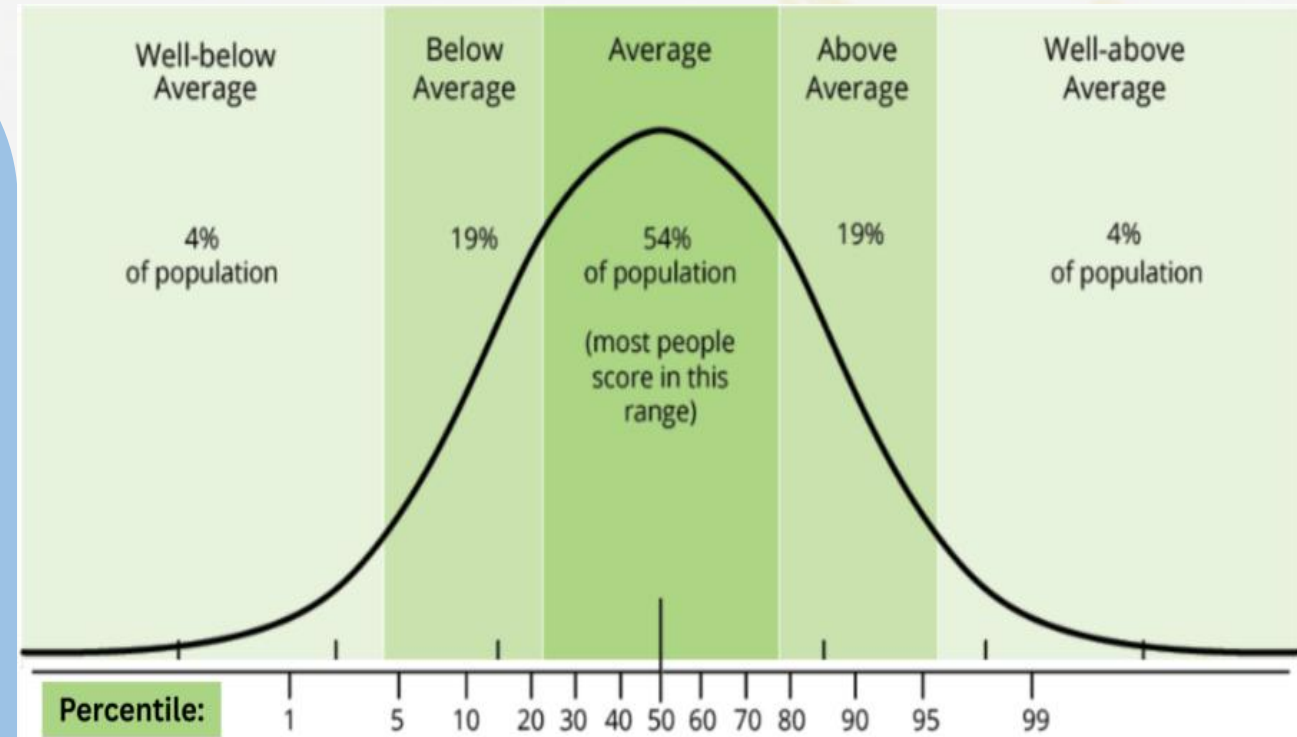
Logics:

- Adding / subtracting
- Letters movement (letters can have a numerical value)
- Instructions



Cognitive Reasoning – Conclusions (after Ad7)

- Check SHL for further examples [free access]
- Physical paper and calculator will be allowed during the exam
- The exam is easier than it may seem at first. **Panic kills**
- Wrong questions don't discount points
- Better to finish all 36 questions
- Good Practice (quality not quantity) will help you for:
 - Accurate answers
 - Fit in the time (36 is tight but not impossible)



If you are here, above 40% (AST2) or 60%(AD6) – you are eligible

The company expresses the outcome of the assessment as a percentile of the relevant benchmark population (population of university graduates with several years of professional experience).

Computer-based multiple-choice question ('MCQ') test on EU knowledge

2) *Computer-based multiple-choice question ('MCQ') test on EU knowledge*

The details of the MCQ test are as follows:

Test	Language 2	Questions	Duration	Pass score
MCQ on EU knowledge	English, French or German	30 questions	FOR AD6 it is 30 min – long enough	15/30

The MCQ test consists of 30 questions designed to assess candidates' EU knowledge. Candidates will be tested on their knowledge of EU institutional setup, the Commission's roles and powers under the EU treaties, the Commission's governance, decision-making and procedures, as well as the Commission's policy priorities. Guidance for preparation and a sample of questions will be shared on the competition's dedicated page on Staff Centre prior to the date of the test.

We can use EPSO sources as they cover very similar topics

EU knowledge – EPSO updated the sources



The European Parliament Democracy in action

The European Parliament makes an important, often decisive, contribution to the drafting of laws and policies which enhance the day-to-day lives of hundreds of millions of EU citizens. Just imagine fo...

Date: 2026

Authors: European Parliament



The European Council and the Council of the European Union The house of the Member States

The European Council and the Council of the European Union are the two institutions representing the Member States in the European Union. They bring EU countries' leaders and ministers together to sha...

Date: 2025

Authors: General Secretariat of the Council (Council of the European Union)



The Court of Justice of the European Union Ensuring the protection of EU law

Date: 2025

Authors: Court of Justice of the European Union



A short guide to the EU

Ever wondered which EU countries use the euro or what means to be part of the Schengen area? What the European Green Deal is and how it will make your life better? What exactly the EU does for you ...

Date: 2026

Authors: Directorate-General for Communication (European Commission)



The evolving powers of the European Parliament

The European Parliament has come a long way since its inception in 1951. Initially a consultative body composed of delegations of national parliaments, it has become a directly elected institution, ha...

Date: 2024

Authors: Directorate-General for Parliamentary Research Services (European Parliament)
Personal author(s): Kotanidis, Silvia; Mañiko, Rafael



History of the Council of the European Union and of the European Council From their foundation to the present day

The Council of the European Union and the European Council are key players in the EU's decision-making process. This publication traces their history from their origins in the 1950s in Paris, through ...

Date: 2025

Authors: General Secretariat of the Council (Council of the European Union)



European Court of Auditors Guardians of the EU's finances

Who checks that EU policies meet their objectives and taxpayers' money is well spent? How do the EU Auditors help improve the EU's financial management? Who are the EU Auditors? How do the EU Auditors...

Date: 2024

Authors: European Court of Auditors



State of the Union 2025

Date: 2025

Authors: Directorate-General for Communication (European Commission)
Personal author(s): Leyen, Ursula von der

SOTEU 2026 better

EPSO materials cover (almost) everything. Not very practical if not handled with care. There is a lot of redundancy /overlaps in the content when using EU-documents

Policy content

Institutional content

History content

EU knowledge – EPSO updated the sources



The EU in 2025

General report on the activities of the European Union

Would you like to know how the EU addressed the challenges of 2025 and what it achieved during the year? Are you curious about the main policy developments and how citizens benefited from them? You ca...

Date: 2026

Authors: Directorate-General for Communication (European Commission)



70 years of EU law

A union for its citizens

This book celebrates 70 years of EU law. It is written by lawyers whose daily work in the Commission Legal Service ensures that EU law is correctly applied and properly implemented within the Union. E...

Date: 2023

Authors: Legal service (European Commission)



The euro area

Euro map poster showing the main features of the euro area as a geographical and economic entity and providing an overview of its scope and development, both past and future. The euro is the currency ...

Date: 2026

Authors: Directorate-General for Economic and Financial Affairs (European Commission)

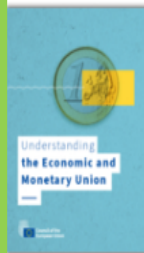


Exploring the new frontiers of EU law

This book explores how the European Union is evolving as a legal order in response to existential challenges that have driven deeper integration, strengthened its institutional framework and broadened...

Date: 2026

Authors: Legal service (European Commission)



Understanding the Economic and Monetary Union

The Economic and Monetary Union (EMU) is an essential part of the European integration process. The EMU contributes to economic stability, balanced economic growth, high employment and sustainable pub...

Date: 2023

Authors: General Secretariat of the Council (Council of the European Union)



One currency for one Europe

The Member States that joined the EU after the introduction of the euro are part of EMU, which means that they coordinate their economic policymaking with the other Member States and that their centra...

Date: 2026

Authors: Directorate-General for Economic and Financial Affairs (European Commission)

Don't forget to add the treaties, they have EU institutional setup, the Commission's roles and powers under the EU treaties, the Commission's governance, decision-making and procedures

Policy content

Institutional content

History content

+ Treaties currently in force

Written test (old case study)

3) Written test

AST2

The written test will consist of:

Test	Language 2	Maximum duration	Pass score
A written assignment (e.g. a summary report, minutes, letter or note).	English, French or German	90 min	25/50

The written test will be based on a set of documents to test the following general competencies required to perform the tasks of an assistant in the Commission:

- Critical thinking, analysing & creative problem-solving;
- Written communication.

The written test will consist of:

AD6

Test	Language 2	Maximum duration	Pass score
A written assignment (e.g. a briefing, letter or note).	English, French or German	90 min	30/50

The written test will be based on a set of documents to test the following general competencies required to perform the tasks of an administrator in the Commission:

- Critical thinking, analysing & creative problem-solving;
- Written communication.

- **Briefing or note for AD6**
 - **Summary, report minutes for AST2**
 - You get a set of documents at the exercise (15-25 pages)
 - Any topic
 - Key aspects:
 - Structure and clarity
 - Answering the assignment
 - Quality
- Or you can use EPSO anchors
- Structures written communication with a logical flow of ideas.
 - Writes concisely, avoiding unnecessary words and sentences.
 - Presents subject matter in a clear and understandable way.
 - Adapts and tailors writing to suit the intended audience and purpose.
 - Uses the information provided effectively to address the assignment.

COM/AD/110/2026 (AD6)

Field 1 – AD6 policy officers in the area of public health, health emergency preparedness and response - Annex I as main source

FOR EACH POINT

Developing, implementing and monitoring EU policies, legislation and initiatives in the fields of public health policy, preparedness and response to health emergencies;

- Treaty on the Functioning of the EU (TFEU) – Articles 168 (public health), 114 (internal market), 122 (economic emergencies), 196 (civil protection) and 173 (industry).
- Regulation (EU) 2022/2371 on serious cross-border threats to health
- [EU4Health Programme 2021–2027](#)
- [EU Civil Protection Mechanism](#)
- Health Emergency Preparedness and Response Authority (HERA)

- You can use AI to set a list of ideas/ reference BUT then you need to think and elaborate your own mind maps to gather the knowledge
- We don't expect deep knowledge of each regulation or policy but good overview

COM/AD/110/2026 (AD6)

Field 2 – AD6 policy officers in the area of food safety- Annex I as main source
FOR EACH POINT

developing policy and legislation, in the areas of food and feed safety, animal health and welfare, and plant health;

- [Public health support – EU action](#)
- [Food safety – EU action](#)
- Regulation (EC) No 178/2002 – General Food Law
- European Food Safety Authority (EFSA) + ECDC/EMA/ ECHA
- Rapid Alert System for Food and Feed (RASFF).
- International framework - Codex/WOAH/IPPC/WHO/FAO

- You can use AI to set a list of ideas/ reference BUT then you need to think and elaborate your own mind maps to gather the knowledge
- We don't expect deep knowledge of each regulation or policy but good overview

What can YSE do for you?

Free webinars and materials and trainings (lots of)

Our trainings:

Working group for Internal cognitive test (3 sessions, original SHL tests included) -
[registration here or in our web www.yasemoseuropeos.eu

All info will be shared in:

- TELEGRAM;
- WhatsApp channel;
- LinkedIn



- New working group [We'll open in NOVEMBER] for Cognitive reasoning
- A study Group for EU knowledge and Written suitable for all competitions AST2, AD6 will be open in February
- Self study for the written test training

What can YSE do for you?

Free webinars and materials and trainings (lots of)

- All our trainings here
- Working group for auditors
- Reasoning tests (Verbal, Numerical, Abstract) – Self study course
- MCQ EU knowledge for AD5 generalist – Self study
- EUFTE – written test – Self study
- Working group for AD5 generalist
- More on internal competition trainings



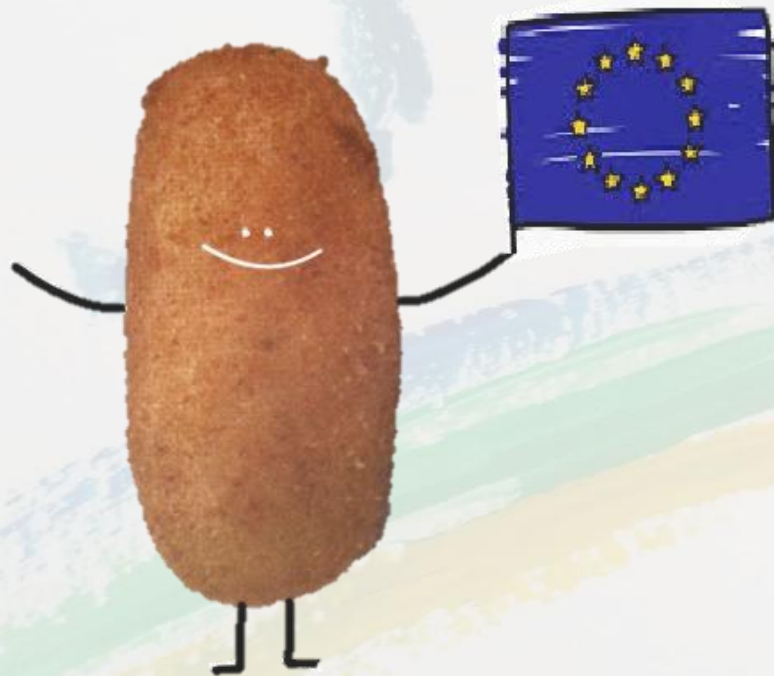
Follow YSE

TELEGRAM channel (EN/ES) and WhatsApp channel (EN/ES) to keep you updated on vacancies, new competitions and all kinds of useful information for you. Also in our social media :

- Instagram
- LinkedIn
- Facebook
- YouTube (don't forget to subscribe and click on «like»).



And about the oral part we'll talk in another webinar, now it's time for your questions





WE WANT YOU!