The presentation will summarize general information about European Academy of Neurology – Residents and Research Fellow Section (EAN-RRFS). The presentation will cover educational opportunities for RRFS members such as how to become a representative in EAN committees and scientific panels and how to become an abstract reviewer. Furthermore, the new initiative of national junior representatives will be introduced. Finally, available EAN clinical and research fellowships and RRFS grants including the application process will be presented.