



European
Commission

FORESIGHT TRAINING 2026

Shaping tomorrow: Discover strategic foresight and apply it in your work

EU Policy Lab



Joint
Research
Centre

What is foresight?

Foresight is the discipline of exploring, anticipating, and shaping the future. At its core is the premise that the future cannot be predicted, but it can be shaped. It focuses on the medium- to long-term future, uses collective intelligence, and is always systematic, participatory, and inclusive. Foresight helps inform decisions and drive joint action today.

The European Commission's Joint Research Centre [EU Policy Lab](#) has a dedicated [Competence Centre on Foresight](#). Other than producing knowledge and working on customised foresight projects, we provide capacity building through training all year long so that all colleagues can embrace foresight skills in their daily work. To explore how to start your foresight project, see the [Foresight Menu](#).

Our training offering

1	<p>DISCOVER FORESIGHT</p> <p>Low-commitment sessions to inspire and expand your thinking</p>	<ul style="list-style-type: none"> → Foresight talks → Futures insights → Futures literacy lab → Strategic Foresight Fast Track (<i>Coming soon</i>)
2	<p>FORESIGHT IN PRACTICE</p> <p>Learn the basics, discover the advanced tools and apply them in hands-on training</p>	<ul style="list-style-type: none"> → Introduction to strategic foresight → Strategic foresight in the Commission → Foresight in Better Regulation → In-depth tools <ul style="list-style-type: none"> Horizon scanning & trend analysis Megatrends tool Scenario planning Scenario Exploration System [in-person] FuturGov game [in-person] Futures Garden Visioning (<i>Coming soon</i>)
3	<p>FORESIGHT COACHING</p> <p>Tailored sessions to address your specific needs and recommend the best foresight tools</p>	<ul style="list-style-type: none"> → Meet and greet with strategic foresight (<i>On-demand</i>) → Launch and lead: foresight process coaching (<i>On-demand</i>)
+	<p>SELF-PACED COURSES & RESOURCES</p>	<ul style="list-style-type: none"> → Future forward → Future-Oriented Policymaking (<i>Coming soon</i>) → Recommended reading and links to the foresight-related knowledge across the EU institutions

Questions?

Reach out to us: jrc-foresight@ec.europa.eu

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DISCOVER FORESIGHT

- **FORESIGHT TALKS:** [Dates, sign up and recordings](#)
One-hour online presentation of insights from invited foresight practitioners and experts.
- **FUTURES INSIGHTS:** [Dates, sign up and recordings](#)
One-hour online presentation of invited foresight practitioners to show their horizon scanning method.
- **FUTURES LITERACY LAB:** [Dates and sign up](#)
Three-hour in-person session to challenge the limits of your futures thinking and acquire competences to expand beyond them.
- **STRATEGIC FORESIGHT FAST TRACK** (*Coming soon [here](#)*)
30-minute online recording for middle and senior management to introduce strategic foresight and its value for policymaking. For follow-up questions, reach out by requesting a [Meet and Greet](#).

2

FORESIGHT IN PRACTICE

- **INTRODUCTION TO STRATEGIC FORESIGHT:** [Dates and sign up](#)
Two online mornings of theory and practice to learn the basics of strategic foresight. *Conducted by an external partner.*
- **STRATEGIC FORESIGHT IN THE COMMISSION:** [Dates and sign up](#)
Two online mornings of learning-by-doing to deepen your foresight skills in the policymaking context.
- **FORESIGHT IN BETTER REGULATION:** [Dates and sign up](#)
One-hour online introduction to future-proofing your legislative work through the application of strategic foresight in impact assessments, evaluations and fitness checks.
- **IN-DEPTH TOOLS:** Learn and apply foresight methodologies
 - [Horizon scanning & trend analysis](#)
 - [Megatrends engagement tool](#)
 - [Scenario planning](#)
 - Visioning (*Coming soon*)
 - [Scenario Exploration System](#) [in-person]
 - [FuturGov Game](#) [in-person]
 - [Futures Garden](#)

3

FORESIGHT COACHING

- **MEET AND GREET WITH STRATEGIC FORESIGHT:** [On-demand: request here](#)
An on-demand call for managers and senior managers at the European Commission who want to introduce foresight in their team and would like to discuss their ideas with JRC foresight experts in person.
- **LAUNCH AND LEAD: FORESIGHT PROCESS COACHING:** [On-demand: request here](#)
An on-demand session for policymakers at the European Commission who want to integrate foresight into their project or work.

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SELF-PACED COURSES AND RESOURCES

- **SELF-PACED COURSE: FUTURE-ORIENTED POLICYMAKING** (*Coming soon*)
A self-paced course on the basics of foresight for policymakers. Can be available as a podcast to listen to or as videos for watching.
- **SELF-PACED COURSE: FUTURE FORWARD:** [Start watching](#)
A self-paced crash course on the basics of foresight for educators, parents, young people or anyone curious about the future. This course is co-developed by the European Commission and TED-Ed.
- **RECOMMENDED READING AND LINKS**
Check out the [EC library guide on Future Studies and Foresight](#) for the list of recommended articles, books, reports, and links to foresight activities across the EU institutions.