

# Career Insight: Milan, Legal Trainee, Competition and Markets Authority

Milan is a Trainee Solicitor in the [Competition and Markets Authority \(CMA\)](#), Litigation Group. Here he discusses his experiences as a legal trainee in the CMA.

“Each day in a litigation seat at the CMA is different and the work can often be high profile. Recent cases have included defending judicial review challenges ([Sainsbury's/Asda](#)), pursuing director disqualifications ([estate agents](#)) and issuing court proceedings in a consumer case ([secondary tickets](#)).

I learnt a lot during my seat in litigation. Not only did I see how litigation is conducted, but also how much work is needed to pull cases together before litigation begins.

I have been fortunate enough to be involved with several projects at various stages of the litigation process. I have worked with many approachable and experienced colleagues across the CMA who are keen to help trainees develop. For example, through offering opportunities to attend events and court proceedings or to get involved in delivering training sessions.

Trainees in the Litigation Group will typically work on a small number of cases with their supervisor. This will involve close working with the relevant case teams. The cases could be at any stage including from where litigation is at a pre-action stage to where a hearing is imminent.

During my litigation seat I worked on interesting and challenging competition and consumer cases. This allowed me to develop my skills in a number of ways including through attending a range of meetings with external parties.

I have also drafted instructions to counsel and other documents such as conferences notes, interview plans and an affidavit. In addition, I've had the opportunity to interact with court staff and legal representatives to develop a greater understanding of court proceedings.

A typical day could involve attending an update meeting with the case team to discuss recent developments on a particular case. Taking a note of a meeting with external parties or counsel and drafting updates or papers for senior staff. There may also be a need to review evidence and research various areas of law.

A variety of learning events are available to CMA staff and trainees are encouraged to attend and participate. These include regular talks looking at lessons learnt from cases and projects.

As a trainee at the CMA you are unlikely to be short of work or learning opportunities. You will also have a chance to meet colleagues in the Legal Service team and across CMA. To help achieve this there are lunch time and evening social events as well as team events to celebrate milestones in a

project.

Lastly, the CMA has trainees in different seats, such as competition law, mergers and information law who regularly meet and update each other on developments.”