

The CAREER SERVICES at Åbo Akademi University

www.abo.fi/arbetsforum



Mission



- To give counselling, information and tools to students to help them improve in their studies and support them with their career planning skills
 - To get better self-knowledge and identify own skills and competences
 - To know how to search and apply for jobs
 - To better understand the connection between academic studies and the working life
 - To establish networks to and experience from the working life

→ ALL SERVICES FREE OF CHARGE FOR ALL STUDENTS AND NEWLY GRADUATED!

*“improve students’
and graduates’
prospects on the
labour market by
increasing the
interaction between
university studies
and working life”*



Services provided

- Career counselling
- Coaching Programs & Packages
- Domestic and international internship funding
- Job & Internship ads
- Info from and about the labour market
- Presentations, events

28 augusti 2025



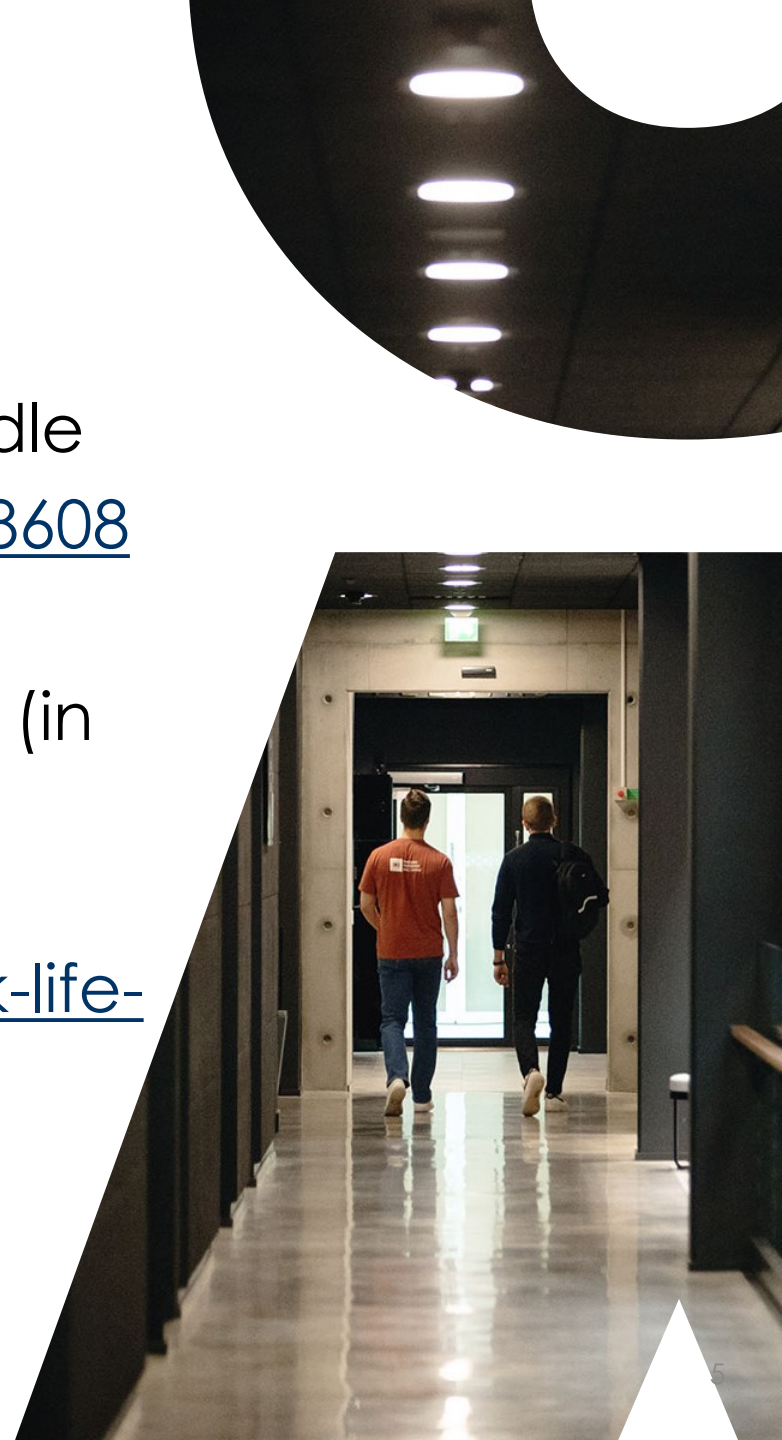


Career counselling

- All students have the right to personal career counselling
- CV clinics (mostly online)
- Simulated job interviews (mock interviews)

Coaching Programs & Packages

- My Competencies - self-study package on Moodle
 - <https://moodle.abo.fi/course/view.php?id=8608>
- Multicultural Work-Life Coaching in autumn 2025 (in cooperation with university of Turku)
 - More info and applications on:
 - <https://sites.utu.fi/rekry/en/multicultural-work-life-coaching-in-autumn-2025/>



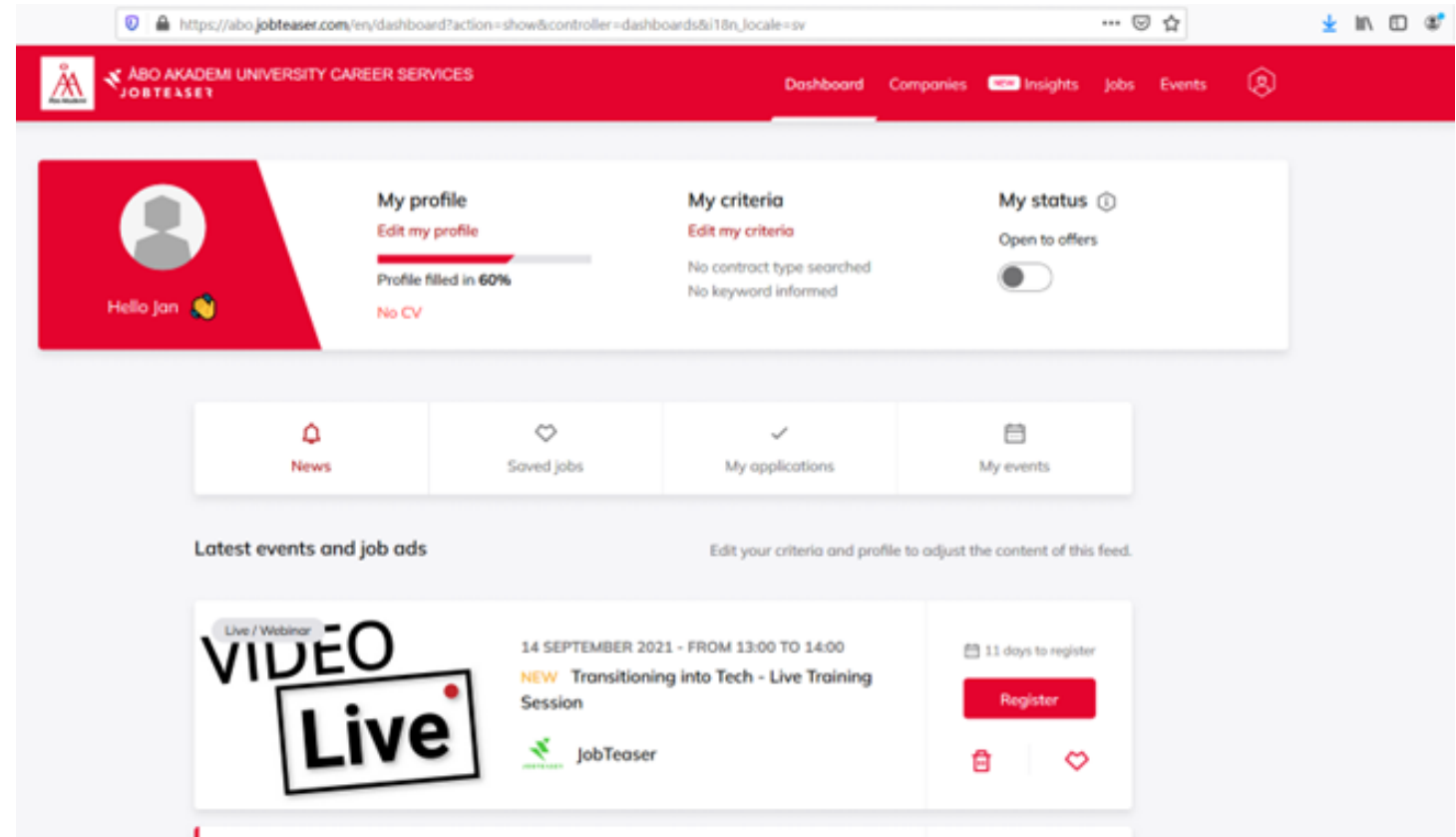
Domestic and international internship funding

- Normally, an internship or other relevant work period can be included in your studies (you can get credits for it)
 - You will need to find a suitable internship position yourself
- Domestic internships (voucher)
 - Possibility to apply for an internship voucher (= a part of your salary is funded by the university) for an internship position
 - Available for all students once
- International internships
 - ERASMUS+ internships grants for positions in Europe for 3-6 months
 - Can be a paid or unpaid position



Job & internship ads

- Database with internship and job offers (JobTeaser)
- Accessable through:
<https://www.abo.fi/en/career-services/career-counseling/vacant-jobs-and-internships/>
- Also, other (private) portals, like WorkinFinland, Duunitori, Oikotie, Rekrytointi etc.



Info from and about the labour market

- Employment surveys & Job placement info
 - E.g. from our own alumni surveys
<https://www.abo.fi/en/career-services/labour-market-for-aau-graduates/>
- Information about and from the career services & labour market
 - LinkedIn Arbetsforum Åbo Akademi
<https://www.linkedin.com/showcase/arbetsforum-åbo-akademi>
 - Instagram (ÅAU)
<https://www.instagram.com/aboakademi/>



Survey info



LinkedIn



Instagram

Resources & Save the dates

- Work-Life Coaching –program, DL for application 14.9.
- Study and Stay in Turku event & seminar 5-6.11.2025
- Multilingual advice and guidance service at International House Turku
<https://www.turku.fi/en/integration-services/multilingual-advice-and-guidance-service>



What can I do to get a job?

- **Be persistent!**
Not always easy to get part-time, internship and summer jobs for students
 - Very common to do even basic jobs (cashier, cleaning, waiting etc.) during your studies
- **Be active!**
 - "Jobs don't come to you - You have to go to them"
 - Build on your networks
 - Also use other services as the Employment Office, Professors and other university personel, Recruiting Agencies and personal contacts
 - Try to get an internship position in Finland during your studies
- **Be entrepreneurial** and/or take part in projects and the startup scene
 - Boost Turku Community, "Yrittäjät" (national & local organisation for small enterprises)
- **Be active to learn languages!**
Many job-environments require (at least basic) knowledge of Finnish (and/or Swedish)

Who we are

Career Services team:

Jan Kraufvelin, Coordinator – Career Services

Matias Erlund, Coordinator – Career Services

Anita Sundman – Career Services (Vaasa campus)



Find us!

At campus:

You can find us at Gripen
(ÅAU Student Services, Tavastgatan 13)

Webpage:

www.abo.fi/en/career-services/

<https://abofi.sharepoint.com/sites/intra-en-Services.aspx> (Intra-page)



