

What do you want to be when you grow up?

Career services / Anita Sundman 28.8 2026

"What-do-you-want-to-be-when-you-grow-up?"



Mafalda ©Quino

- What brought you here?
- What do you wish to get from these studies?
- Strengths, competencies, values, knowledge, skills...
- How do you wish to use them?

"Everything changes and nothing remains still"

Heraclitus (540-480 b.C.)

Career services – at your service!



- Informative webpages
- LinkedIn: connect!
- Instagram; >ÅAU > Arbetsforum stories
- Visit us, write to us, call us!
- For career counselling and CV-check book time

<https://www.abo.fi/en/career-services/>



Matias Erlund
Career counsellor



Jan Kraufvelin
Career counsellor



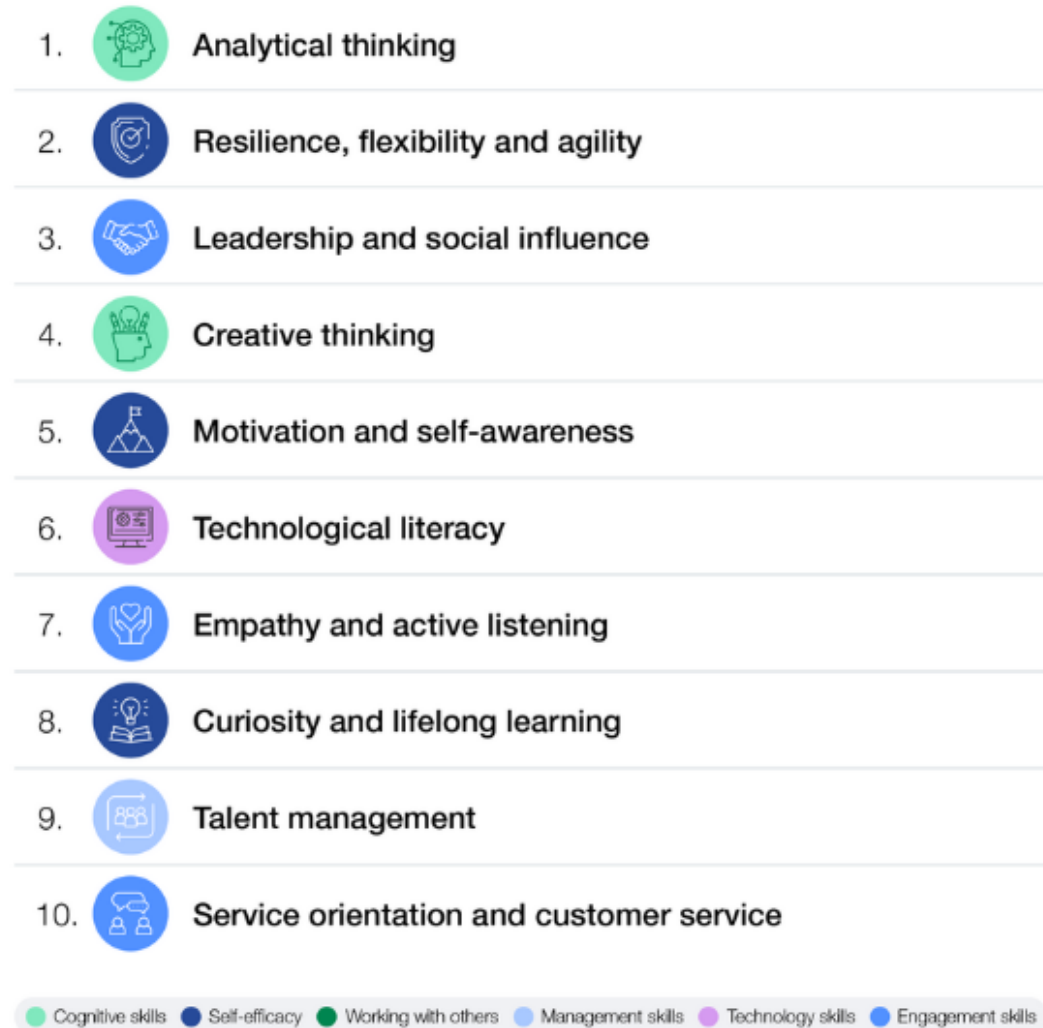
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(Vasa)

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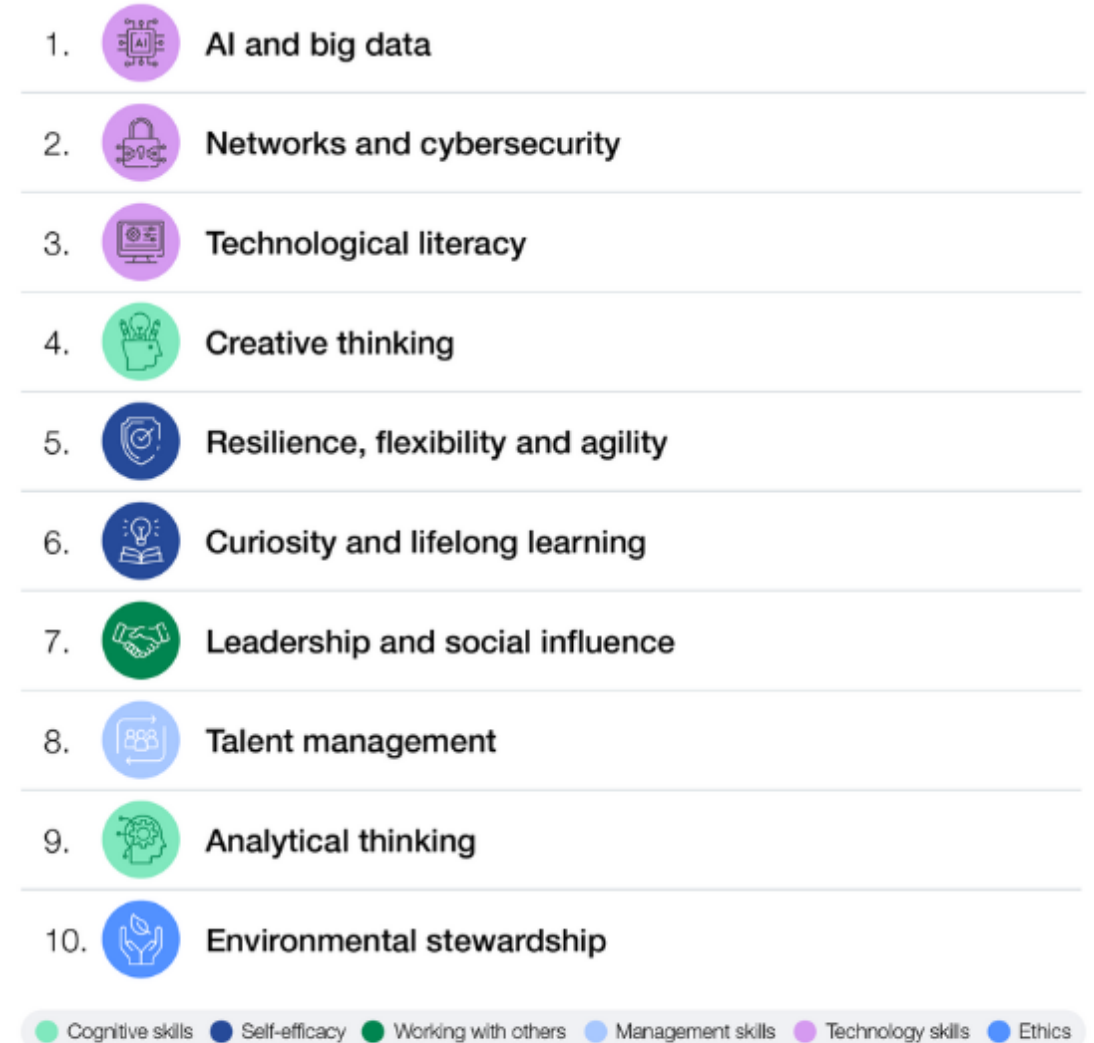
Core skills in 2025



Note: The skills selected by surveyed organizations to be of greatest importance to workers at the time of the survey.

Source: World Economic Forum. (2025). *Future of Jobs Report 2025*.

Top 10 fastest growing skills by 2030



Note: The skills selected by surveyed organizations to be increasing most rapidly in importance by 2030.

Source: World Economic Forum. (2025). *Future of Jobs Report 2025*.

Largest growing and declining jobs by 2030

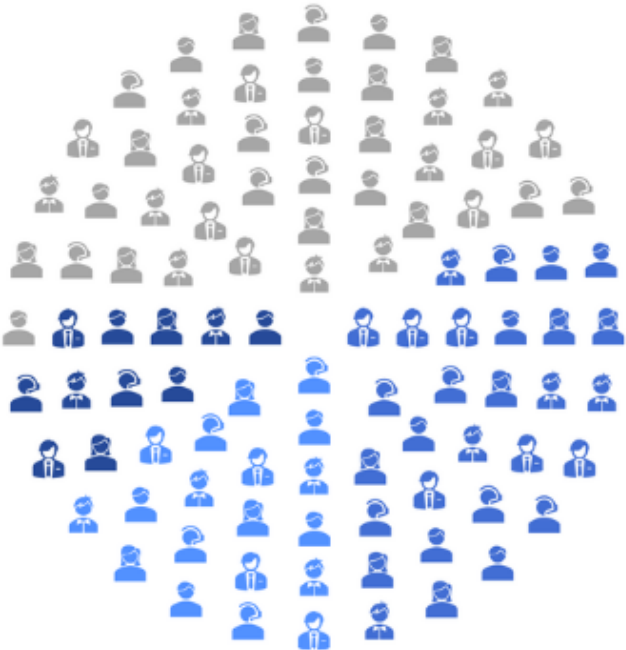


↑ Top largest growing jobs	↓ Top largest declining jobs
1 Farmworkers, labourers and other agricultural workers	1 Cashiers and ticket clerks
2 Light truck or delivery services drivers	2 Administrative assistants and executive secretaries
3 Software and applications developers	3 Building caretakers, cleaners and housekeepers
4 Building framers, finishers and related trades workers	4 Material-recording and stock-keeping clerks
5 Shop salespersons	5 Printing and related trades workers
6 Food processing and related trades workers	6 Accounting, bookkeeping and payroll clerks
7 Car, van and motorcycle drivers	7 Accountants and auditors
8 Nursing professionals	8 Transportation attendants and conductors
9 Food and beverage serving workers	9 Security guards
10 General and operations managers	10 Bank tellers and related clerks
11 Social work and counselling professionals	11 Data entry clerks
12 Project managers	12 Client information and customer service workers
13 University and higher education teachers	13 Graphic designers
14 Secondary education teachers	14 Business services and administration managers
15 Personal care aides	15 Claims adjusters, examiners, and investigators

Note: The jobs for which employment figures are expected to increase or decrease the most in real terms by 2030.
Source: World Economic Forum. (2025). *Future of Jobs Report 2025*.



If the global workforce were 100 people...



41
Would not need upskilling by 2030

29
Would be upskilled in their current role

19
Would be upskilled and re-deployed

11
Would be unlikely to receive the necessary upskilling

Source: World Economic Forum. (2025). *Future of Jobs Report 2025*.

To improve students and graduates' prospects on the labor market

- Jobteaser: Vacant jobs – free for employers. Register for access (abo.fi-account)
- Career counselling
- Internships, thesis assignments
- Courses, events
- Self study courses in moodle (Career coaching online, self-study package)
- Tools and guidance for efficient job hunting
- Useful links
- www.abo.fi/arbetsforum
- www.aarresaari.net

Employability skills

visible in learning goals

Collaboration

Intra and Extra Curriculum activities
(bachelor, master courses)

Guest lectures
Study visits
Alumni cooperation
Cases
Projects
Thesis works

Internships

- 10 + 10 sp voluntary
- Work certificate, report.
- Internship voucher x 1, Erasmus
- See Study > Plan your studies > Internships

Study guidance

qualifications, study plan

Career counselling

Voluntary

- Guidance in job search, CV-check
- Personal or in group
- Information pitches, self study material

Career plan

1st year, bachelors degree (ASF)

Career contact

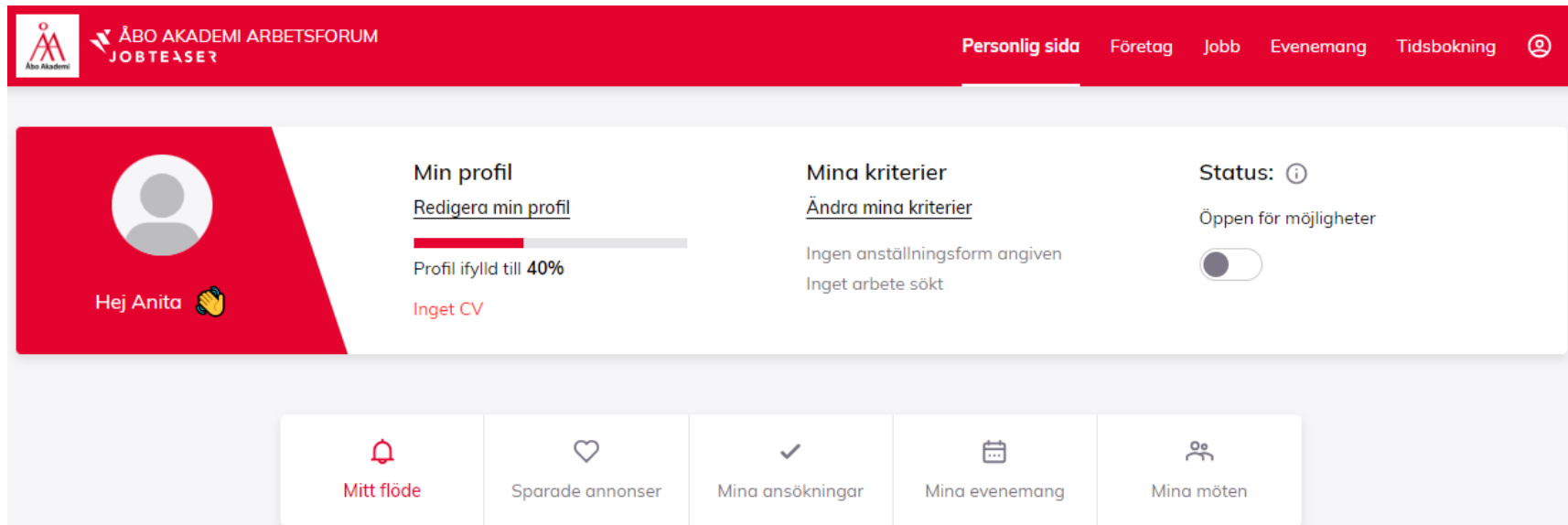
mentorship program, masterlevel students
voluntary, 5-8 months

*How the working life relevance is made visible for students
at Åbo Akademi University*

Picture: : Åbo Akademis
bildbank

Vacancies >Jobteaser

- Welcome to register! Abo-account
- All universities in Finland
- Finnish employers advertise for free
- Vacancies, internships
- Thesis assignments
- Load your CV
- Book for counselling (on site, online, CV-check, VR interviews)



The screenshot shows the user interface of the Åbo Akademi Arbetsforum Jobteaser. The top navigation bar is red and contains the Åbo Akademi logo, the text "ÅBO AKADEMI ARBETSFORUM JOBTEASER", and links for "Personlig sida", "Företag", "Jobb", "Evenemang", "Tidsbokning", and a user profile icon. The main content area is divided into three sections: "Min profil" (My profile) with a red background, "Mina kriterier" (My criteria), and "Status: Öppen för möjligheter" (Status: Open for opportunities). The "Min profil" section shows a profile picture placeholder, the name "Hej Anita", and a progress bar indicating "Profil ifylld till 40%" (Profile filled to 40%) and "Inget CV" (No CV). The "Mina kriterier" section shows "Ändra mina kriterier" (Change my criteria) and "Ingen anställningsform angiven" (No employment form specified). The "Status" section shows a toggle switch for "Öppen för möjligheter". At the bottom, there is a row of five buttons: "Mitt flöde" (My flow), "Sparade annonser" (Saved ads), "Mina ansökningar" (My applications), "Mina evenemang" (My events), and "Mina möten" (My meetings).

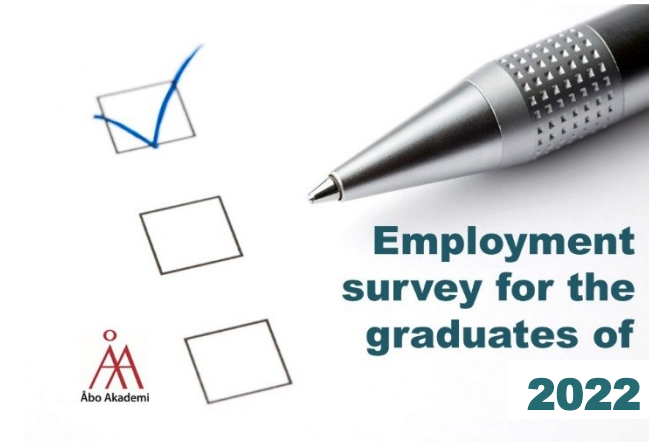
Internships

- ÅAU Internship Voucher
 - For internships in Finland
 - Partial funding: 1300 € for 3 months, 900 € for 2 months (~1/3)
 - when full-time, supervised internship
 - salary of 1.463 €/month (2026)
 - Tasks that corresponds with your studies
 - 1 voucher/ student
 - Apply for internship: send your resumé and CV to the employer.
 - Apply for voucher [ÅAU intra > Study > Flexible studies > Internships](#)
 - For internships in Europe, Erasmus (2-12 months)
 - Short-term Erasmus+ for the "on workplace-period" 5-30 days



Surveys

- First destination
- Five Years After
- PhD 2-3 Years After
- [Töissä.fi](https://toissa.fi/home-en-us/)
<https://toissa.fi/home-en-us/>



Networking



- RekryTurku
 - Joint cooperation between Åbo Akademi university and university of Turku
 - Since the beginning 1996
- RekryWasa
 - Forum for cooperation since 1995: university of Vaasa, Swedish school of Economics, Novia, VAMK and ÅA



- National network for Career Services at Finnish Universities

Knotworking

- Study & Stay Vaasa
- Energy Academy
- Vaasa International Talents
- Vaasa StartUp Factory
- Vaasa Talent Forum

Vaasa international talent

- Aim: The programme focuses on integration and retention of international talents with the aim of increasing the attractiveness of the region and possibilities of employment for the international students. The aim is to provide all participants with a clear connection to working life.
- Application 22.8-6.9 2026
(Round spring: apply in November)
- www.vaasainternationaltalents.fi





 Welcome to Vaasa Startup Factory

Welcome to Vaasa Startup Factory

Vaasa Startup Factory is the heart of entrepreneurial energy in the Vaasa region — a vibrant, open space where students, startups, researchers, and innovators come together to turn ideas into impact.

What we are

We're a collaborative hub and innovation community created by all six universities in Vaasa. Operated by Hanken School of Economics, the Vaasa Startup Factory supports entrepreneurship, experimentation, and early-stage innovation across disciplines and industries.



Wasa StartUp Factory

-  Spark entrepreneurial thinking across disciplines
-  Support early-stage innovation from idea to prototype
-  Foster meaningful collaborations between academia and the startup ecosystem
-  Contribute to regional vitality through new ventures, services, and ideas

<https://www.uwasa.fi/en/vaasastartupfactory>

Visiting address: Yliopistonranta 10, 2nd floor of the Fabriikki building

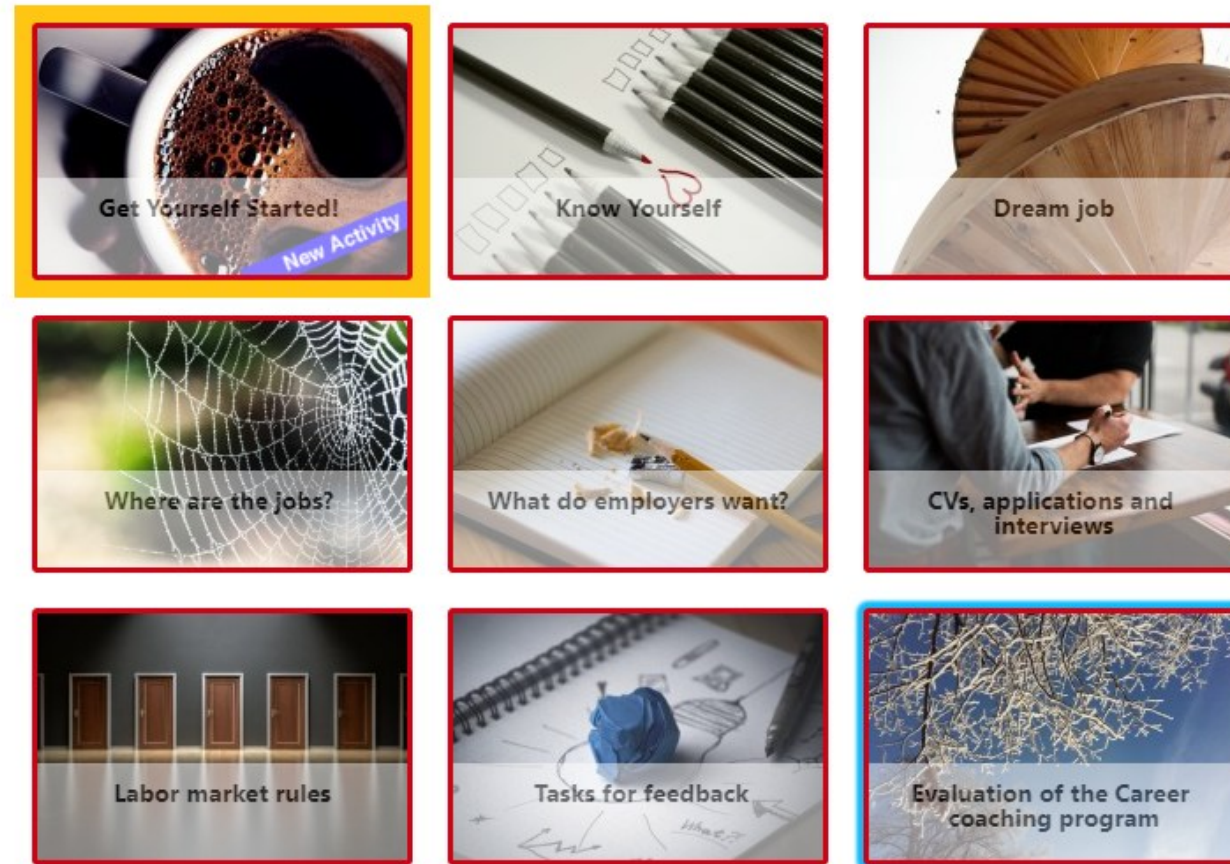
Opening hours: from Monday to Friday from 8 a.m. to 6 p.m.

Community Builder and Mentor

Hendrik Morkel

hendrik.morkel@hanken.fi

Career coaching online



To Do – If you like to

- **Process diary:** Dream job, career thoughts
- **Career plan:** where now, goal, steps to be taken
- **CV:** Find you a job to apply (Jobteaser, Duunitori, Jobs in Finland, Oikotie...)
- Write CV and motivation letter and send in on **Career coaching online**
- **Book time** for Career counselling at <https://www.abo.fi/en/career-services/>

Finnish working life

- Employment rate (age 20-64) 76,5%
unemployment rate/workforce 12,8%
 - Ostrobothnia 7,8%, Turku region 12,2%
Uusimaa 13,1
Unemployment rate age 15-24: 19,3% (06/2026)
 - Foreign citizenship 59,6%
Unemployment rate/foreign 19,3%
 - ÅAU graduates 2024 autumn 2025:
employed 86,5% , unemployed 7,5%
national statistics: 81,5% **
 - Other than Finnish citizenship, ÅAU:**
employment rate: 53,1%,
moved abroad 28,1%
studies 9,4%
unemployed: 6,3%
- Work experience
 - Higher education
 - Social skills
 - Language skills
 - Verbalize your skills, knowledge and experiences
 - An active approach
 - Punctuality
 - Keep to the deal

* Statistics Finland, Q2/2026

** vipunen.fi, statistic year 2024



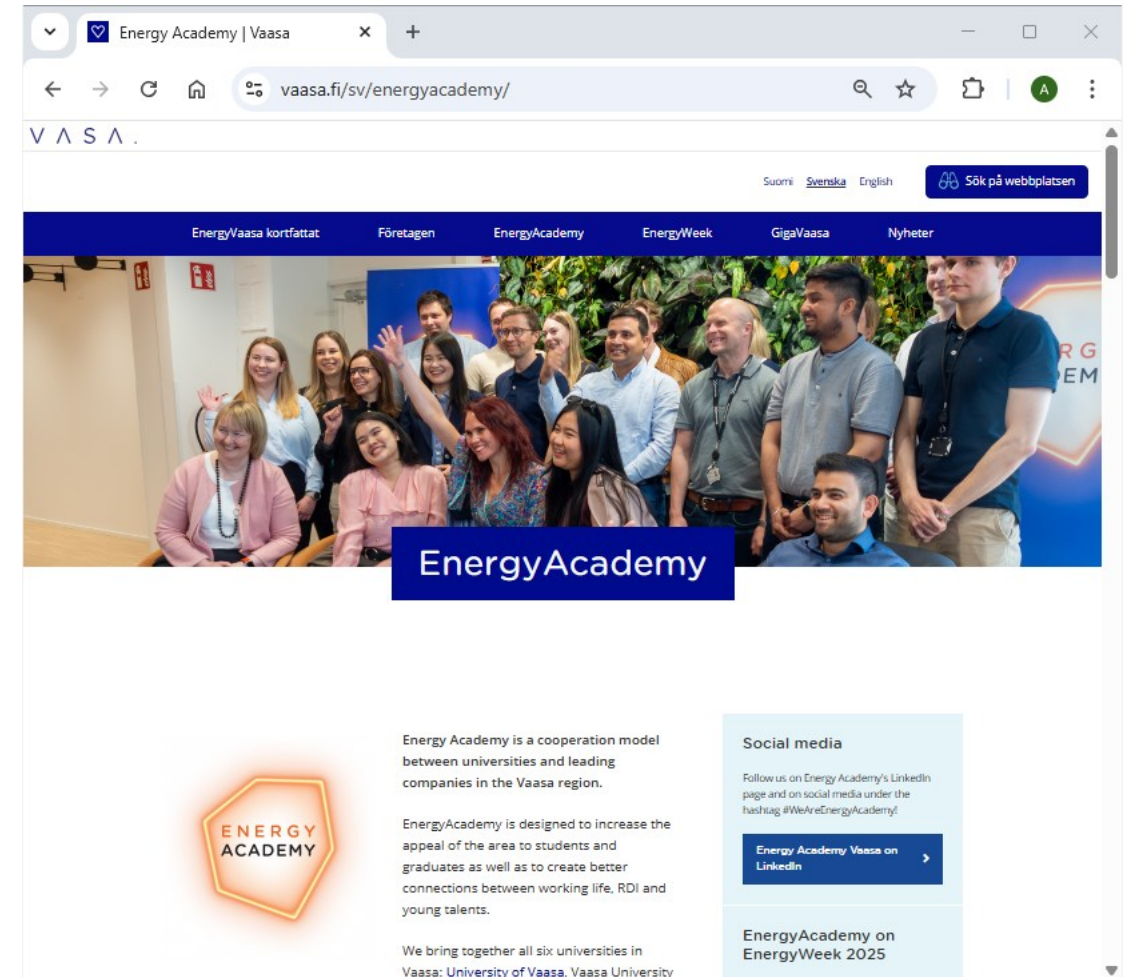
Vaasa region

- Ab 42% a higher education degree
- International students, ab 3.200+
- ~ 89% of enterprises have a workforce of <10,
10-49: 527; 50-249: 92; 250 - :8
- 64 foreign nationalities
- International population 10,9% 2025
(8,9% 2023; 2022: 7,7%)
- EnergyVaasa: 13.000 workplaces in ab 180 companies
- Exports cover 80%+ of total turnover (ab 6 billions)
- planned investments on Energy technology infra €1,2
billions
Energy Academy for cooperation
- Employment rate of labour worce: 92,3%
Unemployed /labour force 7,7% (Q2/2026)

<https://www.vaasa.fi/en/about-vaasa-and-the-vaasa-region/welcome-to-the-vaasa-region/>
<https://www.vasek.fi/regional-development/regional-statistics/>

Usefil links

- ÅAU Intra – Study – Career planning
Career services at ÅAU
<https://www.abo.fi/en/career-services/>
ÅAU moodle: Career coaching online
- Teekkarin työkirja
<https://www.tek.fi/en/workbook>
- Vaasa.fi/en > Student work guide Vaasa
<https://www.vaasa.fi/en/education-and-working/true-student-city/student-work-guide/>
- Energy academy >
<https://www.vaasa.fi/sv/energyacademy/>
- Jobteaser (ÅAU/ CS webpage, ÅAU login)
- Duunitori.fi
- Facebook: Jobs in Vaasa for students



You know You have been in Finland for a long time, when....

(Helsingin sanomat)

- Your old habit of being "Fashionably late" is no longer acceptable. You are always on time.
- You enjoy salmiakki.
- When you're hungry you can peel a boiled potato like lightning.
- You accept that 80°C in a sauna is chilly, but 20°C outside is freaking hot.
- You know how to fix herring in 105 different ways.
- When a stranger on the street smiles at you:
 - a. you assume he is drunk
 - b. he is insane
 - c. he's an American
- You don't think twice about putting the wet dishes away in the cupboard to dry.
- You have found that silence is fun.
- You finally stop asking your class "Are there any questions?"
- Your coffee consumption exceeds 6 cups a day and coffee is too weak if there is less than two spoonfuls per person.
- Your idea of unforgivable behaviour includes walking across the street when the light is red and there is no walk symbol, even though there are no cars in sight.
- You can't understand why people live anywhere but in Finland