

Personal customers' services



Job Seeking Skills Up to Date

Training for Job Seeking

When your job seeking skills need an update, our training is available as a nonstop online service as well as in coaching groups. Check out all training events from the Event calendar.

Remote job search support

This service offers general guidance for the use of digital services, like *Oma asiointi*, as well as personal remote support according to the customer's individual needs. Sign up for the support in our Event calendar.



Support for Job Seeking

Job Market

From the job market you will find working life related information, guidance for services and open positions. You can create a Job Seeker's profile by signing up to the website tyomarkkinatori.fi.

Workforce Training

When your skills are up to date, but you need individual support for searching and applying for job, use the training along your own active job seeking activities.

Tips for Finding a Job

Free of charge webinars are available on job searching topics. Look for more information from the Event calendar.

TE-live

TE-live produces recruitment, training and info broadcasts, which are streamed and recorded on the te-live.fi website. Broadcasts are like television programmes, enabling viewers' interaction via Chat.

Transition security

Transition security is targeted for those made redundant for production and financial reasons. The purpose of transition security is to support quick re-employment, either straight to the new job or through using the different TE-services. Transition security is accomplished in cooperation with the TE-office, an employer and the personnel.

Flexibility

The TE-office may cover, for example, the costs accrued from travelling to job interviews in different locations. You may also inquire about mobility allowance if you consider accepting a job outside your own job searching area.

Can I be an Entrepreneur?

Starting as an Entrepreneur info

Information sessions about entrepreneurship, related available services and starting a business. More details and dates from the Event calendar.

Can I be an Entrepreneur? coaching

The coaching introduces different options about entrepreneurship in 5 days for 3 weeks.

Work Trial as an Entrepreneur

If you are considering entrepreneurship and want to try it to estimate your own capabilities, you can apply for a work trial as an entrepreneur. An unpaid work trial is not an employment contract, and it may last 1–4 months.

Entrepreneurial Training

If you need more information for business planning, selling, marketing etc. look for the entrepreneurship training courses in the Event calendar on our website. Search the training with the keyword "entrepreneur" and, if relevant, mark the preferred region or province.

Start-up Grant

If you are starting business activities, you may apply for a start-up grant. The service is available from the *Oma asiointi* service, and it is advised to apply for the grant well in advance of starting the business.

Business activity started while unemployed

If you are unemployed and start a business activity lasting more than two weeks, report it to the TE-office. Your business actions' type (main or secondary activity) will be evaluated after four months from starting the business. You may receive unemployment fund for those four months, if the criteria are fulfilled.

Suomi.fi/yritykselle

The service provides information and tools for planning your own business.

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Follow us on
social media:
@tepalvelutkas



For Career Planning

Worklife Radar

Worklife radar is available in the *Oma asiointi* service, allowing you to reflect on your own work and educational background for finding a job.

Abilitator Kykviisari®

Kykviisari is a service designed to chart your work skills, talents, strengths and possible development targets in order to boost your career and capabilities in the job market.

Vocational Guidance and Career Planning

With the help of career choice psychologist, you can plan and define your professional goals, and get the feedback on your plans for different career paths.

The service is available on the phone, as a video conference and on-site at our offices.

Career Coaching

With the help of career coaching, you can observe profession and career options by different guidance discussions, peer support and exercises. We offer non-stop individual online service as well as group format coaching. The length of the coaching is 15 days.

A Work Trial

A work trial is meant for those changing career or those absent from the job market for a longer period. A work trial enables you to get acquainted with the work field and different tasks. An unpaid trial is not an employment contract, lasts usually 1–3 months and may take place in a company, municipality etc.

Training Trial

A maximum of 10 days trial at an educational institution to get to know the content of the education programme as well as the requirements of the profession in question. Apply for the trial either with the help of the career choice psychologist or your TE-office expert.

EURES

EURES Suomi is an international recruitment service, whereby you can search for a job position from Europe. We will help you find a job through our network and with help of our top experts. EURES works to encourage employers' free movement in EU/ETA area.



Competence development

Labour Market Training

The free-of-charge training is aimed at the skills needed in the job market primarily for those who are unemployed and at risk of being unemployed. In the training you can develop your professional skills and improve your employment opportunities or work as an entrepreneur.

Education

For studying and its funding there are multiple opportunities. The studying type can be main or secondary or short period studying, and it can have an impact for the unemployment fund. From the job market website, you can find more information about the labour market training, unemployment benefit-supported self-motivated studies, apprenticeship contracts and integration training for immigrants. Always contact your TE-expert when you are planning to participate in education.

Self-motivated Study Subsidised With an Unemployment Benefit

In accordance with studying while receiving unemployment benefit, the TE-office will first evaluate your study programme and whether it improves your professional skills and increases opportunities to get employed. You may retain unemployment benefit for the main studies, when the TE-office has supported the educational need and supporting the studies has been agreed in the employment plan before the studies started.

Integration Training

In the integration training, your language skills will improve, and you will get information about Finnish society and work life. It is organised as a labour market training and self-motivated education. The start will be agreed with the TE-expert.

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Pay Subsidy

If an employer who is interested in hiring you is on standby to guide and support your orientation, and the TE-expert estimates that lack of competence threatens to prolong your unemployment, the TE-office may grant discretionary salary support for the employer. Salary support is also possible for apprenticeship training. Decision about the subsidy needs shall take place prior to the employment starting.

Via this service, the TE-office, welfare area and Kela together offers help for your situation with the suitable social and health care, labour market services and rehabilitation services.

Pay Subsidy

If you are unemployed and your health would significantly and permanently limit working and options to pursue your profession for your employer, the TE-office may grant a discretionary pay subsidy for your prospective employer.

Rehabilitative Work Activities

If you are returning to working life, starting your career or recovering from an illness or other exceptional situation, rehabilitative work activity organised by the welfare area can be right solution for you. With the help of rehabilitative work activities, you can get easier access back to working life, find your strengths and organise your everyday life.

Subsidy for Arranging Working Conditions

The employer can apply for a subsidy for arranging working conditions, if you have a disability or illness which will cause modifications to work, new tools, furniture or the help of other co-workers at the workplace.

Työkanava Oy

Työkanava hires unemployed partially-abled persons who are in the most difficult position.

If you haven't found right solution to support your employment, you can discuss with your own TE-expert about the possibility to apply to Työkanava Oy.

More information:

- **Our website and event calendar** are available at: <https://toimistot.te-palvelut.fi/paikalliset-palvelut>
- **From the event calendar** you will find, for example: events, webinars & trainings.
- Discuss and agree on the best service with the expert responsible for your TE-services.
- In the **Oma asiointi** service you can write to your TE-office's expert or leave a callback request.
- More information at: tyomarkkinatori.fi



Work Capability and Job Seeking

Health Inspection of Unemployed

The aim of the health check of unemployed is to encourage good health status, well-being, work and functional capacity and prevent the occurrence of health risks. You can apply for a free health check organised by welfare areas by contacting the TE-office or by booking an appointment directly with a nurse in your area.

Multidisciplinary Work life Service (TYP)

If you have been absent from working life and your employment is challenged by, for example, reduced ability to work, functional limitations or life management problems, you can join the multidisciplinary work life service, which promotes employment.

Service in English

National personal customers phone service
0295 020 713

National education and training guidance
0295 020 713