

Tools and Information for Job Seekers ^[1]

Tools and Information for Job Seekers

Here you can find useful tools and information for your job search.

UPDATE YOUR CV AND COVER LETTER

Go through your CV step by step with the help of our [checklist](#) ^[2].

Read our tailored [CV tips for different work positions](#) ^[2].

[Työkirja](#) ^[3] is a job-search and career guide for technology professionals. In the guide, you will find tips on how to make a CV and cover letter, how to succeed in a job interview and other tips for your job search.

FIND THE BEST JOB SEARCH CHANNELS

Get to know [the most common job search channels](#) ^[4] in Finland.

Looking for a job abroad? TEK offers our members access to the [GoinGlobal](#) ^[5] portal, which contains information on working and applying for jobs abroad.

Enhance YOUR LINKEDIN PRESENCE

[Optimise your LinkedIn profile](#) ^[6] and [get the most out of your online presence](#) ^[7].

Join TEK's own LinkedIn group [TEKrekry](#) ^[8], which is a networking and job posting platform for TEK members, employers, and recruiters. In TEKrekry you can discover open vacancies and participate in professional networking with almost 10 000 members!

BUILD AND IMPROVE YOUR SKILLS AND COMPETENCIES

You can build, expand, and strengthen new competencies, for example, while working, studying or during periods of unemployment. [Read more](#) ^[9] about different alternatives.

Also check out our [events and courses](#) ^[10] organized in English.

CONSIDER THE OPTION OF setting up your own business

TEK offers [services for entrepreneurs](#) [11] for those who wish to set up their own business or a side business.

THE RIGHT SALARY REQUEST

Check your salary request with the [Salary Surveyor service](#) [12]. The Salary Surveyor is a database tool, that allows you to check the salary levels for different positions in your field.

Also check out our [salary statistics](#) [13] and further information on salaries.

Read TEK's best [tips for negotiating your salary](#) [14].

JOB INTERVIEW

Master your job interview! With the Haastis App you can practice your job interview responses and read tips on how to prepare for your next interview. Taking the time to practice answering interview questions will help you to reduce interview stress and boost your confidence. Haastis can be downloaded for free from [Google Play](#) [15] and [App Store](#) [16]: search for "Haastis".

Job offer

When you are offered a job, make sure to review your employment contract with [our lawyers](#) [17].

"I was asking about how to search for companies in Finland to switch jobs. I was guided by TEK career coach and she was helping me a lot in making my CV and cover letter to target Finnish companies."

Anonymous feedback

Keywords:

[career services](#) [18]

[CV](#) [19]

Source URL: <https://www.tek.fi/en/services/career-services/tools-and-information-job-seekers>

Links

[1] <https://www.tek.fi/en/services/career-services/tools-and-information-job-seekers>

[2] <https://www.tek.fi/en/services/career-services/teks-cv-clinic/cv-tips-and-instructions>

[3] <https://tekyokirja.fi/en/>

[4] <https://www.tek.fi/en/membership-services-and-benefits/career-services/tools-and-information-job-seekers/where-look-jobs>

[5] <https://www.tek.fi/en/node/4391>

[6] <https://lehti.tek.fi/english/basics-linkedin-profile-make-sure-you-get-these-right>

[7] <https://lehti.tek.fi/english/how-become-active-linkedin>

- [8] <https://www.linkedin.com/groups/6752375/>
- [9] <https://www.tek.fi/en/node/11186>
- [10] <https://www.tek.fi/en/node/11664>
- [11] <https://www.tek.fi/en/membership-services/entrepreneurs-services>
- [12] <https://www.tek.fi/en/services/salaries/salary-surveyor>
- [13] <https://www.tek.fi/en/membership-services/salaries>
- [14] <https://www.tek.fi/en/membership-services-and-benefits/salaries/negotiating-your-salary>
- [15] <https://play.google.com/store/apps/details?id=fi.iwa.tek.haastis>
- [16] <https://itunes.apple.com/fi/app/haastis/id1147166184?l=fi&mt=8>
- [17] <https://www.tek.fi/en/node/4294>
- [18] <https://www.tek.fi/en/tags/career-services>
- [19] <https://www.tek.fi/en/tags/cv>