Career information for accompanying spouses at UU

Uppsala University strives to be a family-supportive institution, and wants to onboard not only our international faculty but also their accompanying spouses into Swedish culture and work life. International Faculty and Staff Services has compiled a list with a number of upcoming seminars and fairs which could help facilitate the job search process for spouses of international employees. These are great opportunities to receive information and guidance about how to search for jobs in Sweden.

The seminars and fairs cannot guarantee employment, but by attending you will get tips on how to write CV and cover letter, what to expect and prepare for a job interview, how to interact with the Swedish job market and get the chance to meet others in the same situation.

We hope these events will provide you with inspiration in your job search efforts while living in Sweden.

Content

Volunteer Fair


Trainee dagen (Trainee day)

Are you a student or recent graduate and interested in graduate trainee programs? Then Trainee dagen is an event for you! At Trainee dagen students and young professionals from all over Sweden will get the chance
to meet representatives from some of the top graduate programs in the Nordic region. During Traineedagen you can network, attend seminars and get invaluable contacts for your future career. Traineedagen is free of charge for students and young professionals. Tickets are limited and participants will be selected based on their applications. **Time/place** 13th October, 10.00-15.30, Waterfront Congress Center, Stockholm, Nils Ericssons Plan 4, Stockholm. [Click this link to apply], registration code: UU.

**Successful Job Seeking**
Feeling nervous about the future? Don’t worry! The world’s largest job board CareerBuilder, with thousands if vacancies on [www.careerbuilder.se](http://www.careerbuilder.se) is hosting a seminar on smarter job seeking and how to make yourself more attractive to future employers. Peter Helin, CareerBuilder’s job search and online recruitment expert, will discuss how to search and apply for jobs more efficiently and with better results, what resources are available and share recommendations on what to keep in mind before, during and after an interview.

17th October, 15:15-16:30
Segerstedt, Dag Hammarskjölds Väg 7, Uppsala Room: Tuvstarren.
Register by sending an e-mail to ifss@uadm.uu.se including your name, your partner’s host department, your partner’s position at Uppsala University, the length of your stay in Sweden and your educational background.

**CV and Cover letter – be attractive! A seminar on how to write your CV and Cover letter**
What is the Employer looking for in your CV and Cover letter when recruiting? An effective CV/Cover letter will sell your skills and abilities to an employer and help you get an interview. During this workshop you will learn some of the basics of how to write a winning CV/Cover letter and how you can make your existing application more attractive on the Swedish labour market.

You are welcome to make an appointment for an individual CV and job coaching session once you’ve attended this workshop.
Our goal is to help you increase your chances of getting interviews and your dream job!

13th November, 11:00-12:00
Segerstedt, Dag Hammarskjölds Väg 7, Uppsala
Register by sending an e-mail to ifss@uadm.uu.se including your name, your partner’s host department, your partner’s position at Uppsala University, the length of your stay in Sweden and your educational background.

Start your own consulting business
Having your own business as a consultant is a good platform to get shorter assignments. Drivhuset explains how it works to start up your own business – all the way from idea to up and running business. The lecture is addressed to you who have decided to set up a business, but also to you who are curious and want to learn more.
21st November, 15:15-16:30
Segerstedt, Dag Hammarskjölds Väg 7, Uppsala Room: Tuvstarren
Register by sending an e-mail to ifss@uadm.uu.se including your name, your partner’s host department, your partner’s position at Uppsala University, the length of your stay in Sweden and your educational background.

Who can attend the program
The sessions are open for anyone affiliated to Uppsala University (students, alumni, spouses etc). Ability to attend all sessions is not a prerequisite for registration. Pick and choose the ones that seem interesting and useful to you, be it one or all of them.

Registration
Please register to each individual event as described in the information above.
The different events might have a limited number of open spots, please see the info on each event. First come, first serve applies when spots are limited.

www.uu.se/joinus
ifss@uadm.uu.se

N.b. We would like to point out that Uppsala University cannot warrant employment.