



**Knowledge  
that can lead  
to a job**

# Support and Matching

Are you looking for support with your job hunting? At Folkuniversitetet, we have the networks, activities and commitment that you need.

The path to a new job or to further studies can take many forms. Folkuniversitetet's Support and Matching service will help you find your self-motivation, develop your presentation skills, build a network, or it can provide other useful tools. We start from where you are today and where you'd like to be tomorrow.

### Our approach

Together with our experienced coaches/trainers, you draw up a list of your strengths, skills and experience. Based on your circumstances and goals, you then choose a mix of activities that will help you in your job hunting.

### Examples of activities

- Finding and applying for jobs
- Creating application documents
- Interview training

- Mentorship
- Coaching sessions
- Creative communication
- Networking
- Job matching
- Contacts with employers
- Information about courses
- Study visits
- Computer and language training

### Why Folkuniversitetet?

- We provide secure, reliable support.
- Unique knowledge of tailored educational and labour market initiatives.
  - Committed coaches/trainers and teachers who are experts at providing the right individual support.
  - A non-profit organisation that can put all its resources into enabling your path to a new job or education.

**Would you like to know more?**

---

Support and Matching is a labour market initiative managed by the Public Employment Service in which participants can choose the organisation they wish to collaborate with. Talk to your advisor at the Employment Service about Folkuniversitetet.

**Kontakt**

---

**Stockholm**  
Monika Janolofsdotter  
monika.janolofsdotter@folkuniversitetet.se  
08 - 789 41 92  
Visit: Kungstensgatan 45, 113 59 Sockholm

More information about the Support and Matching service is available at:  
**[folkuniversitetet.se/stod-och-matching](https://www.folkuniversitetet.se/stod-och-matching)**